



FREE GUIDE • OCTOBER 2026 EDITION

Long-term care insurance

Growing older at home, choosing your care and keeping your children from footing the bill.

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**AT A GLANCE**

The essentials on one page

Most of us hope to grow old at home. Yet a few hours of help a day, a care service or a place in a private seniors' residence quickly cost several thousand dollars a month. Often it is the children who make up the difference, in money or in time. Long-term care insurance plans for that moment.

Regular benefit

A weekly or monthly amount when you lose your independence.

Independence test

Usually: inability to perform at least two activities of daily living, or a cognitive impairment.

At home or in a residence

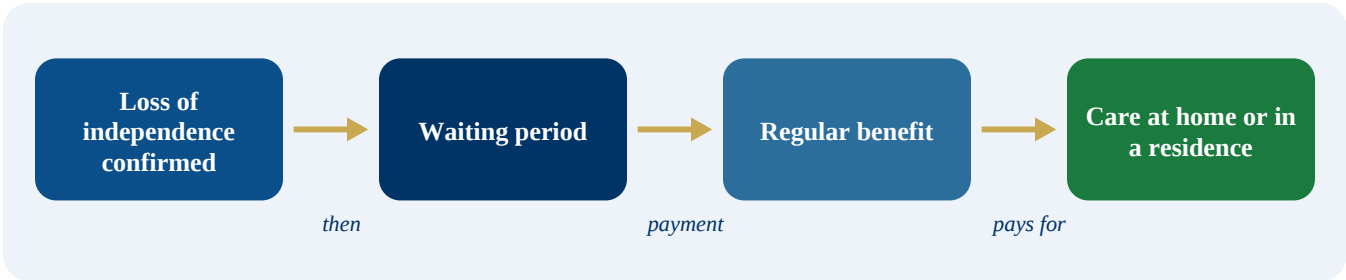
Depending on the policy, the benefit helps pay for home care or a private residence.

Preserving savings

Your assets stay intact for you and your heirs.

HOW IT WORKS

Long-term care insurance



When a health professional confirms that you can no longer perform certain activities of daily living on your own (bathing, dressing, eating, moving around, toileting, continence) or that you have a cognitive impairment such as Alzheimer's, and once the waiting period has passed, the insurer pays a benefit.

Depending on the policy, the benefit is a fixed amount, whatever the actual expenses, or it reimburses eligible costs up to a ceiling. It can be paid for a set period or for life.

Key terms

Activities of daily living	The basics: bathing, dressing, eating, moving around, toileting, continence.
Cognitive impairment	A decline in mental abilities, such as Alzheimer's disease, that requires supervision.
Waiting period	The period of lost independence before the first payment, often 90 days.
Income-style benefit	A fixed amount paid without requiring receipts.
Reimbursement benefit	Repayment of eligible costs actually incurred, up to a maximum.



THE BENEFITS

Why it helps

01

Staying home longer

The benefit pays for the help needed to live in your own surroundings.

02

Choosing where and how you are cared for

A private residence, home care: the decision is yours.

03

Protecting your children

They stay your children, not your financial caregivers.

04

Preserving the inheritance

A lifetime of savings is not swallowed up by housing and care costs.

WHO IT IS FOR

Is it right for you?

- **Healthy people aged 45 to 65**
The age when coverage is accessible and affordable.
- **People without children or far from family**
Who will not be able to count on a family caregiver.
- **Couples who want to protect each other**
So that one spouse's care does not impoverish the other.
- **Adult children**
Who want to buy coverage for their parents and plan for the costs.

A REAL-LIFE EXAMPLE

Louise, 81, a widow, lives alone in her condo in Sherbrooke. After a fall and early memory problems, she needs help bathing and dressing.

Her policy pays her a fixed monthly benefit. She pays for a home care worker every morning and can stay in her own home. Her two daughters visit because they enjoy it, not because they have no choice.

OPTIONS AND PITFALLS

Choosing well, without surprises

Common options

Benefit period	Two years, five years or for life.
Benefit amount	Chosen according to the cost of care in your region.
Indexation	So the benefit keeps pace with inflation.
Limited-pay premiums	To finish paying premiums before retirement.

WHAT TO CHECK BEFORE YOU SIGN

- The triggers: how many activities of daily living must be affected.
- The waiting period and the maximum benefit period.
- Whether premiums can increase, depending on the contract.
- Limited availability in Canada: few insurers still offer this product on an individual basis. Compare carefully.

NEXT STEPS

The right questions to ask

Before you decide, ask yourself:

- What do home care and residences cost in my region?
- What criteria trigger the benefit?
- Can the premiums go up?
- Would critical illness insurance with loss-of-independence coverage be a better fit?

I compare products from several insurers and lay the numbers out side by side. A 30-minute meeting, in person in Montréal, by Google Meet or by phone, is usually enough to see clearly.

BOOK A MEETING

maprime.ca/rendez-vous-en · 438 889-6474 · info@maprime.ca



Run the numbers

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IMPORTANT NOTICES AND SOURCES

Please read

- This guide provides general information. It is not personalized tax, legal or financial advice, nor a product recommendation. A needs analysis is required before any recommendation.
- The coverage, exclusions, fees and conditions that apply are those of the contract issued by the insurer, which alone is authoritative. Examples are illustrative and are not a quote.
- I am an independent representative: I am not bound to any insurer by an exclusivity agreement and I compare products from several insurers. I am paid by commission from the insurer; I will disclose it on request.
- Figures and rules in effect in October 2026; they may change. Images: Pexels photographs (Pexels licence) and illustrations generated by artificial intelligence; the people shown are models or fictional characters.

Sources consulted

- Standard contracts of Canadian insurers, reviewed in October 2026
- Government of Québec, tax credit for home-support services for seniors (general information)