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## **Personal Care Services for the Disabled: National Trends in Programs and Policies**

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# **Presenter Disclosures**

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**Terence Ng, Charlene Harrington**

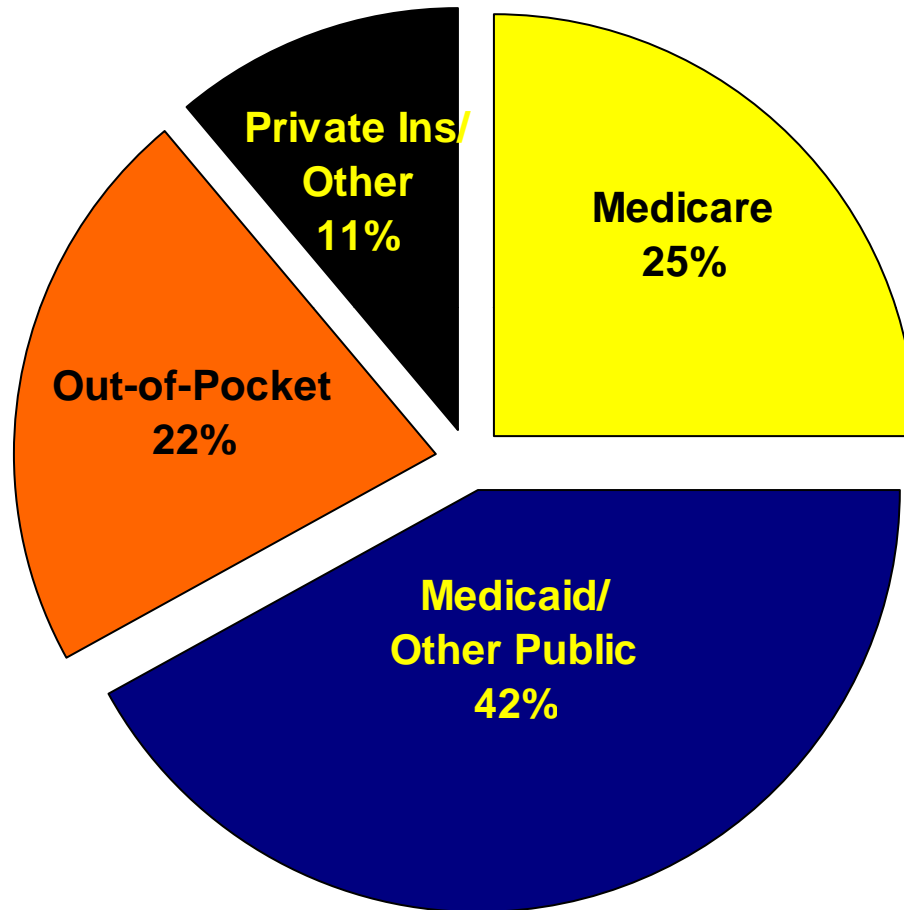
**The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:**

**No Relationships to Disclose**

# Total US Long-Term Care (LTC) Expenditures, 2007

\$190.4 billion

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# Medicaid LTC & the Older Americans Act

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**Medicaid** - joint federal-state program for poor & disabled

Total Medicaid LTC participants - 4.7 million (2006)

Total Medicaid LTC expenditures - \$100 billion (2007)

Services include personal care, case management etc

**Older Americans Act (OAA)** - joint federal-state HCBS program for elderly

Total OAA participants – 9.8 million (AoA 2007)

Total OAA expenditures - \$3.2 billion (AoA 2007)

Services include personal care and home health

# Medicaid LTC: Policy Issues, 2009

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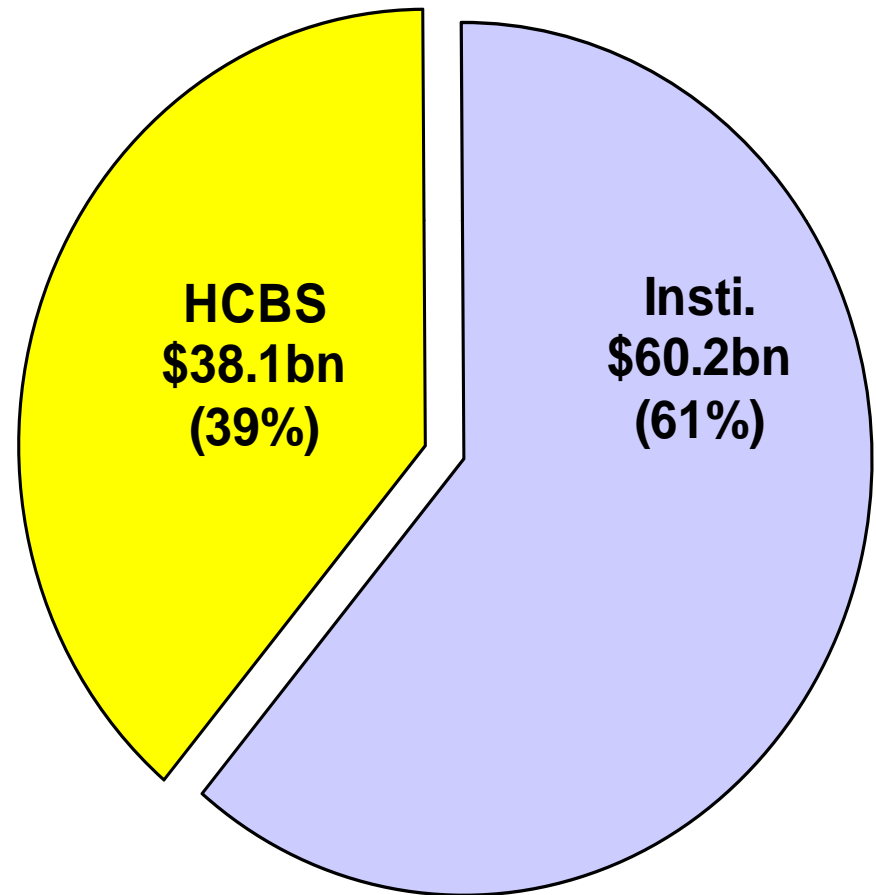
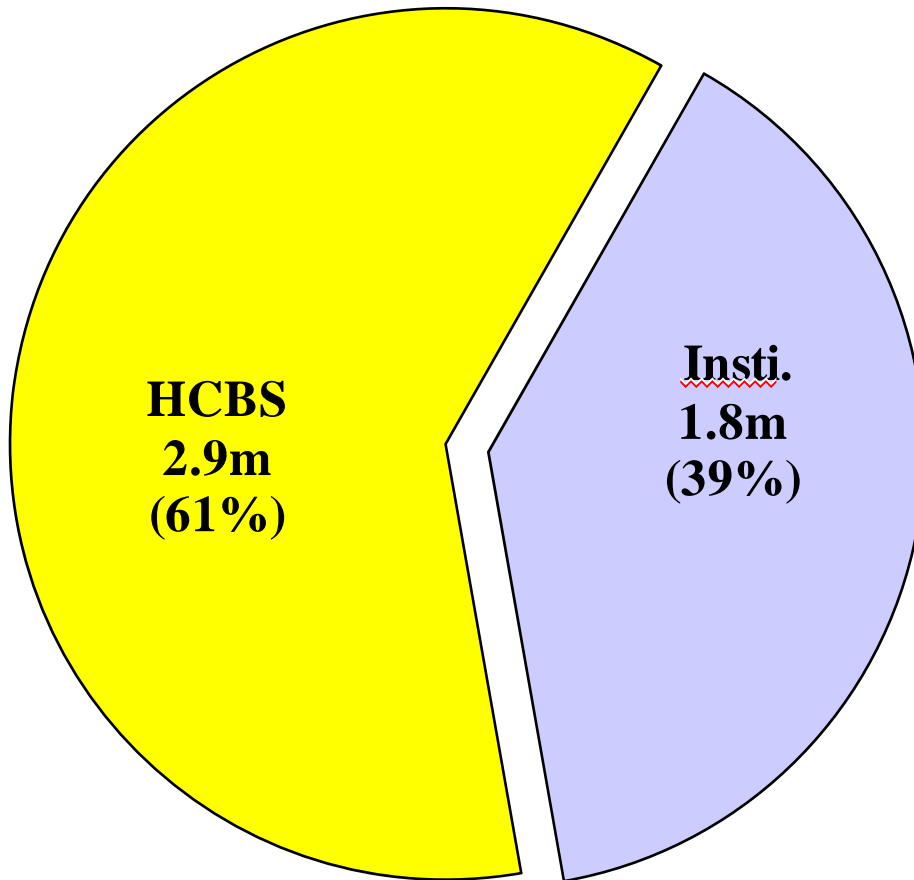
1. 48 states budget deficits and getting worse
2. Continued demands of institutional provision (e.g., nursing homes)
3. Mounting pressures to extend HCBS:
  - (a) Consumer preferences - especially among disabled (Jim Lehrer/KFF/Harvard 2001)
  - (b) Legal pressures- *Americans with Disabilities Act (1990)* & the *Olmstead* decision (1999).  
Litigation against states
  - (c) Policies including NFI, DRA and ARRA to address institutional bias in Medicaid LTC

# The Institutional Bias in Medicaid LTC, 2006

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Participants: 4.7 million

Expenditures: \$98 billion



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Source: HCBS (Ng and Harrington, 2009) , Institutional (CMS Form 64 Data, Medstat 2008; MSIS 2006 Data)

# Federal/State Personal Care Programs

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## **State Plan Personal Care optional benefit**

- Offered in 34 states, active in 32 states (2008)
- Must be statewide, available to Medicaid categorically eligible groups

## **HCBS waivers**

- Must be nursing home eligible, selective recipient groups
- Slots & expenditures can be preset and limited
- Financial and medical eligibility vary across states
- Waiting lists can be established
- Can be restricted geographically, by services and by cost

## **Older Americans Act**

- Available in all states
- States set own eligibility criteria (Age 60+ nationwide)

# Study Aims & Method

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## Aims

- Examine trends in participation & expenditure on HCBS programs providing personal care
- Track and predict states' responses to financial crisis and legal challenges
- Examine the impact of policy changes to access

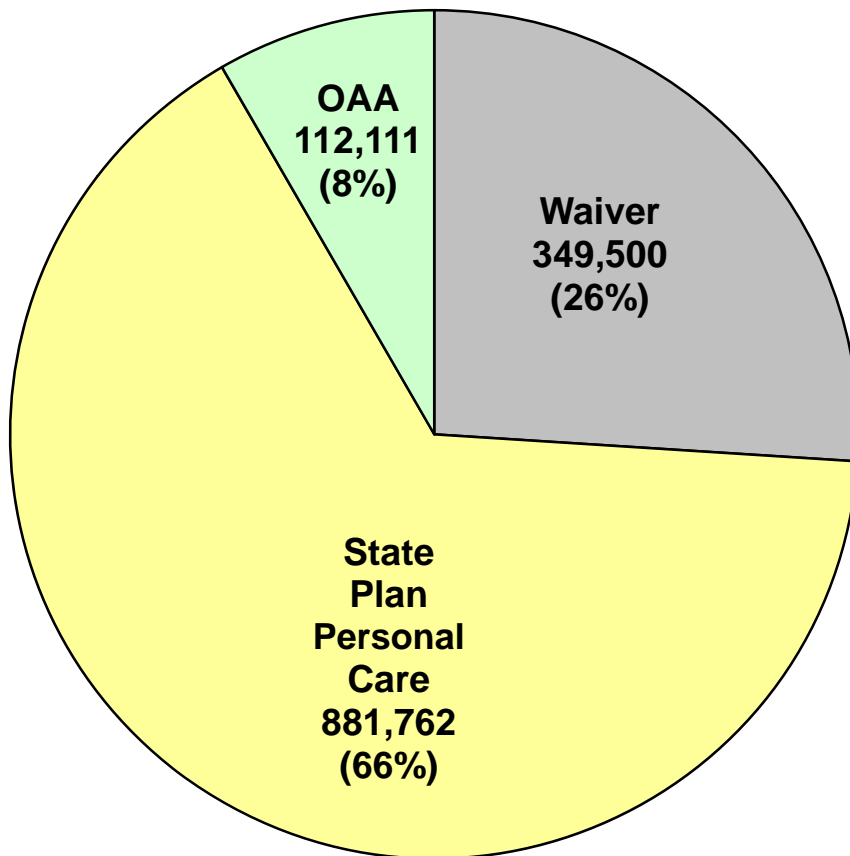
## Method

1. CMS Form 372 reports for waivers with personal care services (n = 269 in 2006)
2. Survey of Medicaid State Plan Personal Care (PCS) Optional Benefit (n = 34 in 2008)
3. OAA data from State Program Report published by Administration on Aging
4. Survey of Waiver and PCS Policy in 2008

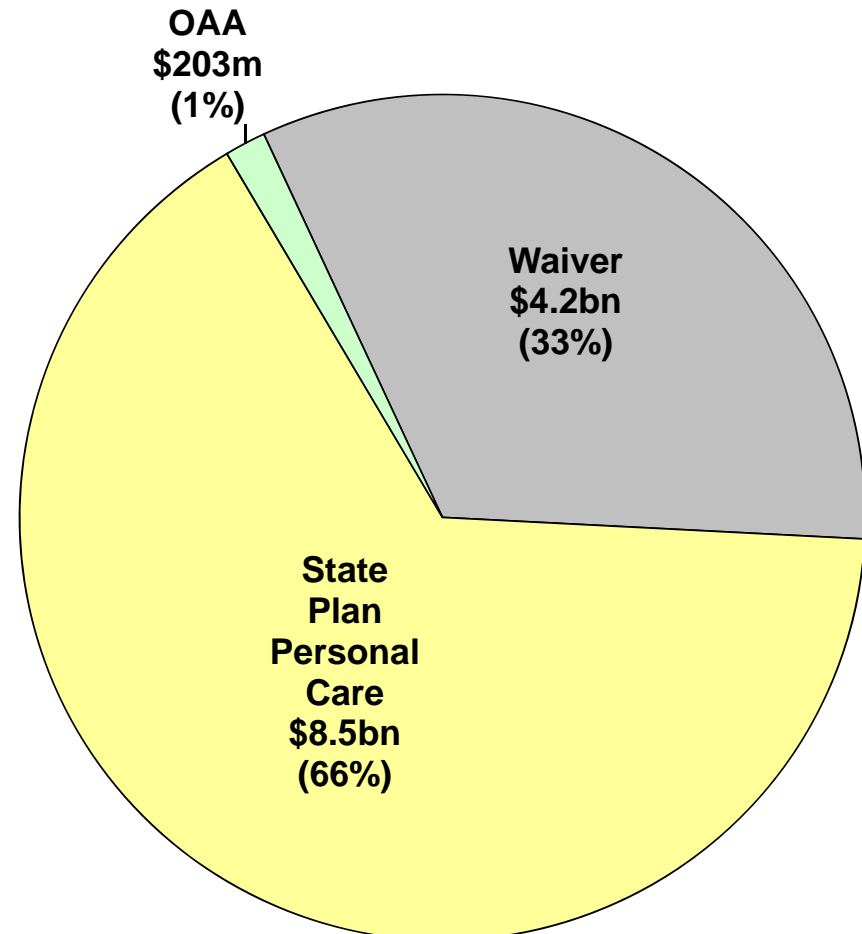


# Personal Care Participants & Expenditures by Program, 2006

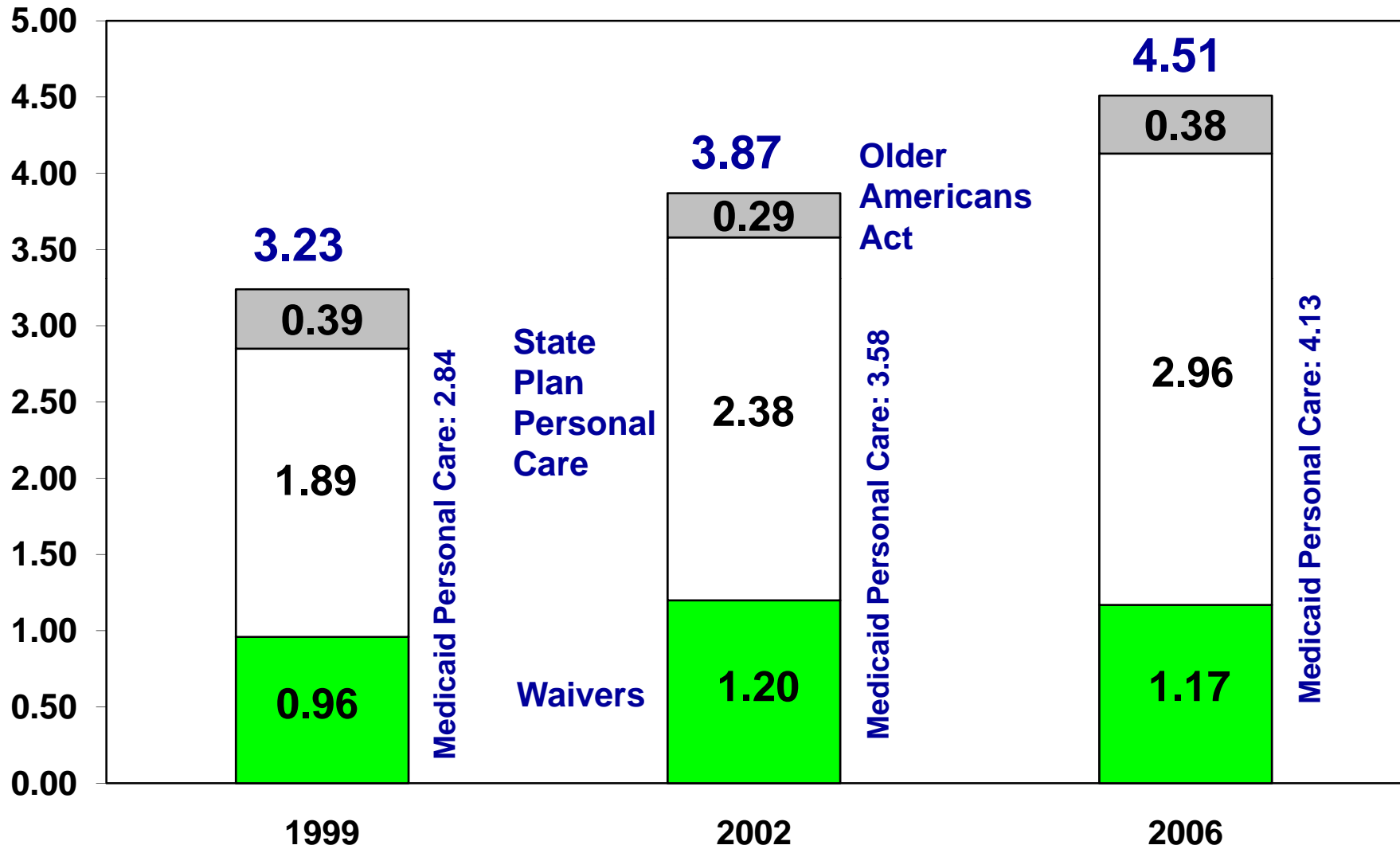
**Participants: 1.3 million**



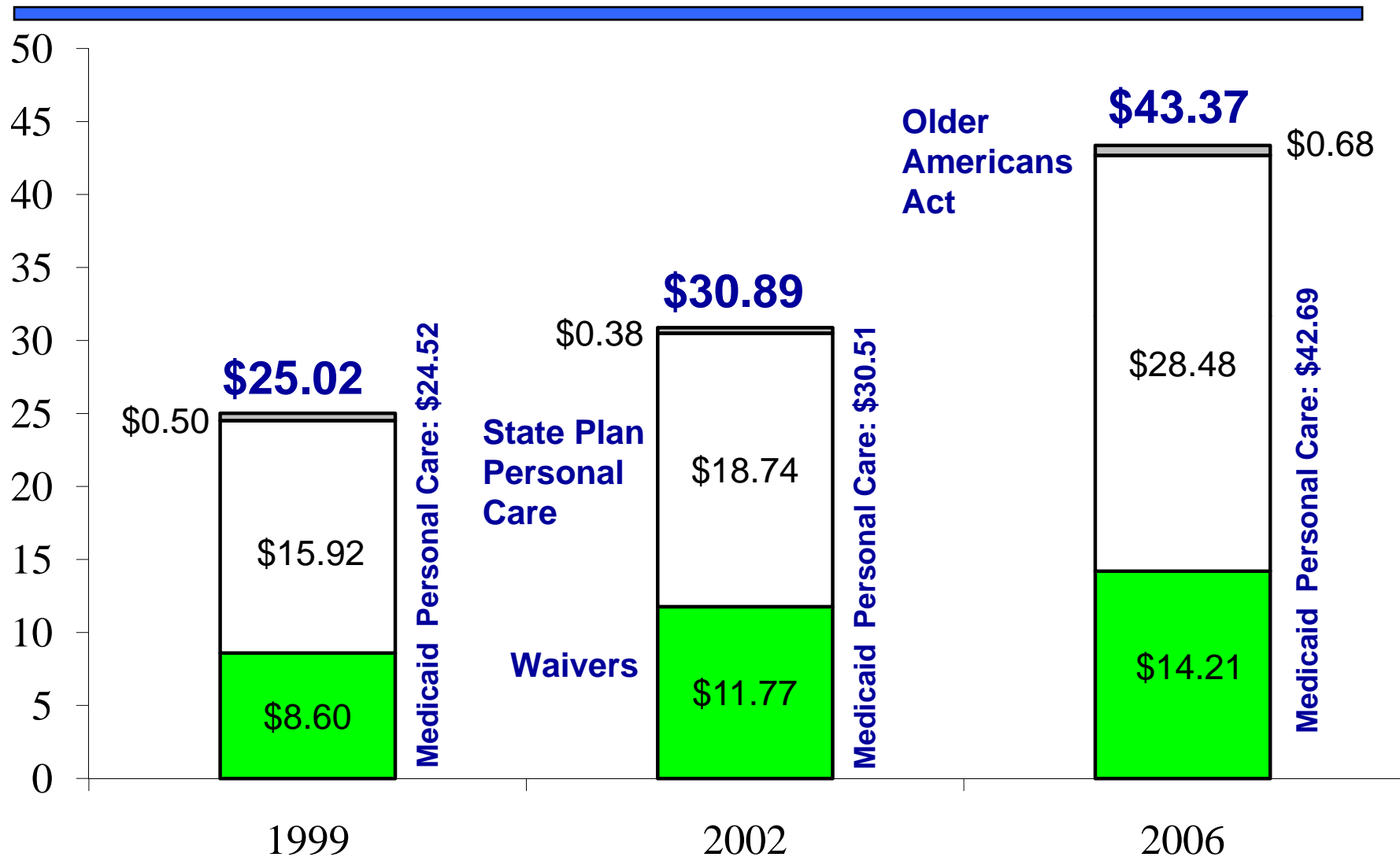
**Expenditures: \$12.9 billion**



# National Personal Care Participants per 1,000 Population by Program, 1999-2006



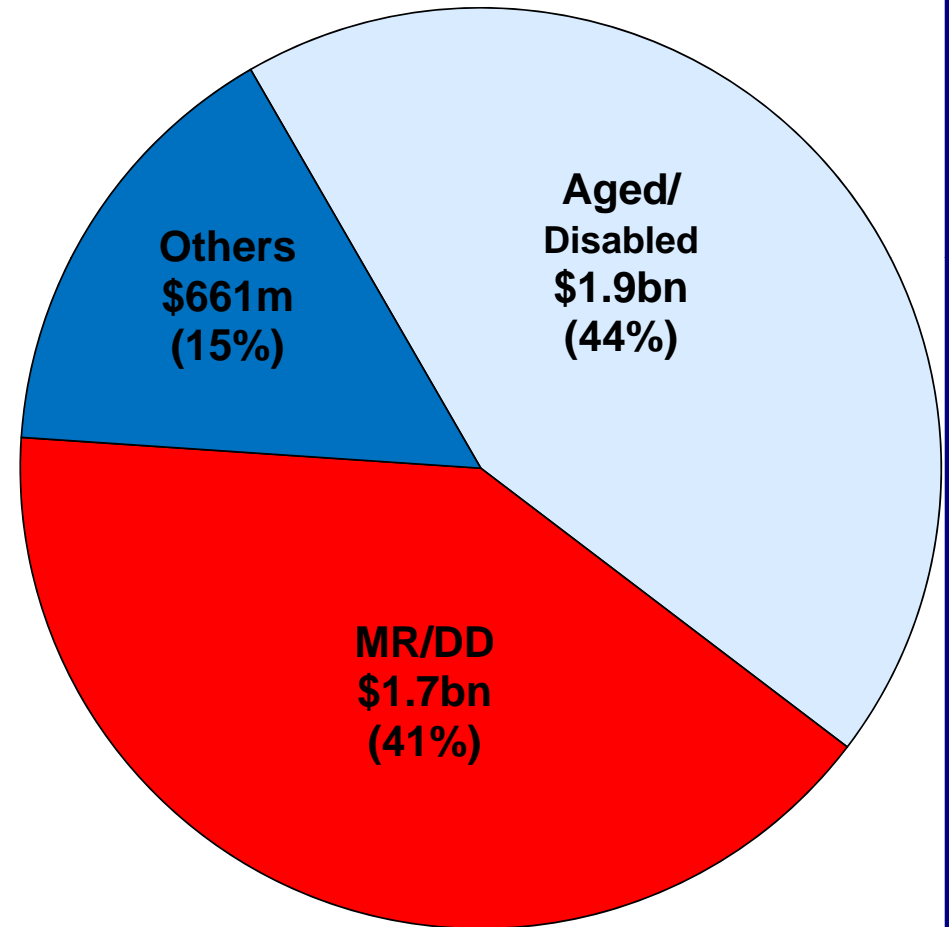
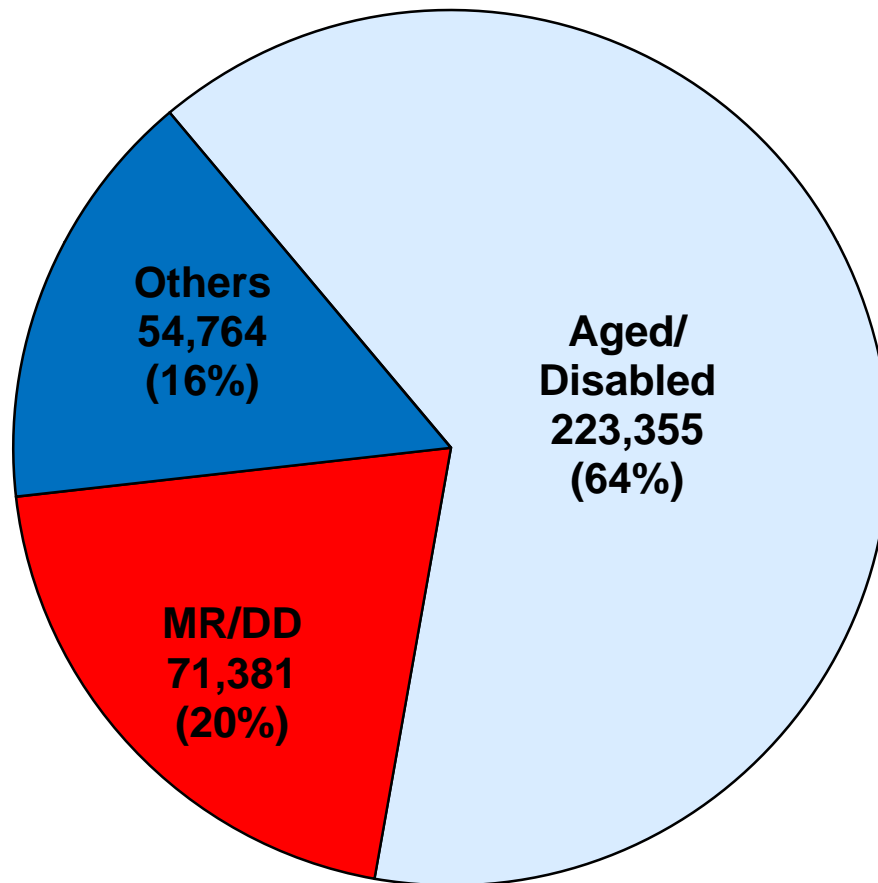
# National Personal Care Expenditures per Capita by Program, 1999-2006



# Personal Care in Medicaid Waivers, Program Data by Target Group, 2006

Participants: 349,500

Expenditures: \$4.2 billion



# Medicaid Personal Care Cost Control Policies

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## Personal Care Waiver

- Limits on waiver financial and medical eligibility for those who are otherwise eligible for institutional care
- Ceilings or caps on services and expenditures per participant
- Geographical limits within states
- Limits on waiver participants (slots)
- Establishment of waiting lists

## State Plan Personal Care Services

- Ceilings or caps on services and expenditures per participant
  - Services vary between states
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# Personal Care Waivers and PCS Policies, 2008

	Personal Care Waivers (n=119)	State Plan Personal Care Services (n=34)
<b>Groups Served</b>		
Categorically Needy	119 (100%)	30 (88%)
Medically Needy	<b>26 (22%)</b>	<b>21 (62%)</b>
EPSDT	n/a	14 (41%)
<b>Consumer Direction</b>	55 (46%)	14 (41%)
<b>Cost Controls</b>		
Hourly/Service Limits	14 (12%)	<b>17 (50%)</b>
Cost Limits	36 (30%)	3 (9%)
Waiting Lists	<b>61 (51%)</b>	n/a

## States with Largest Wait Lists for Waivers with Personal Care, 2008 (Total: 169,119)

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Texas – 79,872 on 3 wait lists Ave. wait time: 21 months	Florida – 30,907 on 6 wait lists Ave. wait time: 20 months
Wisconsin – 17,343 on 3 wait lists Ave. wait time: 24 months	Louisiana – 8,158 on 1 wait list Ave. wait time: 24 months
Alabama – 7,244 on 2 wait lists Ave. wait time: 9 months	Oregon – 3,500 on 2 wait lists Ave. wait time: 24 months

## Personal Care: Conclusion

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- Large & long waiting lists for HCBS waiver programs with personal care in many states
  - In 2006, 41 states offer 125 waivers with personal care out of 269 total waivers
  - 34 states had state plan personal care but 2 states do not enroll participants.
  - There is evidence that growing no. of personal care is being provided under PCS and that more states are taking up the PCS option.
  - Waiver and PCS service and cost caps impact on program growth and unmet needs
  - OAA personal care is still a small but essential service for elderly. Large participation but small expenditures per person.
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