Across the States 2018
Long-Term Services and Supports State Data

AARP Public Policy Institute
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Long-Term Care Discussion Group
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%

Percentage Increase since 2015
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>
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<tr>
<th>Type of Disability</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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</thead>
<tbody>
<tr>
<td>Self-Care Difficulty</td>
<td>3.7 mil</td>
<td>1.9%</td>
<td>3.9 mil</td>
<td>8.1%</td>
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<tr>
<td>Cognitive Difficulty</td>
<td>8.9 mil</td>
<td>4.5%</td>
<td>4.3 mil</td>
<td>8.9%</td>
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<tr>
<td>Any Disability</td>
<td>20.8 mil</td>
<td>10.6%</td>
<td>16.9 mil</td>
<td>35.0%</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
“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
Family Caregiver Support Ratio, 2015 and 2050

Number of People Ages 45-64 for Every Person Ages 80+

States listed include: Alaska, Georgia, Nevada, Texas, Colorado, Utah, Virginia, Louisiana, Wyoming, South Carolina, Washington, Kentucky, Nebraska, South Dakota, Maine, Arizona, Kansas, Rhode Island, Pennsylvania, and North Dakota.
LTSS Cost More than Most Can Afford

▪ More than 1/3 of ages 65+ lived below 250% of 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, 231%
- Nursing Facility Shared Room: $87,600, 208%
- Assisted Living: $45,000, 107%
- Adult Day Services: $18,200, 43%
- Home Health Aide, 30 Hours/Week: $33,540, 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
Percentage of Medicaid LTSS Spending for Older People and Adults with Physical Disabilities Going toward HCBS, 2011 and 2016
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?

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