

Long Term Services and Supports (LTSS)

As people live longer and the population of older adults increases, there is a growing need for long term services and supports (LTSS). In Oregon, LTSS may be provided in people's homes, in community based settings, such as assisted living or adult foster homes, or in nursing facility settings. The types of services and supports provided can range from assistance with meal preparation, transportation, or money management, to personal care, such as dressing, eating and bathing. Various types of assistance for persons with dementia are also included within LTSS. While paid caregivers provide some of these services and supports, the majority are provided by unpaid caregivers, including family and friends.

Long term services and supports may be paid for privately; through a combination of income, savings or long-term care insurance plans; or by Medicaid - for low-income, service eligible individuals. Additionally, Oregon Project Independence (OPI) is a state-funded program designed to help maintain the independence of those with LTSS needs who do not receive Medicaid assistance.

- In a national survey conducted by AARP's Public Policy Institute, the Commonwealth Fund and the SCAN Foundation, Oregon is ranked #3 in the nation in long term services and supports system performance,¹ which includes affordability and access, choice of setting and provider, quality of life and quality of care, support for family caregivers, and effective transitions. Oregon ranks #1 in effective transitions out of nursing facilities and back into community-based settings.
- The majority of LTSS consumers are women, as they live longer than men.²
- Oregon ranks in the top 10 for states that provide the most home and community based care using Medicaid dollars.³ Community-based settings include assisted living facilities, residential care facilities, and adult foster homes.

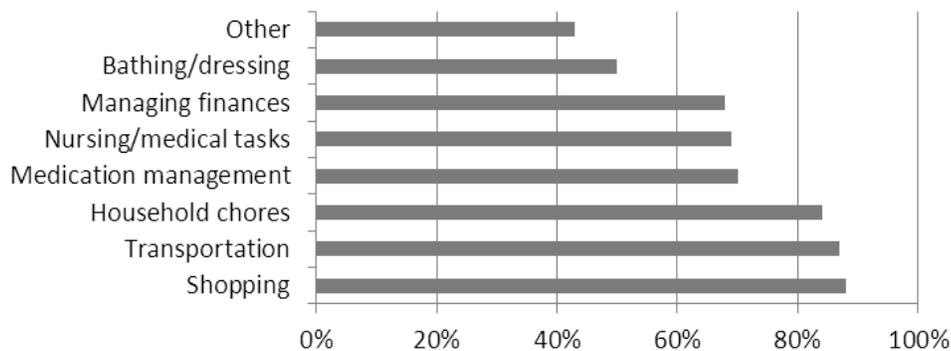
¹ Reinhard, et.al.. (2014, January 1). RAISING EXPECTATIONS: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers 2014 Second Edition. Retrieved May 1, 2015, from http://www.longtermscorecard.org/~media/Microsite/Files/2014/Reinhard_LTSS_Scorecard_web_619v2.pdf

² Kemper, P., Komisar, H.L., & Alexih, L. (2005). Long-term care over an uncertain future: What can current retirees expect? *Inquiry*, 42(4): 355-350. Retrieved May 1, 2015 from <http://www.ncbi.nlm.nih.gov/pubmed/16568927>.

³ O'Keefe et al (2010, October 29). Understanding Medicaid Home and Community Services: A Primer, 2010 Edition. Retrieved May 1, 2015, from <http://aspe.hhs.gov/daltcp/reports/2010/primer10.htm>

- About \$2.3 billion is projected to be spent on Medicaid LTSS in Oregon in 2015-2017.⁴
- About 87 percent of Oregon’s Medicaid LTSS consumers live in home and community settings, while 13 percent live in nursing facilities.⁵
- According to the Administration on Aging, the median cost of long term care in Oregon in 2013 was⁶:
 - \$3,813/month for home care (homemaker services)
 - \$4,023/month for assisted living (private one-bedroom)
 - \$7,726/month for nursing home (private room)
- According to a 2014 survey conducted among registered Oregon voters over the age of 45, unpaid caregivers in Oregon contributed an estimated \$5.5 billion of support to loved ones.⁷

Percentage of unpaid caregivers, 45 + who perform these tasks for a loved one



⁴Department of Human Services, Aging and People with Disabilities, Presentation to the Joint Ways and Means Subcommittee on Human Services (2015, February 10). Accessed May 7, 2015 from <http://www.oregon.gov/dhs/aboutdhs/dhsbudget/20152017%20Budget/Aging%20and%20People%20with%20Disabilities%20Overview%20Presentation%20-%20Day%201.pdf>.

⁵ *Monthly Caseload Variance Report*. (2015, April) Department of Human Services, Aging and People with Disabilities, Retrieved May 8, 2015 from <http://www.oregon.gov/dhs/ofra/ofradocuments/APD%20Caseload%20Variance%20Report%20Apr%2015.pdf>.

⁶ LongTermCare.gov. Costs of Care in Your State. Retrieved May 8, 2015 from <http://longtermcare.gov/cost-of-care-results/?state=US-OR>

⁷ AARP Oregon survey looks at caregiver issues (2015, January 15). Retrieved May 1, 2015 from <http://www.ktvz.com/news/aarp-oregon-survey-looks-at-caregiver-issues/30726810> May 1, 2015