A Vision for Long-Term Care

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"The more sand has escaped from the hourglass of our life, the clearer we should see through it."
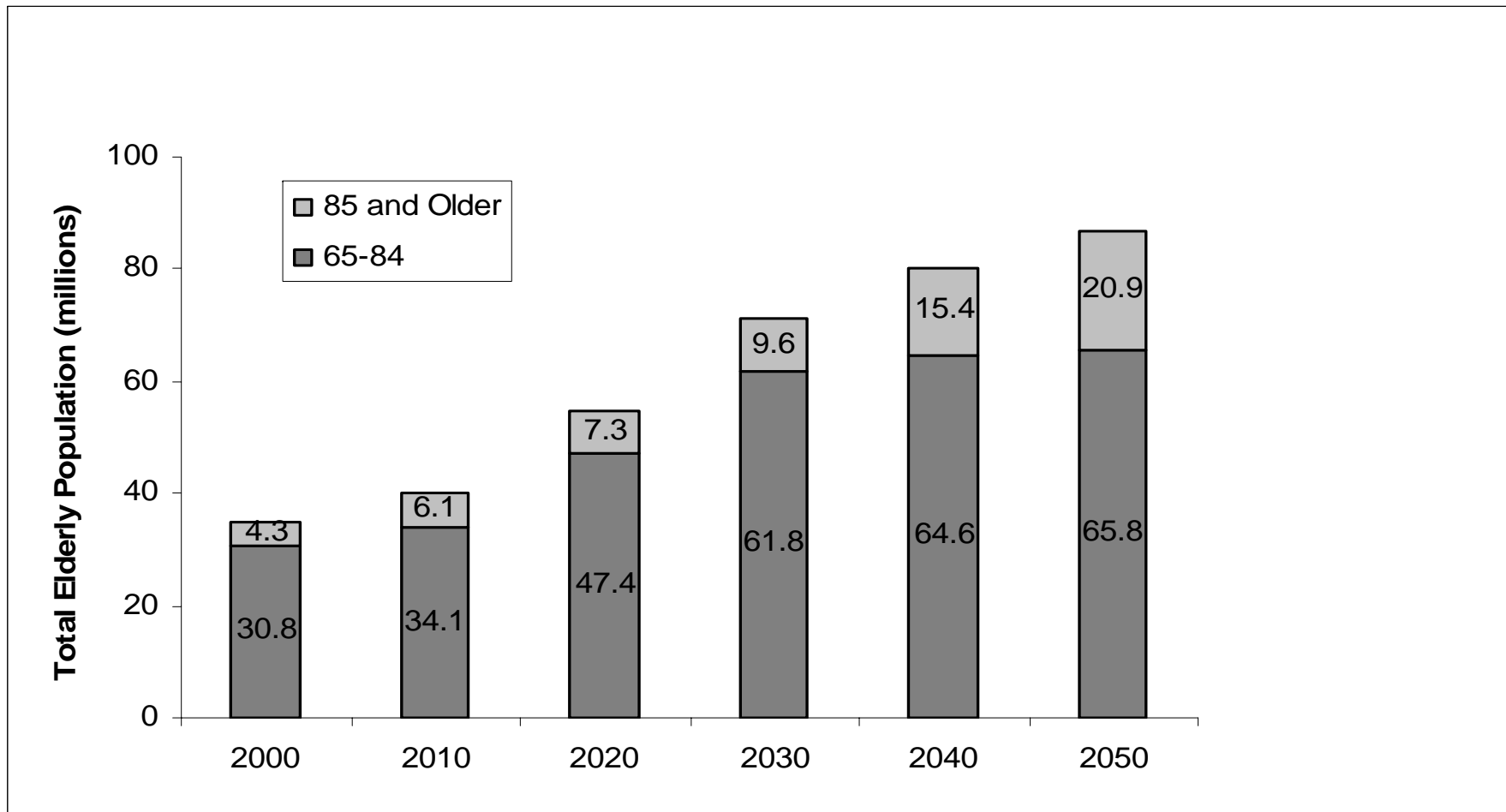
Jean-Paul Sartre

Defining Long-Term Care

- **Blurred boundaries between acute, primary, chronic LTC and preventive services**
- **Focus on function, well-being, health status**
- **Broad range of services and supports**
- **Housing and services equally important**
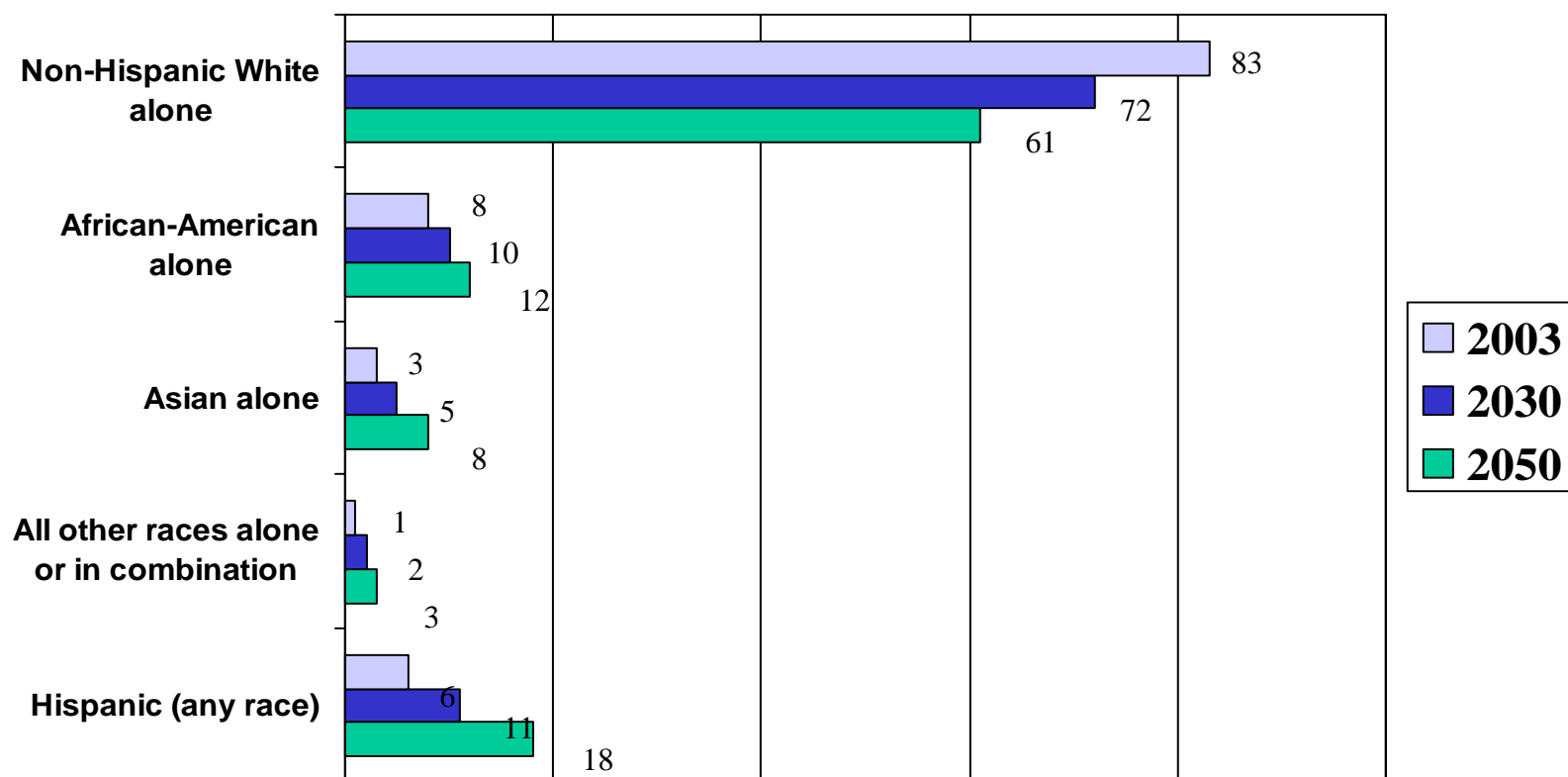- **Formal and informal care**

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Factors Influencing Our World View

- **Demographics (Aging and Immigration)**
- **Economics**
- **Globalization**
- **Technology**
- **Values**

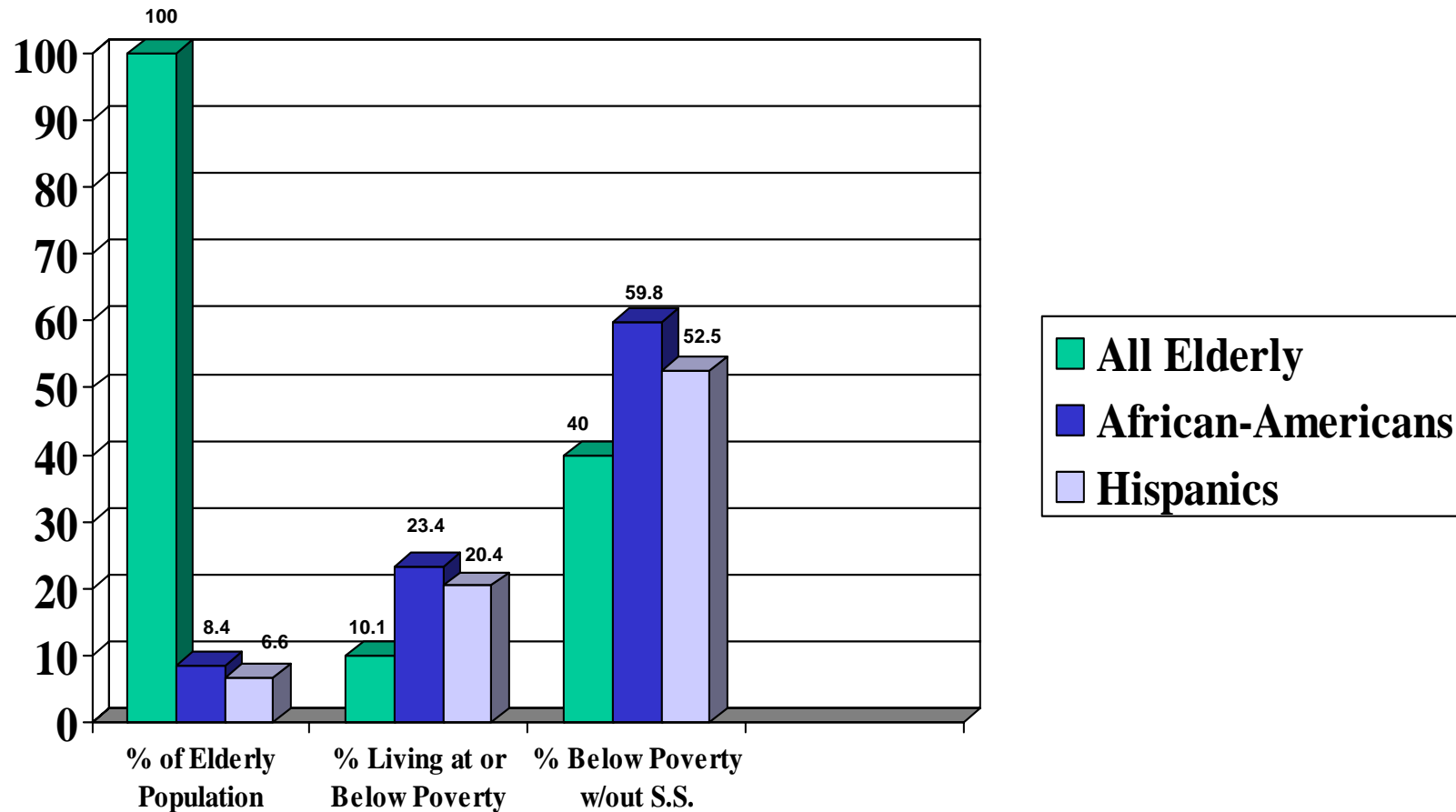# Total Projected Elderly Population in U.S. through 2050

Total Projected Elderly Population in U.S. through 2050 — stacked bar chart. Y-axis: Total Elderly Population (millions), 0 to 100. X-axis: years 2000–2050. Legend: 85 and Older (light gray), 65-84 (dark gray).

Year	65-84	85 and Older
2000	30.8	4.3
2010	34.1	6.1
2020	47.4	7.3
2030	61.8	9.6
2040	64.6	15.4
2050	65.8	20.9

Population Aged 65+ by Race and Hispanic Origin: 2003, 2030, and 2050 (Percent)

Source: US Census Bureau

Minority Elderly (2005)

Legend:
- **All Elderly**
- **African-Americans**
- **Hispanics**

% of Elderly Population: 100, 8.4, 6.6

% Living at or Below Poverty: 10.1, 23.4, 20.4

% Below Poverty w/out S.S.: 40, 59.8, 52.5

AARP Public Policy Institute

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Projections of the Number of People Age 65+ Who Will Need Long-Term Care
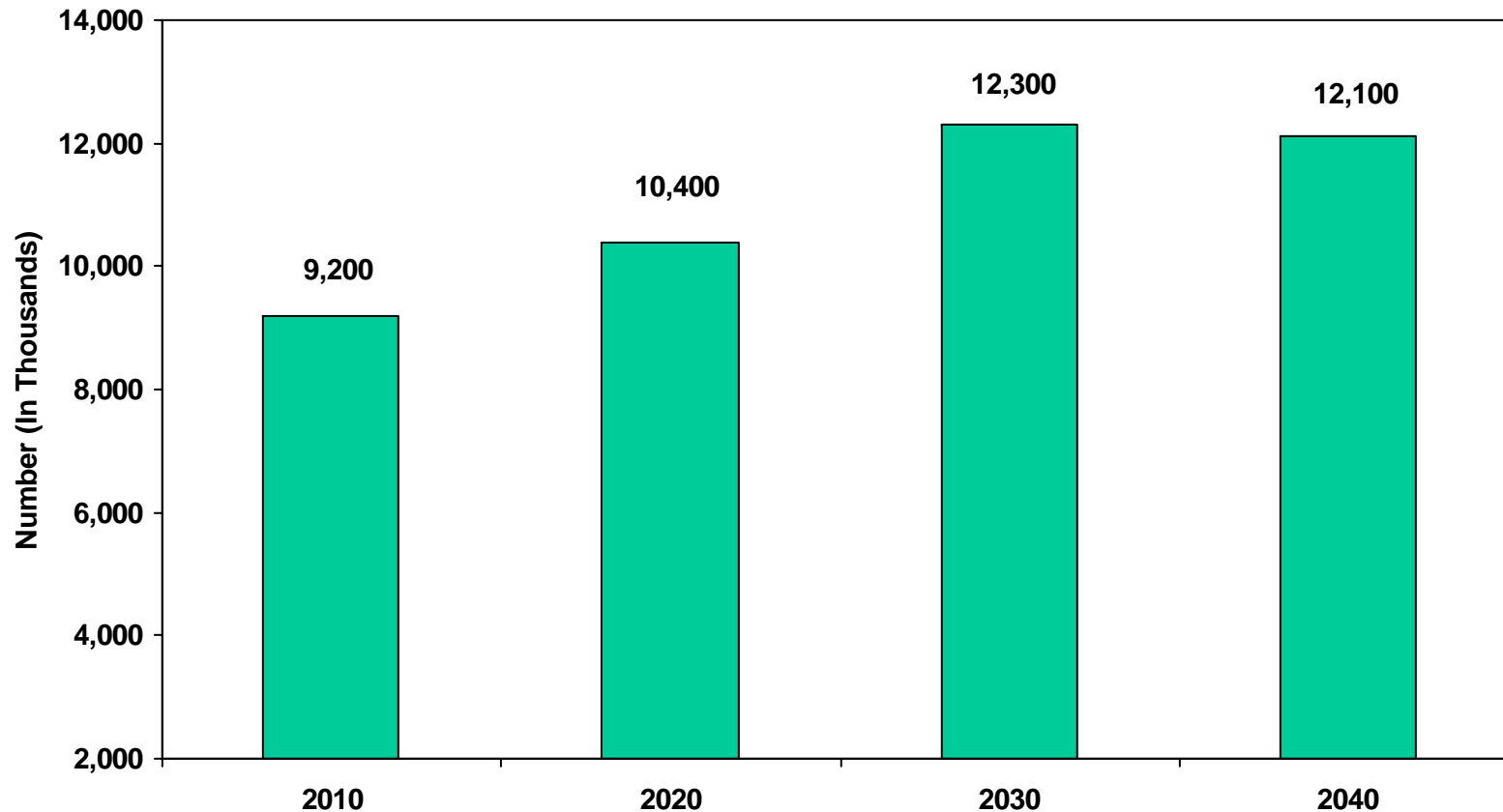
Source: Congressional Budget Office (1999)

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Number of People with Alzheimer's Disease, by Age Group (in Millions)

Year	Age 65-74	Age 75-84	Age 85+	Total
2010	0.3	2.4	2.4	5.1
2020	0.3	2.6	2.8	5.7
2030	0.5	3.8	3.5	7.7
2040	0.4	5.0	5.6	11.0
2050	0.4	4.8	8.0	13.2

Source: National Institute on Aging

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Oldest States

1995		2025	
States	**% of 65+**	**States**	**% of 65+**
1. Florida	18.6%	1. Florida	26.3%
2. Pennsylvania	15.9%	2. West Virginia	24.9%
3. Rhode Island	15.8%	3. Montana	24.4%
4. West Virginia	15.3%	4. Oregon	24.2%
5. Iowa	15.2%	5. Arkansas	23.9%

Givens in 2030

- **Population aging (wide geographic variation)**
- **Younger disabled surviving birth, extended longevity**
- **Increasing gap between haves/have-nots**
- **Increased ethnic/cultural diversity among consumers/caregivers**
- **Six-generation families in the norm**

Givens in 2030 cont'd

- Young-old vs. Old-old
- Decreased availability of traditional low wage workforce
- More proactive/demanding consumers
- Transportation problems
- Lack of affordable senior and disabled housing
- Retirement is reinvented

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Uncertainties

- **LTC financing-relative roles of public and private sector**

- **Role of biotech, IT, pharmacotech, etc**

- **Adoption of universal design**

- **Effects of globalization on workforce**

- **Role of terrorism, natural disasters and pandemics**

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Triple Knot of Aging Services

- **Financing**

- **Delivery (Care Settings)**

- **Workforce (Formal and Informal)**

Emerging Issues/Trends

- **State rebalancing of Medicaid dollars toward home and community-based services**
- **Consumer direction in home and community based services**
- **Culture change in nursing homes**
- **Expansion of residential alternatives – how affordable?**

Emerging Issues/Trends
Cont'd

- Managed LTC
- Integration of acute, chronic and LTC
- Transitional Care
- Workforce/Talent Development
- Quality assurance and improvement

My Wish list for 2030

Financing in 2030

- **Similar to German LTC insurance model**
  - ➢ **Everyone pays in through premiums**
  - ➢ **Everyone covered who meets functional eligibility**
- **Modest coverage; private wrap-around policies available**

Financing in 2030 Cont'd

- **Disability (consumer-directed) model provides cash for services ($ follows the person)**

- **Room and board partially subsidized**

- **States perform eligibility determination, service plans, safety net for poor.**

- **Built around family care**

LTC Delivery System

- **Range of home and community-based services**
- **Nursing homes for post-acute & end of life care**
- **Residential options (affordable AL, housing w/services)**
- **Technology improves home-based care**
- **Increased focus on primary/secondary prevention**

Devolution to Communities

- Planning and implementation at community level

- Services and supports built around informal or formal NORCs (population-based service delivery)

- Standardized electronic records facilitate integration of acute, primary and LTC

- Increased consumer choice facilitated by availability of comparative quality information

Future of the Workforce

- State provides incentives to create new paradigm for LTC nursing

- Expansion of frontline caregiver pool includes older workers and former family caregivers

- Federal and state incentives to develop geriatric/gerontological training for all LTC professionals (physicians, nurses, therapists, administrators)

- Cross-training and cross-certification allows staff to work in multiple settings

- Local community hubs provide training for family caregivers

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"There's no use trying," she said: *"one can't believe impossible things."*

"I dare say you haven't had much practice", said the Queen. *"When I was your age, I always did it for half-an-hour a day. Why sometimes I've believed as many as six impossible things before breakfast."*

Alice and the White Queen
"Through the Looking-Glass"