

CHARTING A PATHWAY FORWARD

Redesigning and Realignment Supports and Services for Maine's Older Adults

THE CHALLENGE

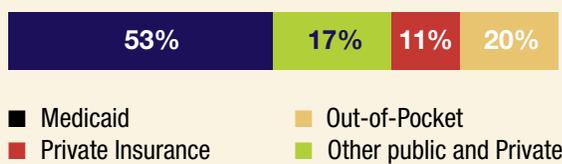
By 2025, over a quarter of Maine's population is expected to be age 65 and older. As we age, many of us will need help with the basic activities of daily living.

[25%] The percent of people turning age 65 between 2015 and 2019 projected to need more than one year of paid support over the remainder of their lifetime.

Assistant Secretary for Planning and Evaluation Services, 2016.

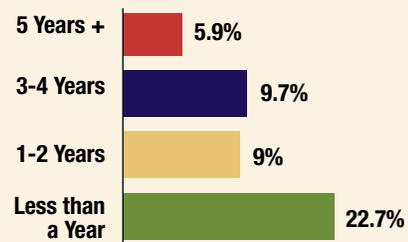
Because the cost of these services will be out of reach for many of us, Medicaid—also known as MaineCare in Maine—plays an essential role in the financing of long term services and supports for older adults.

Payment Sources for Long Term Services and Supports, United States, 2015



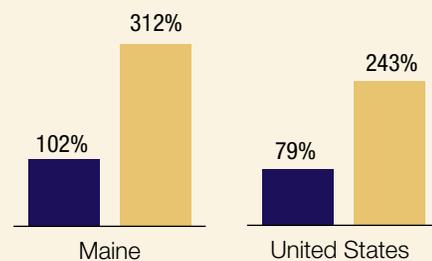
Adapted from "10 Things to Know About Medicaid: Setting the Facts Straight," by J. Paradise, 2017

Projected Use of Paid LTSS for Persons Turning 65 in 2015-2019



Adapted from "Long-Term Services and Supports for Older Americans: Risks and Financing," by Assistant Secretary for Planning and Evaluation Services, 2016.

Median Private Pay Cost for LTSS as a Percent of Median Income, Maine and US



- Median Annual Cost of Care for 30 Hours/Week of Home Care, as Percent of Median Household Income Age 65+
- Median Annual Cost of Care in Nursing Home Private Room, as Percent of Median Household Income Age 65+

Adapted from "Picking Up the Pace of Change: A State Scorecard on Long-term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers," by S.C. Reinhard et al., 2017.

SETTING THE COURSE

How can we make sure that public resources are put to their optimal use to make sure that as we age we are able to live healthy, active, secure and engaged lives no matter the type of support we might need?

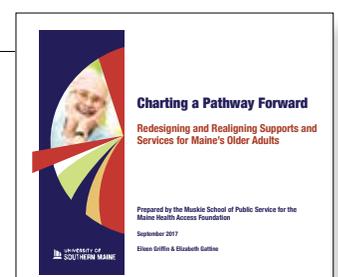
- What are the most cost-effective strategies for making living at home—the preferred option for most people—a reality whenever possible and preferred?
- When living at home is not an option, what are the best alternatives and how can we make sure we invest in them wisely?

Local Communities and Regional Social Services Providers can provide a critical set of low-cost supports that can help to reduce the need for higher cost services: A local housing authority might marshal volunteers to help with home repairs, forestalling the need to move. A Meals on Wheels home delivery might include a scan to make sure the heat is on, the house is safe and the older adult has what he or she needs.

Health and Long Term Services and Support Providers can coordinate their care and services to improve outcomes and efficiency. Successfully integrated care could help to minimize the unnecessary use of high cost medical services and long term care. Integrating care requires close collaboration among medical providers, social services, long term services and supports providers, communities and families.

State Level Policy Levers can be used to update and reform the types of long term services and supports available to older adults, drive reform of the delivery system and support community-level efforts to help older adults living at home.

The information in this document is derived from **Charting a Pathway Forward: Redesigning and Realignment Supports and Services for Maine's Older Adults**, a report produced by Eileen Griffin and Elizabeth Gattine, from the Muskie School of Public Service at the University of Southern Maine for the Maine Health Access Foundation. You can find a copy of the full report at: <http://digitalcommons.usm.maine.edu/aging/108/>



THE FIRST LEG OF THE JOURNEY

Support Family Caregivers

Family caregivers are the backbone of support for older adults.

[178,000] *The number of Mainers who served as family caregivers in 2013.*

Reinhard *et al.* 2015.

[\$2.2 billion] *The annual value of services Maine family caregivers provide to their parents, spouses and other adults.*

Reinhard *et al.* 2015.

Strengthen the Direct Service Workforce

Maine has a critical shortage of direct service workers, exacerbated by a tight labor market, low pay, a lack of benefits and limited opportunities for advancement.

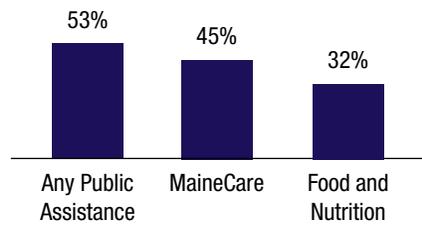
[6,000] *Hours of homecare need unstaffed each week.*

Maine Council on Aging, 2017.

[53%] *Percent of direct care worker households in Maine relying on means tested public assistance, 2012-2014.*

PHInternational, 2017.

Direct Care Worker Households Relying on Means-Tested Public Assistance, 2012-2014



Adapted from "Direct Care Worker Households Relying on Means-Tested Public Assistance, 2012-2014," PHInternational, 2017.

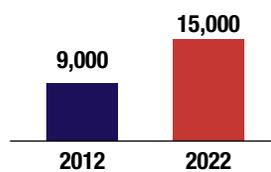
Create Affordable Housing Options

Many older adults in Maine need more affordable options.

[21%] *The percent of Maine adults age 55 and older for whom the cost of housing consumed more than 30 percent of their household income in 2012.* Henry *et al.* 2015.

[15,000] *Projected shortfall of affordable housing units for low income older adults in 2022.* Henry *et al.* 2015.

Projected Shortfall of Affordable Housing Rental Units for Low Income Older Adults in Maine, 2012-2022



Adapted from "A Profile of Maine's Older Population and Housing Stock," by M. Henry *et al.*, 2015.

Create New Supports for Those Most at Risk

We need new strategies for helping those at risk of self-neglect and social isolation, particularly those living alone and those with cognitive impairments or behavioral health needs.

Address Disparity

We need to ensure that those at greatest risk—particularly the most rural and economically disadvantaged parts of Maine—do not fall through the safety net.

REFERENCES

Assistant Secretary for Planning and Evaluation Services. (2016). *Long-term services and supports for older Americans: risks and financing.*

Henry, M., Climaco, C., Cohen, R. & Schwartz, G. (2015). *A profile of Maine's older population and housing stock.* Cambridge, MA: Abt Associates.

Maine Council on Aging. (2017). *Invest in me, invest in care: valuing Maine's long term care workforce.*

PHInternational. (2017). *Maine: Direct-care worker households relying on means-tested public assistance, 2012-2014.*

Reinhard, S.C., Accius, J., Houser, A., Ujvari, K., Alexis, J., & Fox-Grage, W. (2017). *Picking up the pace of change: a state scorecard on long-term services and supports for older adults, people with physical disabilities, and family caregivers.* Washington, D.C.: AARP Public Policy Institute.

Reinhard, S.C., Feinberg, L.F., Choula, R., & Houser, A. (2015). *Valuing the invaluable: 2015 update.* Washington, D.C.: AARP Public Policy Institute.

GETTING TO OUR DESTINATION

Redesign the Delivery System

To set strategic priorities for the most cost-effective allocation of public financing, we need to forecast geographic shifts in Maine's population and determine the right level of investment across the continuum of in-home, residential and nursing facility services.

Realign the Payment and Delivery of Services

Integrating the delivery system cannot succeed without fundamentally realigning the incentive system. That means payment reform that rewards providers for successful

outcomes rather than the number of services they provide, and outcome measures focused on older adults living healthy, active, secure and engaged lives at home.

Mobilize Communities

Optimizing resource use at the local level means reorienting key stakeholders around a community-level outcome, rather than program or provider level outcomes. Local government and state government can benefit from active community volunteer networks and should find ways to support them.