

Long-Term Care

Chapter 15



Objectives

- Describe long-term-care
- Describe the population requiring long-term-care
- Identify the formal and informal providers of long-term-care



Introduction

- Medical technologies continue to save and sustain lives and as the population ages and acquires more chronic health problems, long-term-care (LTC) becomes an increasingly important part of the health care continuum.



Definition

- Long-term-care emphasized continuous care over a period of 90 days for a range of acute and chronic conditions.
- The need for long-term-care are made by measuring and individual's functional abilities:
- Two standard measures assess functions:
 - Activities of daily living (ADLs)
 - Instrumental activities of daily living (IADLs)



Functional Assessment

- **Activities of daily living (ADLs)**
 - The most basic self-care tasks required for independent functioning
- **Instrumental activities of daily living (IADLs)**
 - Skills required to perform social tasks and basic household chores to maintain greater self-sufficiency.



Individuals and Population

- More than 12 million people in the United States need LTC services.
- 50 percent of this group, an estimated five million people are severely disabled.



Long-term Care Providers

- Long-term care providers are categorized as informal providers (i.e., family members and friends who render an array of support and assistive services) and formal providers (i.e. trained specialists ranging from physicians to home health aides).
- Care may be provided in patient's home or residence, in a community center or other community setting, or in an institution such as a nursing home.



Informal LTC Providers

- Of the estimated 12 million people who need LTC, 6.6 million clients are age 65 or older and likely to be Medicare beneficiaries and entitled to the LTC coverage that Medicare provides: very limited skilled nursing facility (SNF) care and home care.



Formal LTC Providers

- Formal LTC providers are those who are trained to provide such care and are reimbursed for their service.
 - Of that time, 77 percent was spent by a nursing assistant, whereas only 8 percent of this time was spent by a registered nurse.



Home Health Care

- Home health care services, provided to maintain individuals in their home and keep them out more costly institutions, have been available in the United States health service system.



Home and Community-Based Services

- The Medicaid provision of LTC services expanded from home health care and nursing home care to home and community-based services and the passage of the 1981 Omnibus Budget Reconciliation Act (OBRA).



Nursing Home Care

- Nursing homes provide nursing care and assistive LTC services on a residential basis for patients of all ages who have a range of disabilities and impairment.
 - In 1999, 1.6 million people, the majority of them elderly, resided in nursing homes in the United States, and an additional 600,000 lived in other LTC facilities.



Veterans Nursing Homes

- Qualified military veterans have access to their own designed nursing homes supported by Department of Veterans Affairs (VA).



Intermediate Care Facilities for the Mentally Retarded

- Until the early 1970s, the care of people with developmental disabilities, defined as mental retardation and related condition, was limited to nursing homes, state mental institutions, the individual's family, or private arrangements the family could make.



Other Medicaid LTC Services for People with Developmental Disabilities

- Medicaid had other programs that provide services to people with developmental disabilities who are not ICFMRs residents.



Non-Medicaid LTC Services for People with Developmental Disabilities

- Although Medicaid is the primary payer for service provided in ICFMRs, and other funds support services to people with disabilities.



LTC Services For Elderly

- In addition to the formal and informal LTC providers and the LTC programs described in the previous sections, some additional LTC demonstration are located.



LTC Services For Elderly

- Program for all-Inclusive care for the Elderly (PACE)- relies on adult day care and monitor the health of frail, elderly people at risk of nursing home care and to ensure that clients obtained needed services.
- Social Health Maintenance Organizations (SHMOs)- to determine whether an integrated program of social and health service can maintain frail elderly people in their homes or communities and thus avoid the need for institutionalization, and to determine the feasibility increasingly Medicare LTC benefits, the CMS has supported a SHMO demonstration in four sites since 1980.



Utilization of LTC

- Not all people need services from the formal LTC system are able to obtain them.
 - Home health is provided to people of all ages who have insurance coverage or other resources to pay for these services, but the majority of home care clients are beneficiaries.



Utilization of LTC:Cont:

- Utilization of Home-and Community-Based Services (HCBS)
 - Information is difficult to obtain because of the Medicaid programs, which vary widely in services for which they reimburse, operate the HCBS waivers.



Utilization of LTC:Cont:

- Utilization of Nursing Home Services
 - The number of nursing homes available for use between 1971 and 2000 reach a high of 33,000 in 1991 and dropped to just over half that number by 2000.
 - Mergers and consolidation accounts for the reduction of the number of nursing homes.
 - Medicaid is the major public nursing home care payer, paying for the care of nearly 60 percent of all nursing home residents.



The Role of Nursing Home Use in Later Life

- As the population ages and demands for LTC are expected to increase, will adequate resources be available to meet these needs?



LTC Financing

- Much of the formal long-term care provided in the United States health services system is financed by public payers.
- Medicaid pays for the nursing home care for 60 percent of all nursing home residents.
- Monthly charges for nursing home currently average \$3900 or higher.



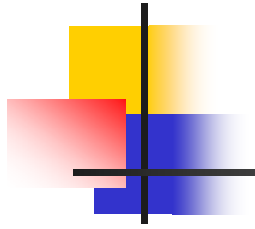
Policy Issues Surrounding LTC

- More than 12 million Americans are estimated to need LTC services but not all of them receive services because of barrier- particularly financial to access.



References

- Barton, P.L. (2007). *Understanding the U. S. Health Service Systems*, Third Edition; Phoebe Lindsey Health Administration Press.



Questions

