

PICKING UP THE PACE OF CHANGE

A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers



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AARP PUBLIC POLICY INSTITUTE

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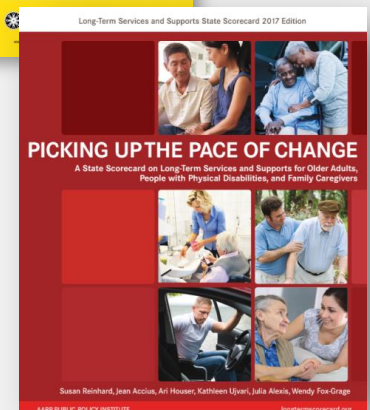
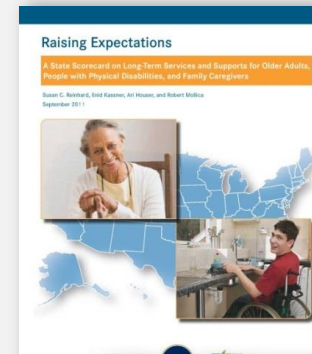
If you don't know where you are going, any road will get you there.

--Lewis Carroll

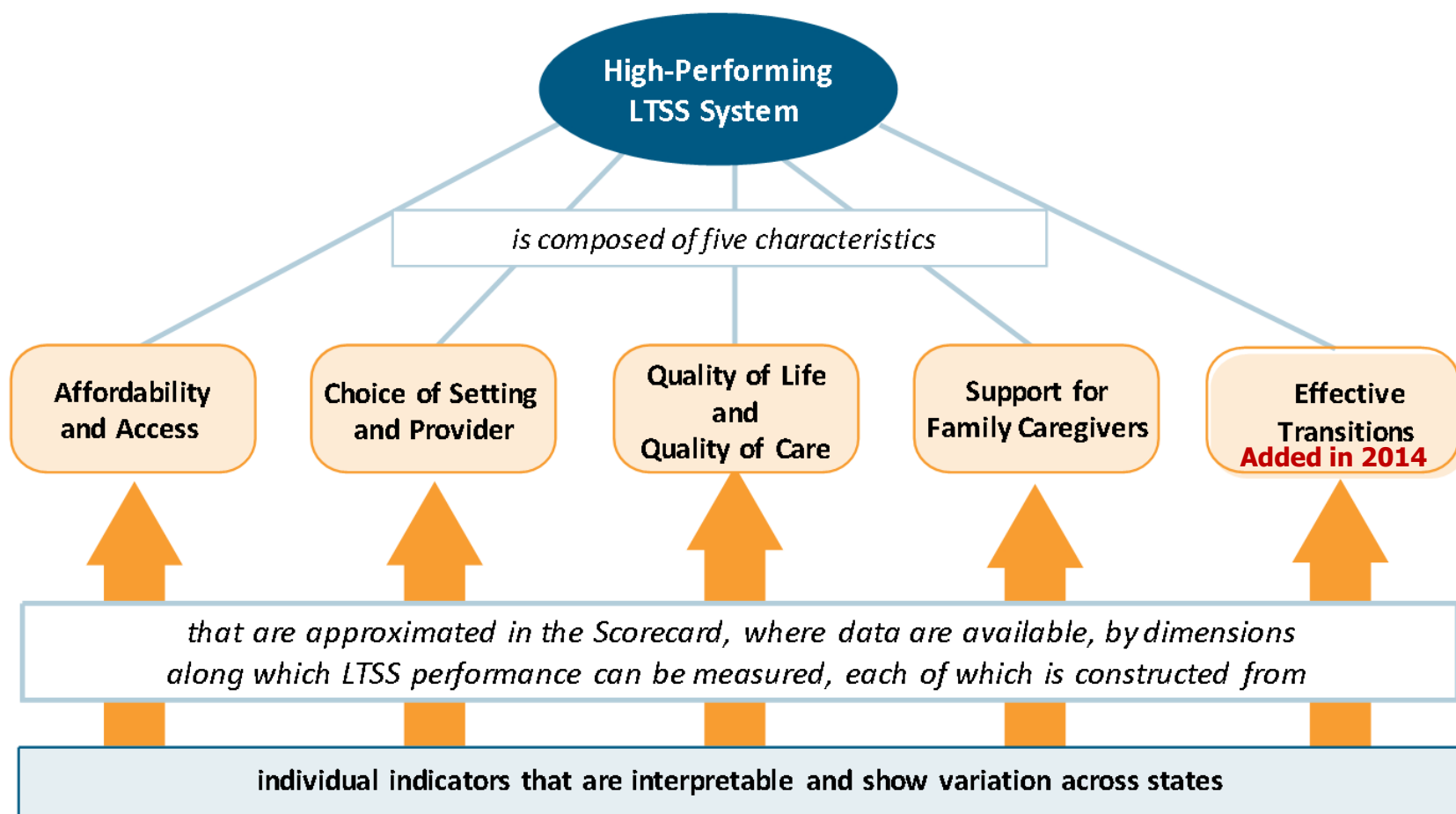


What is the Scorecard?

- Concise performance tool to put long-term services and support (LTSS) policies and programs in context, prompt dialogue, and spark action
- Multidimensional approach to comprehensively measure performance over time
- Target areas for improvement
- View from a consumer perspective
- Engage public and private sectors



Framework for Assessing LTSS System Performance



Source: State Long-Term Services and Supports Scorecard, 2017.

Dimensions & Indicators

- Five dimensions are represented in the Scorecard.
- Each dimension comprised of 3-6 indicators for a total of 25.
- Criteria for indicators:
 - Important and meaningful, conceptually valid, easy to interpret with clear directionality and
 - Must be available for all states and the District of Columbia and updated regularly.

The Role of Public Policy



Public policy plays an important role in LTSS systems by establishing:

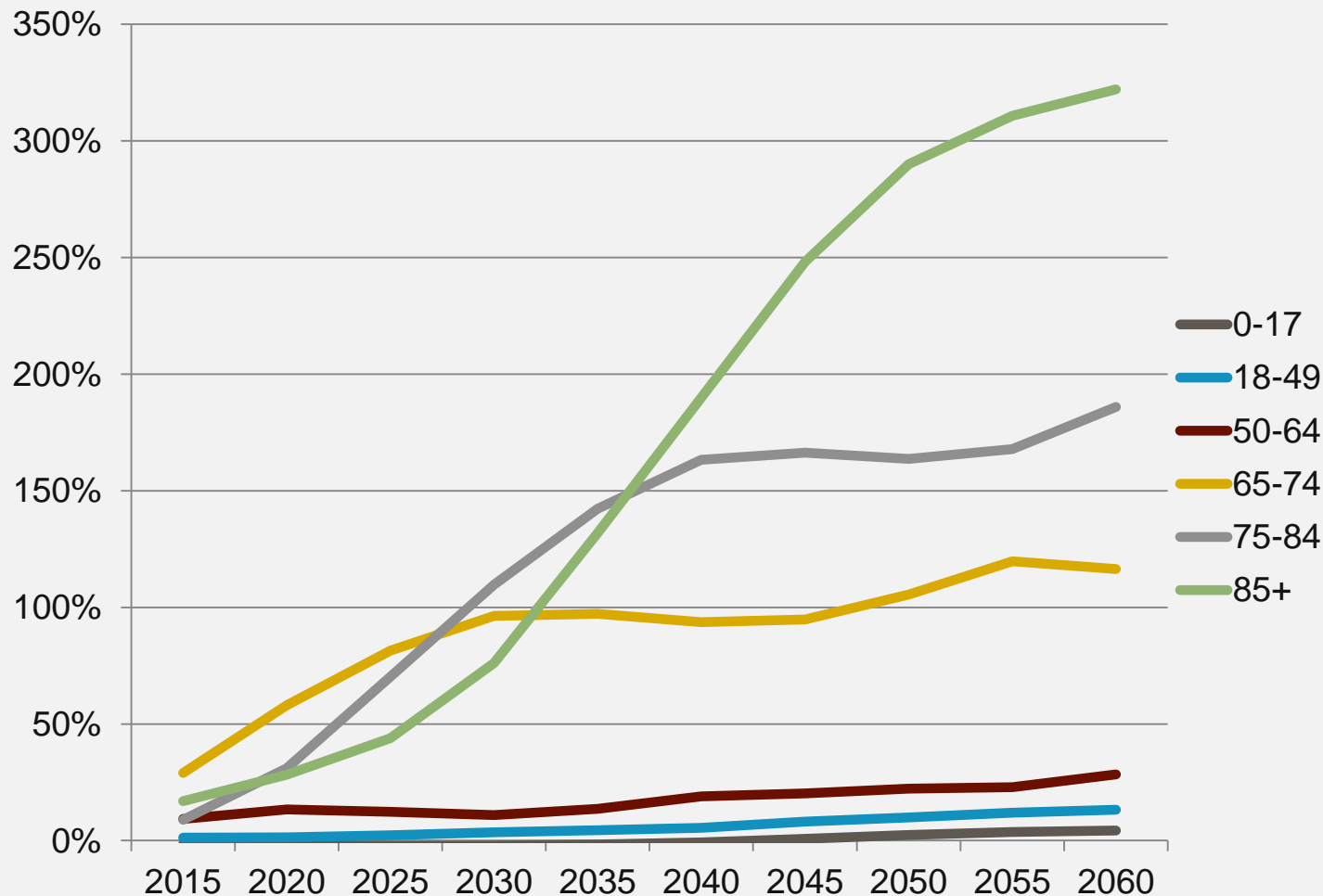
- Who is eligible for assistance
- What services are provided
- How quality is monitored
- The ways in which family caregivers supported
- Provisions to facilitate effective transitions



LTSS STATE SCORECARD: CALIFORNIA

HIGH LEVEL FINDINGS

Demography is Destiny: California Population Projections by Age Group, 2010-2060



Projected Population Growth by Age Group, 2010-2060, California

0-17	4.30%
18-49	13.20%
50-64	28.40%
65-74	116.40%
75-84	185.90%
85+	322.10%

Dimension: Affordability and Access

Consumers are able to easily find and afford the services they need and there is a safety net for those who cannot afford services.

Affordability and Access includes:

- The relative affordability of private-pay LTSS
- The proportion of individuals with private long-term care insurance
- The reach of the Medicaid safety net and the Medicaid LTSS safety net to people with disabilities who have modest incomes
- The ease of navigating the LTSS system

Affordability and Access: Ranked 19



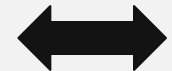
Nursing home affordability

34



Home care affordability

19



Private LTCI

27



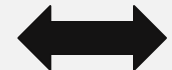
Reach of Medicaid safety net

6



Reach of Medicaid LTSS safety net

5



ADRC functions

50

*

Median Household Income in California for Adults 65+ is less than \$50,000

Nursing Home Private Room	\$112,055	More than twice (249%)* the typical income for an older household.
30 Hours/ Week of Home Care	\$35,880	More than three-quarters (77%)* of median income for an older household.
Private Long-Term Care Insurance Policies	806,828	46 out of every 1,000 people age 40+ have a LTCI policy

* These ratios are calculated at the market, not state-level and may not be exactly equal to the ratio of state median cost to state median income.

Dimension: Choice of Setting and Provider

A person- and family-centered approach to LTSS places high value on allowing consumers to exercise choice and control over where they receive services and who provides them.

Choice of Setting and Provider includes:

- The balance between institutional services and HCBS;
- The use of community services first;
- The extent of participant direction;
- The supply of home health aides and availability of alternatives to nursing homes; and
- Subsidized housing opportunities

Choice of Setting and Provider: Ranked 3



Medicaid balance

6



Medicaid new users

6



Participant direction

1

*

Home health aide supply

8



Assisted living supply

15

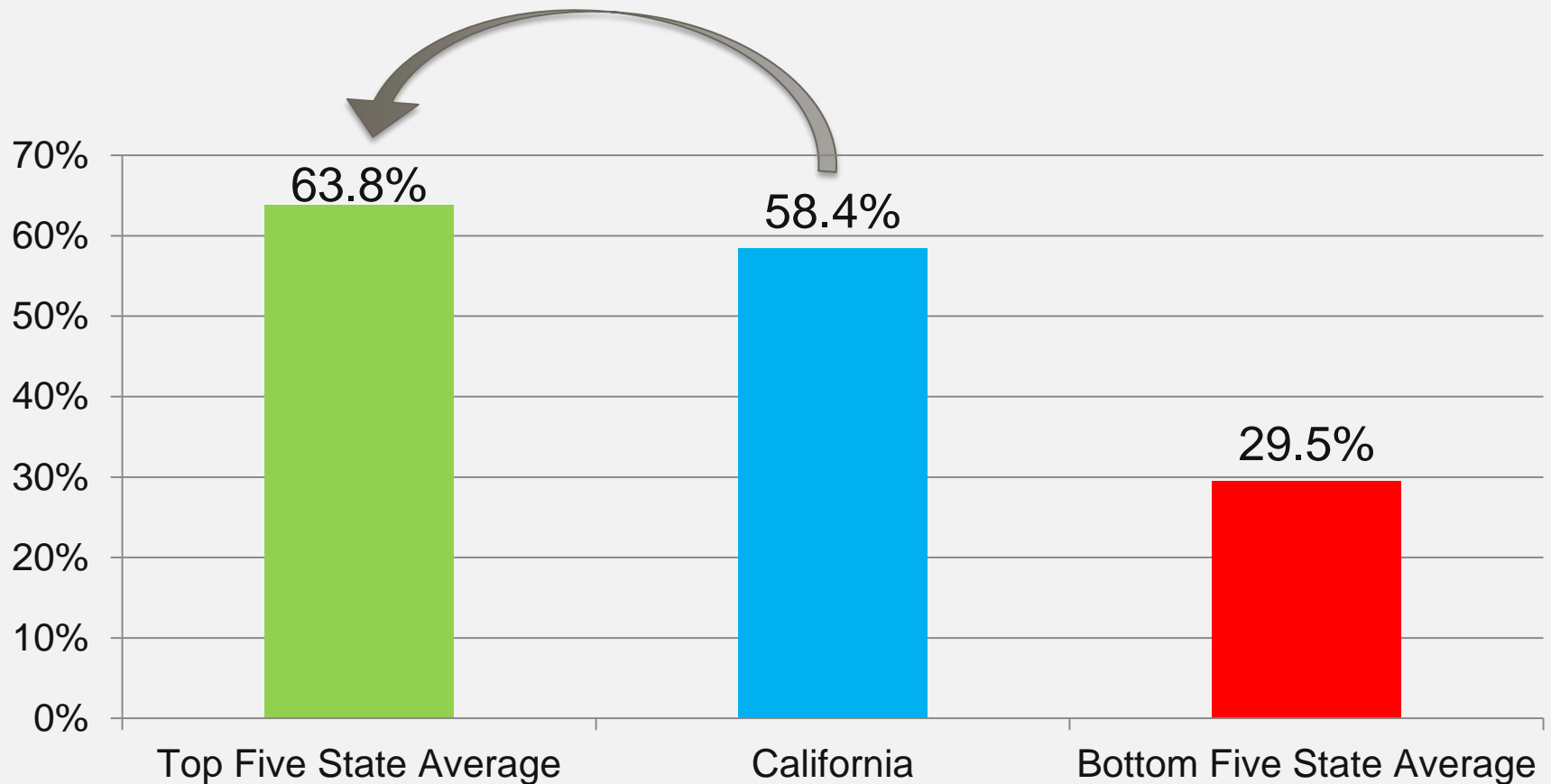


Subsidized housing opportunities

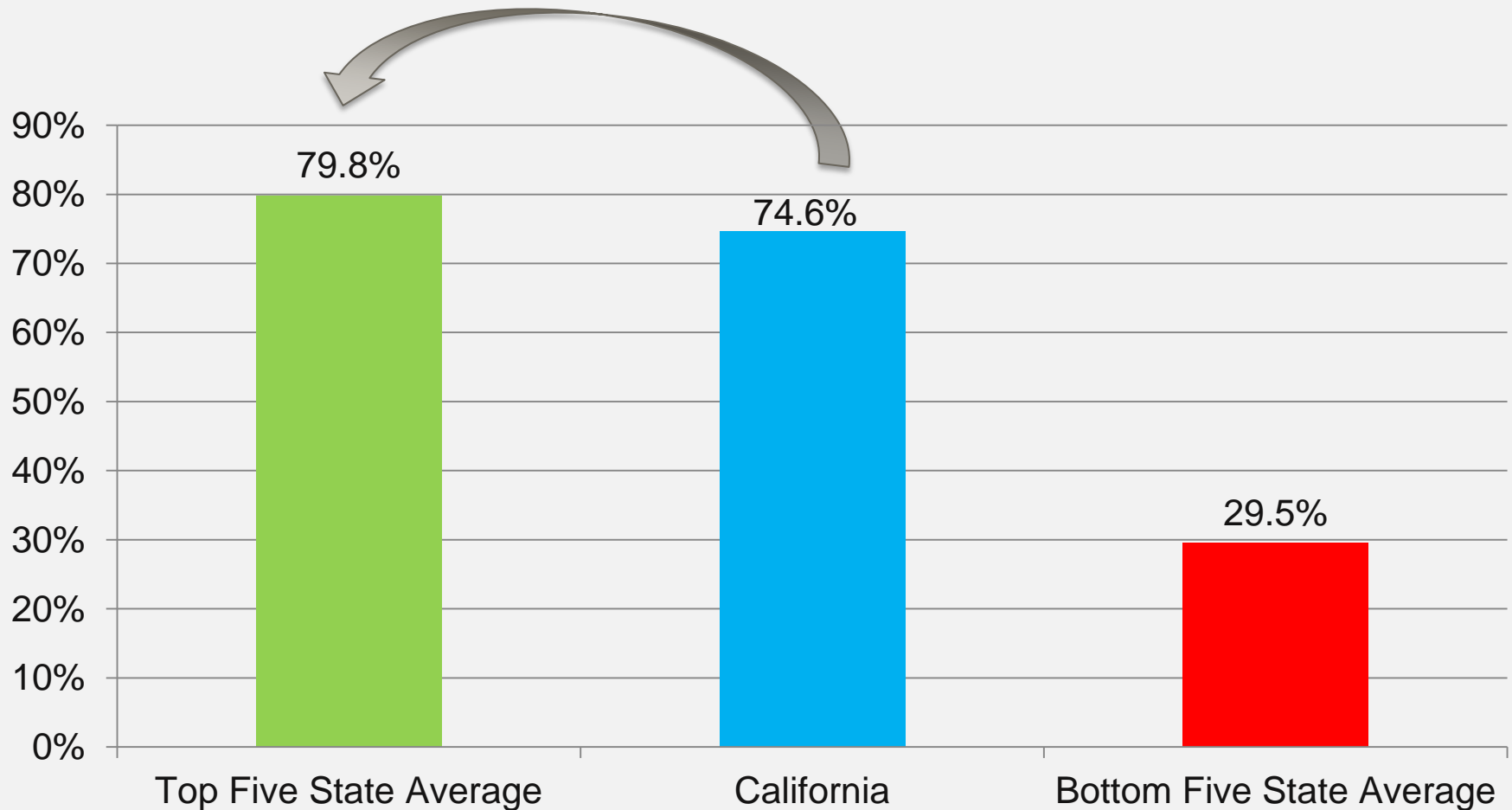
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State Variation: Medicaid LTSS Spending Toward HCBS



Medicaid LTSS Balance: New Users



Subsidized Housing Opportunities

- More affordable and accessible housing are needed to help people remain in their homes and communities
- Captures the total amount of subsidized housing opportunities—including place-based units and Housing Choice Vouchers—as a percentage of the total number of housing units in a state
- 28 states increased the percentage of housing units that can potentially be subsidized since 2011, but demand continues to outpace supply


Dimension: Quality of Life and Quality of Care

Services maximize positive outcomes and consumers are treated with respect. Personal preferences are honored when possible.

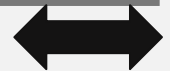
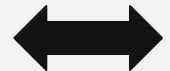
Quality of Life and Quality of Care includes:

- Level of employment of people with disabilities living in the community; and
- Quality of care in nursing homes, including inappropriate use of antipsychotic medications, and prevalence of pressure sores in high-risk residents.

Quality of Life and Quality of Care: Ranked 21



Employment – adults w/ disabilities	35	↔
Nursing Home - pressure sores	31	↔
Nursing Home - antipsychotic use	5	✓



Dimension: Support for Family Caregivers

The needs of family caregivers are assessed and addressed so they can receive the support they need to continue their essential roles.

Support for Family Caregivers includes the extent to which:

- Legal and system supports provided by states to support working caregivers and person- and family-centered care;
- Registered nurses are able to delegate health maintenance tasks to non-family members and nurse practitioner scope of practice, which can significantly ease burdens on family caregivers; and
- Transportation policies enable accessible public transportation for older adults, people with disabilities, and caregivers.

Support for Family Caregivers: Ranked 8

Supporting Working Family Caregivers

3



- Exceeding federal FMLA
- Paid family leave/paid sick days
- Unemployment insurance for family caregivers
- Employment discrimination protection

Person- and Family-Centered Care

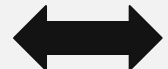
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- Medicaid spousal impoverishment
- Caregiver assessment
- Caregiver Advise, Record, Enable (CARE) Act

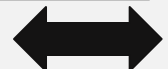
Nurse Delegation and Scope of Practice

45



Transportation policies

3



- Volunteer driver policies
- Statewide transportation coordinating council
- Medicaid non-medical transportation

Dimension: Effective Transitions

Person- and family-centered care is designed to look at the whole person and his or her needs and preferences, including meaningfully involving the individual's family caregivers.

Effective Transitions includes:

- Nursing home residents with low care needs;
- Home health and nursing home hospitalizations;
- Burdensome hospital transitions at the end of life;
- Nursing home residents who have stays of 100 days or more;
- Transitions from nursing homes back to the community.

Effective Transitions: Ranked 22

NH residents with low care needs

20



HH - hospitalizations

17



NH - hospitalizations

35



Burdensome transitions

44



Long nursing home stays

25

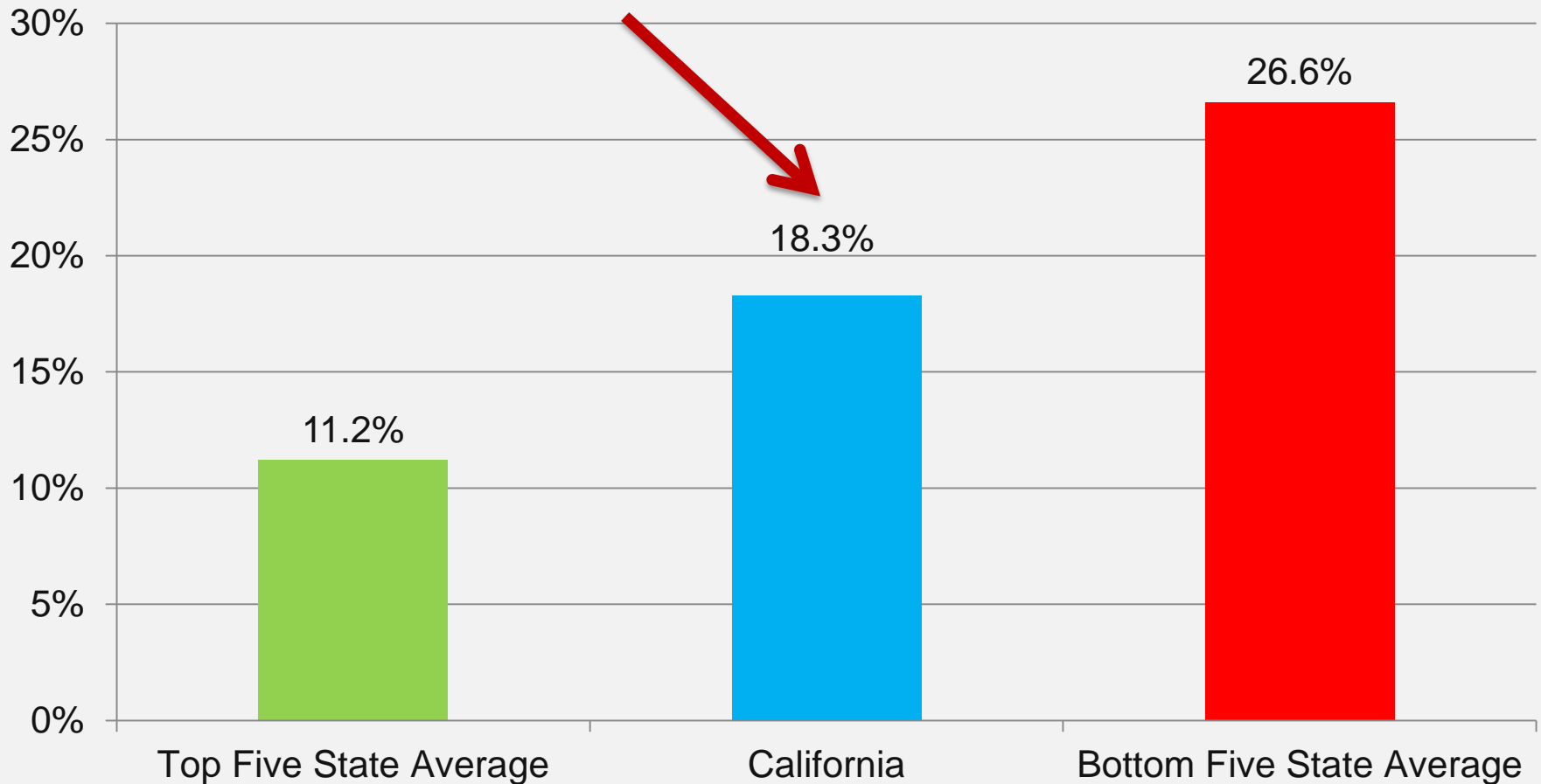


Transitions to the community

6



State Variation: Long Nursing Home Stays



Data: Carol Irvin et al., Pathways to Independence: Transitioning Adults Under Age 65 from Nursing Home to Community Living (Cambridge, MA: Mathematica Policy Research, 2012), table 5, Indicators of performance of state long-term services and supports Systems.

Source: State Long-Term Services and Supports Scorecard, 2017.

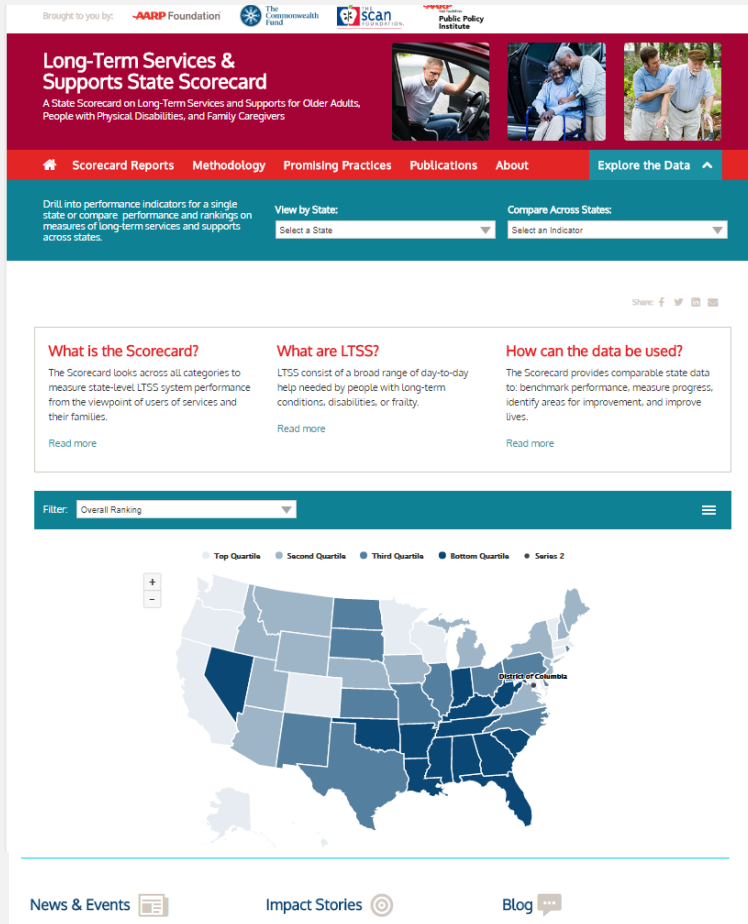
State Strategies to Address Long Nursing Home Stays

- Identify and transition new residents back to community
- Divert hospitalized patients to home with supportive services at point of discharge
- NH quality improvement
- Payments to downsize and diversify NH industry
- Statewide information, outreach, and education
- NH preadmission screening to counsel patients and families about community care options

If California improved its performance to the level of the average of the top-five performing states:

- **1,471,615** more people would be covered by private LTCL.
- **176,180** more people of all ages would receive Medicaid LTSS to help them with daily activities.
- **773,247** more place-based subsidized units and vouchers would be available to help low-income people with LTSS needs afford.
- **34,370** more people with ADL disability would be employed
- **\$573** million more would go to HCBS instead of nursing homes.

www.LongTermScorecard.org



Content

- Full Report & Detailed Findings by Dimension
- Change and Ranking Methodology
- State Data and Fact Sheets
- Maps and Graphics
- State-by-State Interactive Comparisons with Downloadable Data Tables
- Promising Practice Reports
- Impact Story Videos

THANK YOU

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