Across the States 2018
How States Can Use Data and Rankings to Improve Long-Term Services and Supports

AARP Public Policy Institute
Ari Houser
Wendy Fox-Grage
Kathleen Ujvari

Alaska Department of Health and Social Services
Duane Mayes

Maryland Department of Health and Mental Hygiene
Lorraine Nawara

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Background

10th Edition

- Published for 24 years
- Over 75 indicators covering seven categories including
  - Population Projections & Characteristics
  - LTSS Costs and Resources
  - Public LTSS Expenditures and Users
  - Family Caregiving
- Numerous data sources including
  - Publicly available, external contributors, PPI calculations
Across the States 2018: Two Components

- **Printed Report** – Overview of findings, ranking tables, and data documentation

- **Individual State Profile Pages** – Available electronically at [http://www.aarp.org/acrossthestates](http://www.aarp.org/acrossthestates)
Key Findings

Population & Characteristics

- Population ages 85+ projected to triple by 2050
- Older population is becoming more diverse; Hispanic population ages 65+ projected to quadruple by 2050
- Most adults with disabilities are under 65 but percentage is higher among older population

Family Caregivers

- Economic value far exceeds Medicaid spending
- Declining family caregiver support ratio in all states
Key Findings (cont.)

Affordability

▪ More than 1/3 of older population is economically vulnerable, often qualifies for publicly funded services

▪ Private pay cost of LTSS is not within reach of most families leading to rapid spend down

Public LTSS Expenditures

▪ Medicaid LTSS becoming more balanced toward HCBS for older adults and people with physical disabilities

▪ Still lags behind balance for all populations
Key Findings (cont.)

Nursing Facility Resources and Quality

- Number of nursing facility residents declined from 2011 to 2016
- Majority of nursing facility residents rely on Medicaid
- Quality varies considerably across states
Dramatic Growth of the Older Population

- Population 85+ expected to significantly outpace all other age groups by 2050
  - Accelerates in 13 years (2031) when baby boomers turn age 85

- Indicator of increased demand for LTSS
  - Most likely to need help with ADLs
  - Higher rates of disability
  - Nearly 1/3 have dementia
  - More likely to be living alone, with no spouse or other family member to provide assistance
Population Projections

Projected Population Growth by Age Group, 2015–2050

- Ages 85+: +208%
- Ages 75–84: +113%
- Ages 65–74: +42%
- Under 65: +12%
Older Population is Becoming More Diverse

- Racial and ethnic minorities ages 65+ are projected to increase from 22% in 2015 to 39% in 2050
- As today’s younger and more diverse population ages, the older population will become more diverse
Older Population is Becoming More Diverse (cont.)

- Older Hispanic population is projected to more than quadruple from 2015 to 2050
- Number of states with Hispanics representing 10% or more of the ages 65+ population
  - 8 states in 2015
  - 27 states by 2050 (projected)
- Implications of growing diversity
  - LTSS preferences, role of caregivers, language, cultural sensitivity, training providers in cultural competence
Older Population is Becoming More Diverse (cont.)

Hispanics as a Percentage of the Ages 65+ Population, 2015

Hispanics as a Percentage of the Ages 65+ Population, 2050 (Projected)
Disability Among Working-Age and Older Adults

- Higher number of working-age adults with cognitive or any disability than older adults
- But, percentage of people with disabilities is higher among older population

<table>
<thead>
<tr>
<th></th>
<th>Adults Ages 18–64 with Disability</th>
<th>Percent of Population Ages 18–64</th>
<th>Adults Ages 65+ with Disability</th>
<th>Percent of Population Ages 65+</th>
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<tr>
<td>Self-Care Difficulty</td>
<td>3.7 mil</td>
<td>1.9%</td>
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<tr>
<td>Cognitive Difficulty</td>
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<td>4.5%</td>
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<tr>
<td>Any Disability</td>
<td>20.8 mil</td>
<td>10.6%</td>
<td>16.9 mil</td>
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</tbody>
</table>
Economic Value of Family Caregiving

- Medicaid is largest public payer for LTSS, but unpaid family caregivers are largest source of this care.
- Provided $470B worth of unpaid care in 2013, more than six times the Medicaid spending on HCBS.

Annual Spending in Billions of Dollars
“You Take Care of Mom, But Who Will Take Care of You?”

- Family caregivers provide the majority of LTSS
- Supply of family caregivers unlikely to keep pace with future demand
- Projected family caregiver support ratio in the US
  - In 2015, almost 7:1 ratio
  - In 2030, ratio declines to 4:1
  - In 2050, further decline to 3:1
- Significant decline in every state
LTSS Cost More than Most Can Afford

- More than 1/3 of ages 65+ lived below poverty level in 2016
  - Income < $29,700 single; $40,050 family of two
  - People with self-care needs at financial risk
  - Often qualify for need-based LTSS and other publicly funded services

- Cost of LTSS is not within reach of most families leading to rapid spend down
  - Nearly 1 out of 5 older adults likely to need Medicaid to help pay for LTSS
Annualized Private Pay Cost, United States, 2017

- Nursing Facility Private Room: $97,455
- Nursing Facility Shared Room: $87,600
- Assisted Living: $45,000
- Adult Day Services: $18,200
- Home Health Aide, 30 Hours/Week: $33,540

Percentage Increases:
- Nursing Facility Private Room: 231%
- Nursing Facility Shared Room: 208%
- Assisted Living: 107%
- Adult Day Services: 43%
- Home Health Aide, 30 Hours/Week: 80%
States are Becoming More Balanced

- Medicaid LTSS spending going toward HCBS increased from 2011 to 2016 for older adults and people with physical disabilities
  - Increase of 7% over five years from 38% (2011) to 45% (2016)

- Most states (40) became more balanced for these populations

- Significant changes in Medicaid LTSS spending
  - HCBS spending increased by 39%
  - Spending for nursing facilities increased by 6%
HCBS Spending Still Lags for Older Adults and People with Physical Disabilities

- Medicaid LTSS spending on HCBS for older adults and people with physical disabilities is *less balanced* than spending on HCBS for all populations
  - Nationally, 45% vs. 57%
  - Wide statewide variation

### Percentage of Medicaid LTSS Spending Going to Home- and Community-Based Services and Institutional Care, 2016

- **Older People and Adults with Physical Disabilities**
  - 45% HCBS
  - 55% Institutional

- **All Populations**
  - 57% HCBS
  - 43% Institutional
Decline in Nursing Facility Residents

- Despite the aging of society, large majority (46) of states had decreases in nursing facility residents from 2011 to 2016
  - Nationally, 4.1% decline
Majority of Nursing Facility Residents Rely on Medicaid

Nursing Facility Primary Payer Source, 2016

- Medicaid: 62%
- Private Pay and LTCI: 25%
- Medicare: 14%
Nursing Facility Quality Varies Considerably Across States

- Long-stay residents with hospital admission in 2014 ranged from 5% (HI) to 28% (MI)
- Inappropriate use of antipsychotic medications in 2017 ranged from 7% (HI) to 20% (OK)
- High risk residents with pressure sores in 2017 ranged from 3% (HI) to 10% (DC)
Questions?

Ari Houser
ahouser@aarp.org

Wendy Fox-Grage
wfgrage@aarp.org

Kathleen Ujvari
kujvari@aarp.org