Long-Term Services and Supports
Kirsten J. Colello, Specialist in Health & Aging Policy
March 15, 2013
What are Long-Term Services and Supports (LTSS)?

A broad range of health and social services and supports that are needed by persons who have limitations in their ability to perform daily activities due to a physical, cognitive, or mental disability or condition.

*LTSS is a relatively new term for what has been called “long-term care.”*
Care Continuum

- Hospital
- Home Health
- Assisted Living Residential Care
- In home care (e.g., personal care)

- Skilled Nursing Home
- Adult Foster Care
- Independent Housing
- Private Home
Types of LTSS

- Non-skilled personal care assistance (i.e., non-medical)
  - Provides assistance with Activities of Daily Living (ADLs): eating, dressing, bathing, transferring, toileting
  - Provides assistance with Instrumental Activities of Daily Living (IADLs): housekeeping, shopping, managing money or medications, meal preparation
  - Provides supervision of ADLS and/or IADLs due to a cognitive impairment (e.g., Alzheimer's Disease)

- Other supports
  - Examples include: assistive devices, home modifications, supplies (e.g., nutrition supplements, incontinence pads)

- Transportation
Need for LTSS

• Affects individuals of all ages

• Individuals may acquire the need for LTSS differently:
  • Gradual development
    • Age or debilitating nature of chronic condition or disability (e.g., arthritis, Alzheimer’s disease and dementia)
  • Maintenance of on-going needs or chronic condition
    • Intellectual or developmental disability, diabetes
  • Acquired through acute condition or trauma
    • Traumatic brain injury, stroke
Need for LTSS (cont’d)

- About 11.1 million individuals need LTSS
- Most adults who need LTSS live in the community (9.6 million or 86%), especially if under age 65
- Another 1.5 million live in nursing homes (14%)
- Majority of adults who need LTSS are 65 and older

Source: Feder, Komisar, & Friedland, 2012
Need for LTSS (cont’d)

• Need for LTSS is based on functional limitations
  • ADLs/IADLs; Supervision with ADLs/IADLs
• Generally, need for LTSS defined as lasting 90+ days
• Definition is important for policy --
  • Basis for state level of care criteria for Medicaid LTSS eligibility
  • Basis for Private Long-Term Care Insurance benefit trigger
• Needs may be met with human assistance and/or assistive devices and technology
  • Examples: walker, wheelchair, home modifications
Where Do People Receive LTSS?

- At home (from unpaid caregivers such as family members and friends, and/or paid caregivers)
- In the community (e.g., adult day care centers, workplace)
- In residential settings (e.g., group homes, assisted living facilities, adult foster care)
- In nursing facilities
Demand for LTSS

- Percent of the adult population that needs LTSS rises with age
- Population over age 65 will continue to grow; as will need for LTSS
- Most adults in the community who need LTSS receive unpaid help

Source: Feder, Komisar, & Friedland, 2007
Unmet Need for LTSS

- Many go without needed LTSS – about 20% of community adults have unmet needs

Prevalence of Unmet Need Among Community-Based Adults Who Need LTSS

Unmet Need 20%

Met Need 80%

Source: Feder, Komisar, & Friedland, 2007
Factors Affecting Demand for LTSS

- Aging of baby boom generation and increases in longevity
  - Population aged 65+ projected to double in size over the next 20 years
  - Increases in average life expectancy

**Percent of the adult population that needs LTSS rises with age**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-64</td>
<td>1%</td>
</tr>
<tr>
<td>65-74</td>
<td>4%</td>
</tr>
<tr>
<td>75-84</td>
<td>10%</td>
</tr>
<tr>
<td>85+</td>
<td>29%</td>
</tr>
</tbody>
</table>

Source: Feder, Komisar, & Friedland, 2007
Factors Affecting Demand for LTSS (cont’d)

- Technological advances

- Preference for home and community-based services (HCBS)
  - Disability rights movement
  - Recognition of family caregivers

- Legal actions
How Much Do LTSS Cost?

Costs can be high, and vary by state

Median Annual Amount (2011)

- Nursing Home (private): $81,000
- Nursing Home (semi-private): $73,000
- Assisted Living: $39,600
- Home Health Aide: $18,200
- Homemaker Services: $17,200
- Adult Day Services: $15,900

Source: CRS analysis of Genworth Financial, Genworth 2012 Cost of Care Survey: Home Care Providers, Adult Day Health Care Facilities, Assisted Living Facilities and Nursing Homes, 2012; assumed 18.4 hours of paid care for Home Health Aide and Homemaker Services from 2009 data in L. Feinberg, et al.,
Contact

Kirsten Colello
Specialist in Health and Aging Policy
7-7839
kcolello@crs.loc.gov

How to Contact CRS -- www.crs.gov

• “Place a Request” or contact CRS at (202) 707-5700
• For issue specific CRS reports and experts, see “Issues in Focus” on web-site