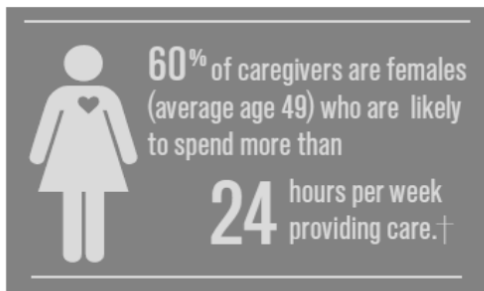
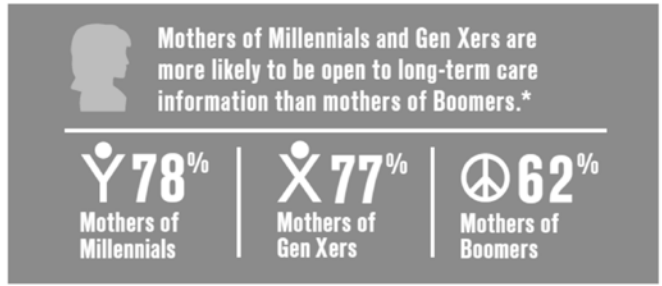


SHE HAS GIVEN YOU SO MUCH. NOW IT'S YOUR TURN TO GIVE BACK.

What better way to show your mother how much you care than talking with her about long-term care? A majority of America's Millennials and Gen Xers are doing just that according to a recent survey sponsored by Lincoln Financial Group.* They're having meaningful conversations with their mothers about serious matters, like her health and long-term care. Why? Because addressing the challenges of long-term care is the first step to understanding potential risks and taking action to protect mom, yourself and your loved ones. Here are some of the highlights of the survey.

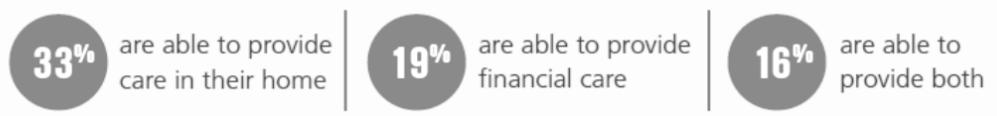
FACTS



Women caring for parents are **2X** as likely as women not caring for parents to experience depression or anxiety.‡



69% of Americans are able to provide their mothers some kind of support with long-term care.*



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Omnibus Cavarán® survey conducted by ORC International. This report presents the findings of a survey conducted among a sample of 2,046 adults comprising 1,017 men and 1,029 women 18 years of age and older. The online Omnibus study is conducted twice a week among a demographically representative U.S. sample of 1,000 adults 18 years of age and older. This survey was live from April 4–10, 2016. † AARP, "Caregiving in the U.S.," http://www.caregiving.org/wp-content/uploads/2015/05/2015_CaregivingintheUS_Final-Report-June-4_WEB.pdf, June 2015. ‡ Source: Press Release (2002, August). Reverberations of family illness: A longitudinal assessment of informal caregiving and mental health status in the nurses' health study. American Journal of Public Health, as quoted in Family Caregiver Alliance, "Women and Caregiving: Facts and Figures," February 2015, <https://caregiver.org/women-andcaregiving-facts-and-figures>. § He, Wan and Luke J. Larsen, U.S. Census Bureau, American Community Survey Reports, ACS-29, Older Americans With a Disability: 2008–2012, U.S. Government Printing Office, Washington, DC, 2014.

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