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## What are Long-Term Services and Supports: What You Need to Know and Why You Need to Know It

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## Long-Term Services and Supports (LTSS): WHAT YOU NEED TO KNOW

#### **Defined by Function, Not Disease**

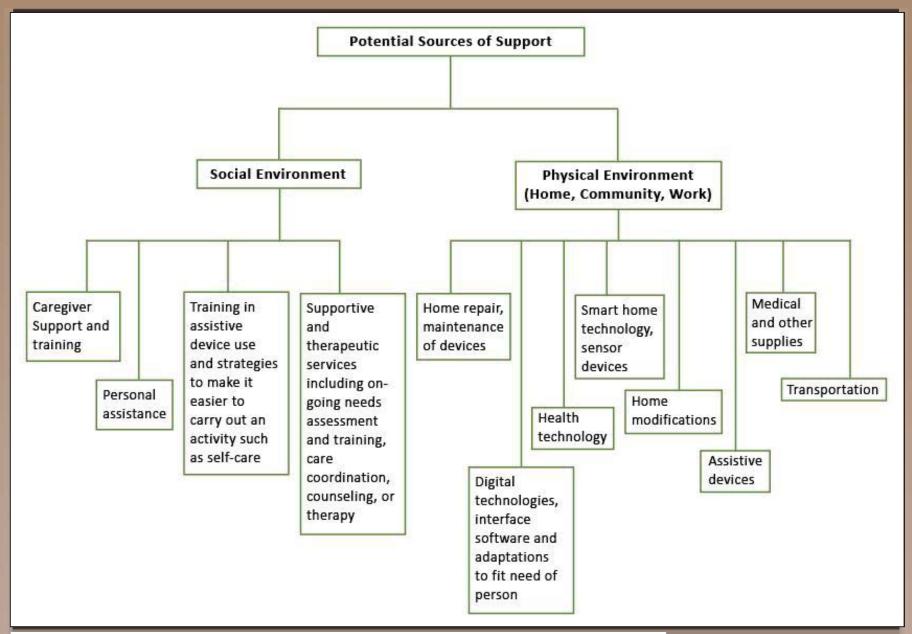
#### LTSS includes help with:

- Activities of daily living (ADLs): bathing, dressing, eating, transferring, walking; and
- Instrumental activities of daily living (IADLs): medication management, meal preparation, money management, house cleaning, transportation

LTSS can be provided by <u>paid</u> or <u>unpaid</u> caregivers.

#### **Defining LTSS**

- Broad range of non-medical services and supports needed for an extended period of time
- Services can be received in:
  - ➤ A home setting (home- and community-based services (HCBS) or
  - ➤ An institutional setting (e.g., nursing home)



Source: Gitlin L, Szanton S, DuG off E. CLASS Technical Assistance Brief No.1: Supporting Individuals with Disability Across the Lifespan at Home: Social Services, Technologies, and the Built Environment. 2011;

#### Case Study: Mrs. Smith

- 83 year-old widow
- Lives alone
- Multiple chronic conditions:
  - ➤ High blood pressure, stroke
  - > Heart failure
  - Diabetes
- Needs LTSS help in home



Source: Steven Counsell, M.D., TSF Webinar, 2011

#### Mrs. Smith

#### WHAT IF SHE DOESN'T GET THE SERVICES SHE NEEDS?

-Institutionalization -Hospitalization

#### Mrs. Smith

#### WHAT DO CONSUMERS WANT?

-To Stay at Home
-To Avoid Institutionalization

# WHY DOES THIS MATTER? www.TheSCANFoundation.org

#### **Why LTSS Matters**

- Constituents Care
- It Costs \$\$\$\$
  - Consumer \$Out of Pocket Savings
  - State \$\$\$ Budget/General Fund

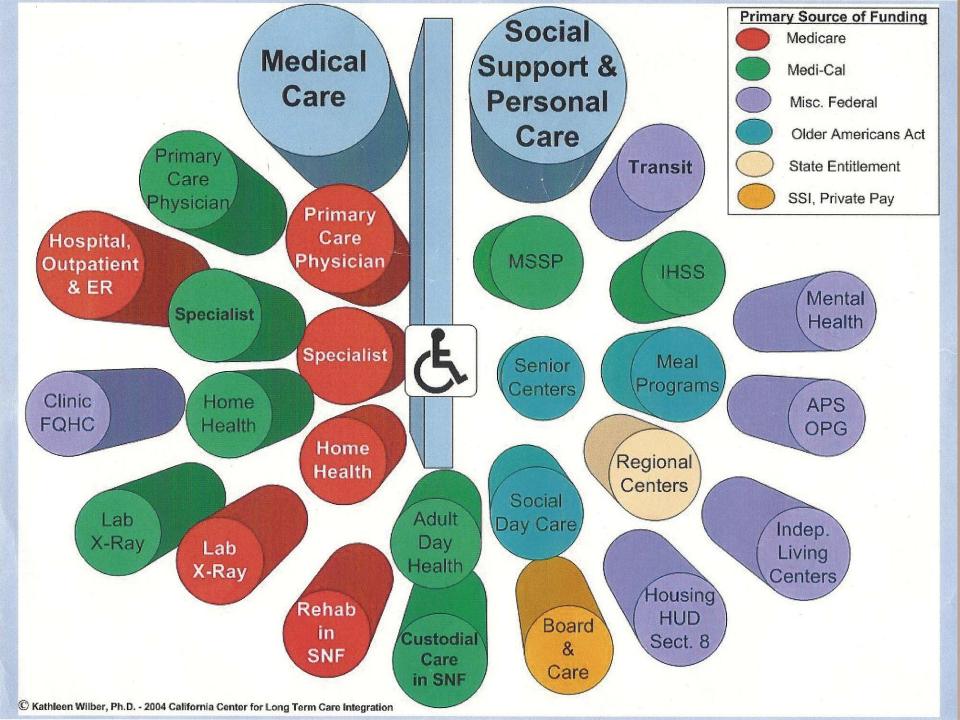
### **Pop Quiz**

What percentage of adults who reach age 65 will need *LTSS* at some point in their lives?

- a. 10%
- b. 25%
- c. 50%
- d. 70%



## WHAT DOES THE SYSTEM LOOK LIKE TO THE CONSUMER?



## LTSS in California: Programs, Services, & State Administrative Structure

#### California's Departments and Programs for Long-Term Care Olmstead Advisory California Health & Human Services Alzheimer's Disease & Related Committee Agency **Disorders Advisory Committee** Dept. of Dept. of Social Dept. of Health Dept. of **Dept. of Aging Dept. of Public Health** Developmental **Services Care Services** Rehabilitation Services - Multipurpose Senior - Independent - In-Home -Medi-Cal State Plan - Nursing Home **Regional Centers Services Program Living Centers** supportive Services Services Licensing and (MSSP) Program (IHSS) Certification, -- HCBS -DD Waiver - Traumatic Brain Citations -Medi-Cal Managed - Community-Based **Injury Program** - Supplemental Care - Developmental **Adult Services** - Licensing of CBAS Security Income/ **Centers** - State Plan for -- Community-Based **Centers Nursing** State - Older Americans Act **Independent Living Adult Services (CBAS) Health Aide** Supplementary **Programs** Certification **Payment** (congregate/home-- Medi-Cal HCBS delivered meals, Waivers (Assisted - Alzheimer's - Social Security other) **Disease Program Disability Insurance** Living, IHO, Acute Hospital, MSSP, AIDS) Program -Older Californians **Act Programs** - Program of All--Community Care (program funding **Inclusive Care for the** Licensing eliminated) **Elderly** -Adult Protective -Family Caregiver Services\*\*\* - Caregiver Resource **Support Program Centers** -Senior Community **Service Employment** Note: Organizational chart displays departments in CHHSA that administer long-term care programs, along with a list of most of the related programs. Departments that do not play a significant role are omitted. Program

\*\*\* Per Budget Act of 2011, funding for the APS program has been realigned to the counties.



Our mission is to advance the development of a sustainable continuum of quality care for seniors.

Our vision is a society where seniors receive medical treatment and human services that are integrated in the setting most appropriate to their needs and with the greatest likelihood of a healthy, independent life.

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