Where is Long-Term Care Provided in California? (Updated)

Long-term care services can be provided in a variety of settings including institutional settings, residential settings, or in one's home or community (e.g., adult day care). The term "home- and community-based services" refers collectively to those services that are provided outside of institutions.

This fact sheet describes the settings where long-term care is provided in California. All of the references accessed to produce this fact sheet are provided for further review.

Home- and Community-Based Services

- Medi-Cal, California's Medicaid program, is the primary payer of long-term care in the state. **Almost 71%** of new Medi-Cal long-term care users first receive services in the community rather than in institutional settings.[1]

- The In-Home Supportive Services (IHSS) program provides personal care services to eligible Californians through Medi-Cal. IHSS is the largest consumer-directed personal care program in the country.[2]

- As of May 2011, the IHSS program was projected to serve **437,977** individuals.[3]

- IHSS recipients receive an average of **85** hours of service per month. The maximum number of hours for IHSS services that can be authorized is 283.[3]

- Consumer direction allows the individual to hire and fire the HCBS provider he or she chooses, set the hours for service delivery, and, in some cases, determine the wages paid. In 2010, about **148 people per 1,000 adults age 18 and older** with disabilities received consumer-directed services in California, compared to 21 per 1,000 adults nationally.[1]

- Medicaid 1915(c) waivers allow states to offer home- and community-based services (HCBS) to individuals who would otherwise receive care in a nursing home. In 2011, there were **8** active Medicaid 1915(c) waivers in California. Six of these were targeted to seniors and people with disabilities (See Table 1).[4]

- As of 2008, there were **16,119** individuals enrolled in Medicaid 1915(c) waivers that serve older adults and/or people with physical disabilities.[5]

- As of 2010, there were **2,030** Californians waitlisted to receive services through waivers that serve older adults and/or people with physical disabilities.[6]

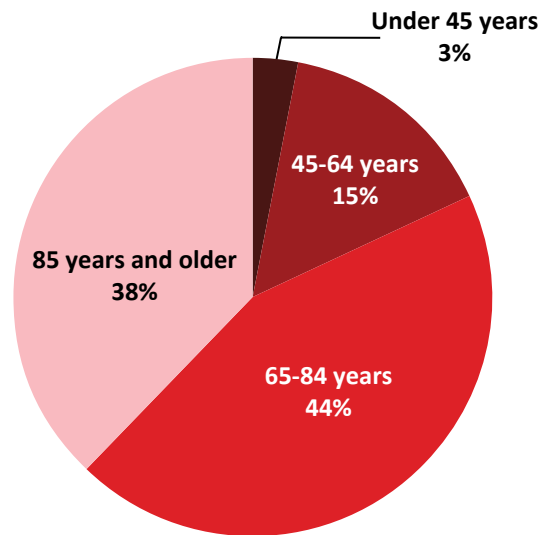| TABLE 1	Medi-Cal 1915 (c) Home- and Community-Based Services (HCBS) Waivers Targeting Older Adults and People with Disabilities	
Waiver	**Description**	
Multipurpose Senior Services Program (MSSP)	Provides HCBS to Medi-Cal beneficiaries who are 65 and older and have a disability as an alternative to nursing home placement. There are 41 MSSP sites across counties in the state.	
Assisted Living	Provides for assisted living, care coordination and other benefits to a limited number of eligible seniors and persons with disabilities in certain counties.	
Nursing Facility/ Acute Hospital (NF/AH)	Provides services in the home to Medi-Cal beneficiaries who would otherwise receive care in an intermediate care facility, a skilled nursing facility, a subacute nursing facility, or an acute care hospital.	
In-Home Operations (IHO)	Serves Medi-Cal beneficiaries previously enrolled in these waivers who require direct care services provided primarily by a licensed nurse and needed services in excess of that available through the NF/AH waiver.	
HCBS Waiver for the Developmentally Disabled (HCBS-DD)	Provides HCBS to Regional Center consumers with developmental disabilities, enabling them to live in the community rather than in an intermediate care facility for the developmentally disabled.	
Developmentally Disabled Continuous Nursing Care (DD-CNC)	Provides continuous nursing care to medically fragile Medi-Cal beneficiaries with developmental disabilities in a small home-like community setting.	

Source: California Department of Health Care Services. Description of Medi-Cal Waivers, September 2010.

- The Program for All-inclusive Care for the Elderly (PACE) provides integrated care that includes both medical and supportive services to frail elderly from an interdisciplinary team of health care and other professionals.[7] Currently, there are **23** operational PACE centers in 7 counties in the state. It is expected that this will expand to 27 centers in 10 counties by early 2013.

- As of the end of 2011, more than **3,000** individuals were enrolled in PACE programs in California.[8-12]

- The Adult Day Health Care (ADHC) program was replaced by the Community-Based Adult Services (CBAS) program in April 2012.[13] CBAS will serve adults age 18 and older with functional impairments that place them at risk of institutionalization. In fiscal year 2010-11, **37,594** individuals were served by **306** licensed/certified ADHC in California.[14]

- Aging and Disability Resources Centers (ADRCs) provide information, referral, and assistance for persons with disabilities, caregivers, family and friends who seek information about long-term care services.[15] Currently there are **6** ADRCs in California.[16]

- California Community Transitions (CCT) is the state's Money Follows the Person program that provides individuals living in a nursing home or other institution new opportunities to live in the community with the services and supports they need. From 2007 through the end of 2010, California had transitioned **401** individuals to the community through CCT.[17]

Residential Care

- Residential Care Facilities for the Elderly (RCFEs), a type of residential care facility also referred to as an assisted living facility, are non–medical facilities that serve individuals age 60 and older and provide room, meals, housekeeping, supervision, storage and distribution of medication, and personal care assistance with basic activities like hygiene, dressing, eating, bathing and transferring. In 2010, there were approximately **7,700** licensed RCFEs located throughout California with the capacity to serve **170,000** individuals.[18,19]

- In 2010, there were **51** assisted living and residential care units per 1,000 people age 65 and older in California, compared to 31 per 1,000, nationally.[1]

- The state's southern coast consisting of Los Angeles, Orange, Ventura, and San Diego counties accounts for about **43%** of the state's RCFEs.[18]

- As of December 2010, there were **29** RCFE beds per 1,000 seniors age 60 and older in California. This varied by county (See Figure 1).[18,20-22]

FIGURE 1 — **Residential Care Facility for the Elderly (RCFE) Beds per 1,000 Californians Age 60 and Older, by County, FY 2010**

Legend:
- 41+
- 31-40
- 21-30
- 11-20
- 0-10

Source: The SCAN Foundation's analysis of data from the Number of State Licensed Facilities, by County data file (December 2010) from the California Department of Social Services, Community Care Licensing Division. Population data come from the American Community Survey, U.S. Census Bureau (2009).

Institutional Long-Term Care

- Nursing homes are institutions that provide medical and supportive services to people with significant functional and/or cognitive impairment. As of March 2012, there were **1,232** nursing homes in California with **120,588** beds.[23]

- There are **102,480** nursing home residents in California, occupying **85%** of nursing home beds.[15]

- Over **80%** of nursing home residents in California are age 65 or older (See Figure 2).[24]

| FIGURE 2 | California Nursing Home Residents by Age, 2010 |

Source: CalQualityCare.org. CalQualityCare.org: Your Guide to Long-Term Care in California.

- From 2001 to 2012, the number of nursing homes in California decreased by about **8%**. During that period, the number of nursing home residents in California decreased by about **3%**. The number of nursing home beds decreased by about **12%**.[23,25]

- Intermediate care facilities provide care to individuals who do not need continuous nursing care, but require supervision and personal assistance. In 2011, **1,169** intermediate care facilities for individuals with mental retardation/developmental disabilities across California provided care to **8,509** clients.[26]

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