



Connecticut Long-Term Care Insurance Rates and Options

Find a plan that's right for you with our highly rated companies, multiple plan options, and expert long-term care advisors.

- Traditional LTC and Partnership Long-Term Care Plans
- Hybrid Life Insurance with LTC
- Long-Term Care Annuities

Highly Rated Companies



Owning long-term care insurance in Connecticut can play a significant role in your family's future well-being. By planning ahead you can provide security and peace of mind for years to come by knowing you can:

- ✓ Secure quality, affordable care.
- ✓ Safeguard your assets for your spouse and other heirs.
- ✓ Relieve family members and friends from having to provide care.

Ready to explore costs and options?

[Compare my options >](#)



Did You Know?



Almost 70% of people turning age 65 today will need some type of long-term care in the future. The average length of time people need care is 3 years.¹



One-third of people may never need long-term care, but 20% will need it for longer than 5 years. On average women need 3.7 years of care while men need 2.2 years.²



In 2024, the average cost for 3 years of long-term care in Connecticut is \$577,704 (\$192,568/year). That cost is projected to be \$1.15 million (\$383,169/year) in 2044.³

Understand Long-Term Care Costs

Average Cost of LTC in Connecticut – 2024 (annual)			
Region	Nursing Home (private room)	Assisted Living (private room)	Home Care (44 hours/week)
Connecticut State Average	\$192,568	\$71,526	\$60,777
Bridgeport-Stamford-Norwalk	\$224,608	\$92,215	\$64,763
Hartford Area	\$191,470	\$76,480	\$62,458
New Haven-Milford	\$182,007	\$54,196	\$67,925
Norwich-New London	\$180,039	\$65,439	\$56,813
Rest of State	\$208,150	\$58,057	\$57,474

Source: Nationwide Financial annual cost of care survey conducted by HVS, site accessed 5/03/2024

Does Medicare Cover Long-Term Care?

No. Medicare [does not cover](#) long-term care (custodial care). This type of care makes up more than 90% of all long-term care services. Examples of custodial care

is when you need help with walking, bathing, eating, dressing or using the toilet. This is what people need most when they have a physical impairment from a stroke. Or, due to cognitive impairment from dementia or Alzheimer's disease. Don't make the mistake of thinking Medicare covers long-term care costs. *It doesn't.*

Further, about 80% of care at home is provided by unpaid [caregivers](#). With more than half of this care including intensive caregiving assistance with personal care such as bathing or feeding.⁴ And it's not only seniors that need long-term care. Over 35 percent of people currently receiving care are between the ages of 18 and 64.⁵

When To Buy Long-Term Care Insurance

Like most advisors, we recommend buying long-term care insurance in your fifties or early sixties for the following reasons:

- The younger you are when you buy a policy, the lower the annual premiums.
- Even though you pay premiums a longer period of time, you'll typically [pay less](#) overall than someone buying at an older age.
- By the time you reach your mid sixties, you're more likely to have a medical condition that makes you ineligible for a preferred-health discount, or makes it tough to get coverage at all.

So it almost never pays to wait. And, while you're waiting, *you're uninsured*. If an accident or illness happens causing you to need long-term care, you'll have to pay out of pocket.

[Find Out If You Qualify For LTC Insurance >](#)

How Much Does LTC Insurance Cost in Connecticut?

Your Connecticut long-term care insurance rates will depend on your age, health history, plan design and type of coverage selected. The following choices let you choose how much protection is right for your situation:

- **Benefit Period**
- **Daily Benefit**
- **Elimination Period** (a deductible in days)
- **Inflation Protection** (if chosen)

Ready to get pricing and suggestions?

[Compare your options >](#)

Connecticut Long-Term Care Insurance Options

These are the types of long-term care insurance plans available in Connecticut.

Traditional LTC Insurance—Connecticut Partnership for Long-Term Care

- The most comprehensive long-term care protection for your dollar

- About half of all long-term care policies purchased are in this category
- The broadest set of options
- Recurring premiums
- [Learn more about Traditional LTC >](#)

Hybrid Life Insurance with Long-Term Care

- A permanent life insurance policy that can be used during your lifetime if you need long-term care
- If care is not needed, your asset passes to your estate as a tax-free death benefit
- May build cash value and have a return of premium option
- Premiums will NOT increase and 1035 exchanges possible
- Can be funded with qualified dollars (IRA, 401k, etc.)
- [Learn more about Hybrid Life with LTC >](#)

Hybrid Annuity with Long-Term Care

- A deferred annuity contract with a fixed interest rate and possible indexing for asset growth plus long-term care benefits
- If not exhausted paying for long-term care, the annuity will transfer to your estate

- Long-term care benefits are typically double or triple the value of the annuity
- Premiums will NOT increase and 1035 exchanges possible
- **Can be funded with qualified dollars** (IRA, 401k, etc.)
- [Learn more about Hybrid Annuities with LTC >](#)

Understand LTC Partnership Plans

Connecticut Partnership for Long-Term Care

Connecticut Partnership for Long-Term Care policies are available. *Partnership* policies combine private long-term care insurance with [Medicaid](#) asset protection. Only Partnership policies provide this type of asset protection when you need Nursing Home, Assisted Living or Home Care.

The unique *asset protection* benefits of a Connecticut Partnership for Long-Term Care policy apply if your long term care needs last longer than the benefits of your Partnership policy.

For every dollar your Connecticut LTC Partnership policy pays in benefits, a dollar of assets is protected from the long term care Medicaid asset limit. The [protected assets](#) are also exempt from Estate Recovery in the same amount as the benefits paid by your Connecticut Partnership LTC policy.

Note that hybrid long-term care insurance plans are not available under the Connecticut Partnership for Long-Term Care. We compare both types of plans for you to help you decide which is best for you.

Connecticut Partnership Reciprocity

The Reciprocity Compact ensures that any state in the Compact provides Medicaid Asset Protection to Partnership policyholders from any other state in the Compact.

Under the Reciprocity Compact, Connecticut Partnership policyholders moving to another state may qualify for dollar-for-dollar Medicaid Asset Protection, like Connecticut's Medicaid program. To be eligible, the policyholder must apply to and qualify under the new state's Medicaid program and both states must be part of the Reciprocity Compact. States can opt in and out of the Compact, so the list of participating states may change and the decision to buy a Partnership policy should not be based on [reciprocity](#).

Connecticut Long-Term Care Insurance Companies

Connecticut long-term care insurance is available from several highly rated insurance companies. We compare these carriers to find you the right plan at the lowest cost. Here is a list of long-term care insurance providers in Connecticut:

- [Brighthouse Financial](#)
- [Global Atlantic](#)
- [LifeSecure](#)
- [Lincoln Financial](#) (MoneyGuard)
- [Mutual of Omaha](#)
- [National Guardian Life](#) (NGL)

- New York Life
- Northwestern Mutual
- [OneAmerica](#)
- [Securian Financial](#)
- [Thrivent Financial](#)

Compare Long-Term Care Insurance Options

Our Connecticut LTC specialists offer objective guidance on a wide range of long-term care insurance products and strategies. Expect personalized service on topics such as:

- ✓ Choosing from a variety of long-term care insurance products
- ✓ Suggestions for the carrier best suited to your situation and goals
- ✓ Assistance with health qualifying for coverage

Ready to start a conversation?

Get started now >

What Our Customers Say

If you are shopping for long-term care insurance, then I strongly recommend that you contact Craig Matesky [... More](#)

Tom S.



I have had the good fortune to work with Rhona Unsell in getting my LTC policy. Ms. Unsell is a true [... More](#)

Caitlin W.



With the new long term care laws passed in Washington State, I was in the market for private LTC insurance. [... More](#)

Jason S.



About the Author: [Craig Matesky](#)

Reviewed by: [Mike Berger](#)

SOURCES:

1. "How Much Care Will You Need?" [LongTermCare.gov](#), U.S. Department of Health and Human Services, site accessed 5/01/2024
 2. "How Much Care Will You Need?" LongTermCare.gov
 3. Nationwide Financial annual [cost of care survey](#) conducted by HVS, site accessed 5/01/2024
 4. "Who Will Provide Your Care?" LongTermCare.gov
 5. Family Caregiver Alliance [Caregiver.org](#), site accessed 5/01/2024
 6. Please consult your tax adviser for more information as we do not provide tax or legal advice.
- Note: Coverages and other features vary between insurers, vary by state, and are not available in all states.

For over 30 years, ACACIA has specialized in long-term care planning. We provide nationwide access to highly rated insurance companies, multiple plan options and professional LTC advisors.

Call to speak with an agent

 [800-510-8810](tel:800-510-8810)

