



## **Life Insurance, Disability & Financial Protection: Protecting Your Future While Living With Parkinson's**

A Parkinson's diagnosis brings medical uncertainty—but it should never bring financial vulnerability. Life insurance and disability protection are tools of **stability**, not surrender. They exist to protect income, family security, and independence when health changes affect work.

Planning early provides more options, greater control, and peace of mind—allowing health decisions to be guided by care needs, not financial crisis.

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### **Why Financial Protection Matters in Young Onset Parkinson's**

Young Onset Parkinson's often intersects with life's highest financial responsibilities.

#### **Common realities include:**

- Prime earning years
- Dependent children
- Mortgages or student loans
- Being the primary household income
- Decades of life still ahead

Financial protection supports family security, income continuity during health changes, reduced long-term stress, and greater freedom in medical decision-making.

**“Planning is not pessimism. It is protection.”**

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### **Life Insurance & Parkinson's**

Life insurance can be more accessible *earlier* in the disease course.

#### **Why Timing Matters**

- Lower premiums when secured early
- Fewer underwriting restrictions
- Broader policy options
- Greater long-term affordability

Life insurance eligibility and cost are heavily influenced by timing. Securing coverage earlier—often soon after diagnosis—may preserve options that are harder to access later.

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## **Life Insurance Options**

### **Employer Group Life Policies**

- Often no medical exam required
- Guaranteed acceptance up to a set amount
- Payroll deduction
- Coverage typically ends when employment ends

### **Private Policies Through Specialized Brokers**

- Higher coverage limits
- Portable across employment changes
- Medical underwriting required
- Higher premiums than group plans

### **Guaranteed-Issue Life Insurance**

- No medical exam required
- Higher premiums
- Lower coverage limits
- Waiting periods before full payout

Each option serves a different purpose. A combination approach is common and can provide layered protection.

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## **Short-Term & Long-Term Disability Insurance**

Disability insurance protects income when work is no longer sustainable.

**You May Need to Consider Disability When:**

- Symptoms interfere with job safety
- Fatigue becomes neurologically overwhelming
- Cognitive symptoms affect accuracy or judgment
- Medication fluctuations affect reliability

Disability decisions are not about capability or effort—they are about safety, consistency, and sustainability.

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**Short-Term Disability (STD)**

- Replaces ~50–70% of income
- Typically lasts 3–6 months
- Often used after surgery or hospitalization
- Waiting period may apply

**Long-Term Disability (LTD)**

- Begins when STD ends
  - Replaces ~50–60% of income
  - May last until retirement age
  - Often coordinates with Social Security Disability Insurance (SSDI)
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**Key Steps When Disability Becomes a Consideration**

Planning early reduces stress and improves outcomes.

**Important steps include:**

1. Obtain detailed documentation from your neurologist
2. Keep records of symptoms and work impact
3. Review employer disability policies early

4. Consult a disability attorney if needed

**“Disability is not surrender—it is protection you earned through your work and contributions.”**

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### **Additional Financial Planning Considerations**

A Parkinson’s diagnosis often prompts broader financial review.

#### **Common planning areas include:**

- Emergency savings
- Health insurance continuity (COBRA or marketplace plans)
- Retirement planning adjustments
- Estate planning and guardianship documents
- Medical and financial power of attorney

Comprehensive planning creates flexibility—allowing you to respond to health changes without destabilizing your financial foundation.

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### **A Final Reassuring Message**

Parkinson’s may change parts of your career—but it does not erase your right to **financial stability, dignity, or independence**. Thoughtful planning allows you to focus your energy on your health, your family, and your quality of life.

You deserve protection.

You deserve security.

You deserve options.

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### **When to Seek Professional Financial Guidance**

Consider working with professionals experienced in chronic illness planning:

- Certified financial planner
- Disability attorney
- Insurance broker specializing in chronic illness

- Social worker knowledgeable in benefit transitions

You do not need to navigate these decisions alone. Informed guidance can prevent costly missteps and restore confidence.

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