

LONG-TERM CARE: WHERE ARE WE AND WHAT'S NEXT?

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AARP is a nonprofit, nonpartisan organization dedicated to empowering people to choose how they live as they age.

With nearly 38 million members and offices in every state, Puerto Rico and the U.S. Virgin Islands, AARP works to strengthen communities and advocate for what matters

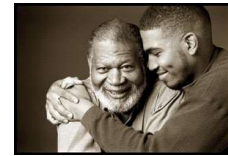
most to families—with a focus on health security, financial stability, and personal fulfillment.



Dr. Ethel Percy Andrus, AARP Founder

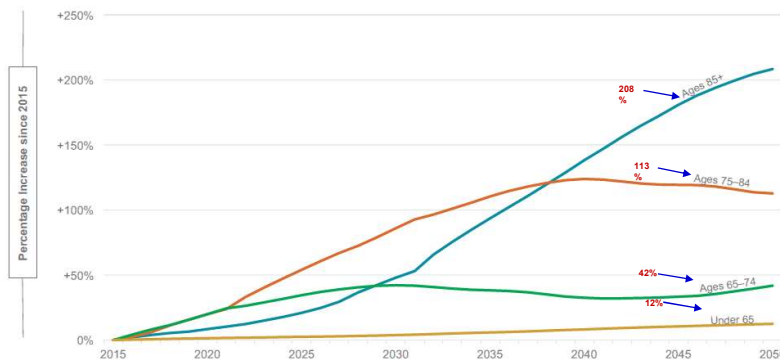
KEY TAKEAWAYS:

- The population is aging, growing and living longer.
- The demand for long-term services & supports (LTSS) will more than likely increase.
- As millions of baby boomers age, there will be fewer family caregivers to support them.
- The opportunity is NOW. Public and private sector solutions can help address the challenges to ensure people can age with options.



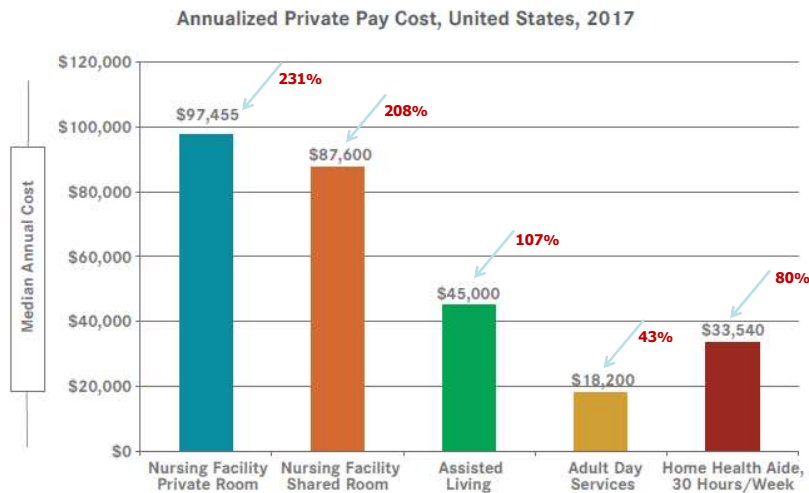
THE POPULATION IS AGING & LIVING LONGER

Projected Population Growth by Age Group, 2015-2050



Source: *Across the States 2018: How States Can Use Data and Rankings to Improve Long-Term Services and Supports*

LTSS Cost More than Most Can Afford

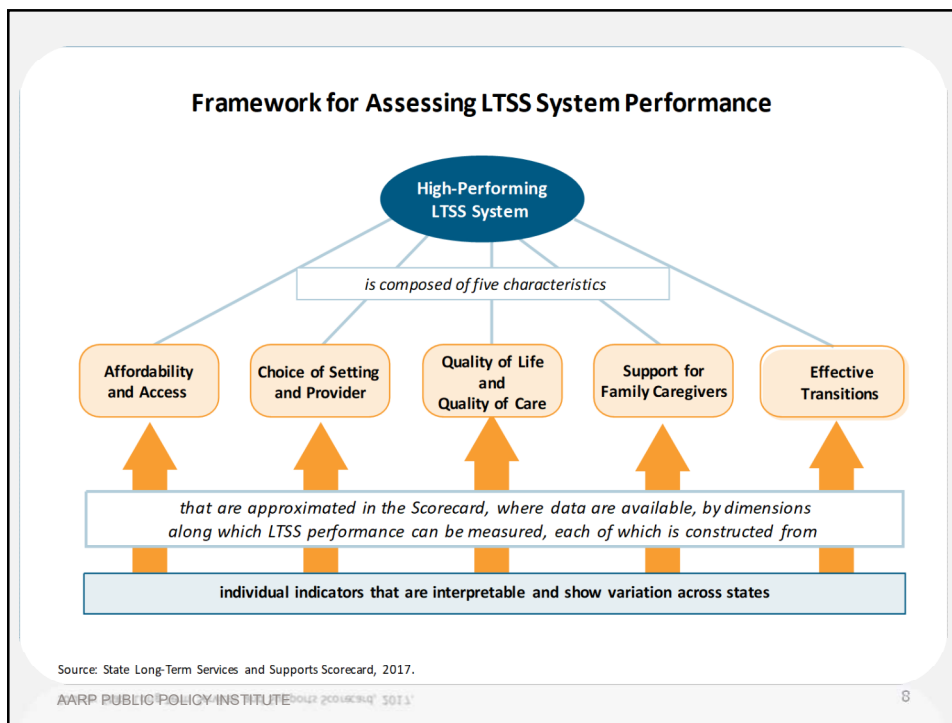
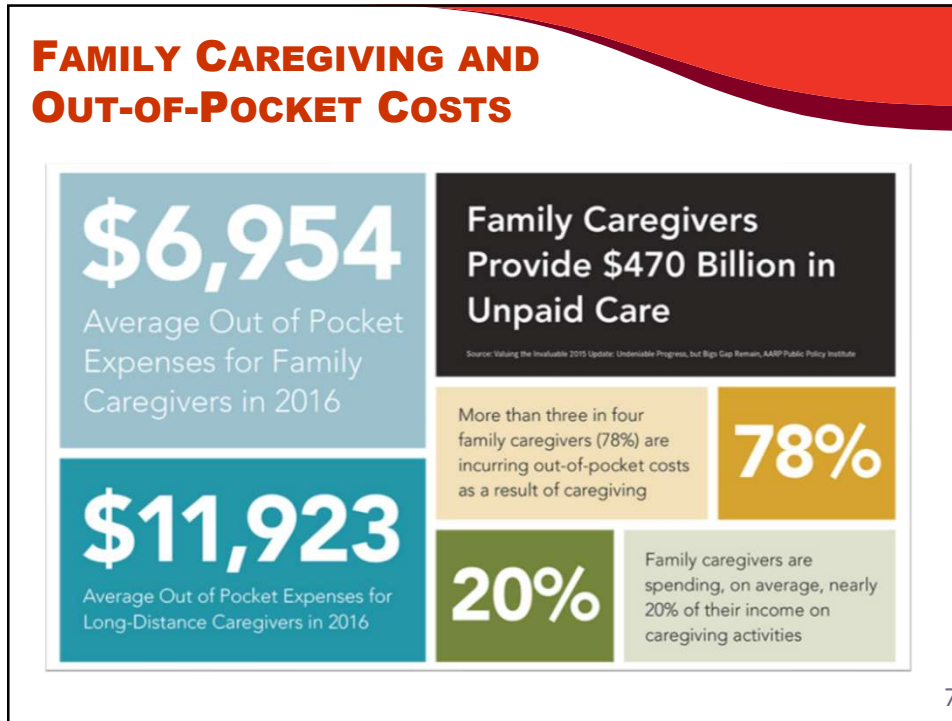


Source: *Across the States 2018: How States Can Use Data and Rankings to Improve Long-Term Services and Supports*

FAMILY CAREGIVERS ARE THE BACKBONE OF THE LTSS SYSTEM

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MILLION
FAMILY
CAREGIVERS
IN THE US

- Family caregivers provide the majority of LTSS and are critical to helping individuals remain in their homes and communities.
- Caregiving is now more widespread and more difficult – a public issue.
- In 2017, family caregivers provided an estimated **34 billion hours of care** and the economic value of their **unpaid contributions was about \$470 billion**.
- Supply of family caregivers unlikely to keep pace with future demand.
 - In 2015, almost 7: 1 ratio
 - In 2030, ratio declines to 4:1
 - In 2050, further decline to 3:1

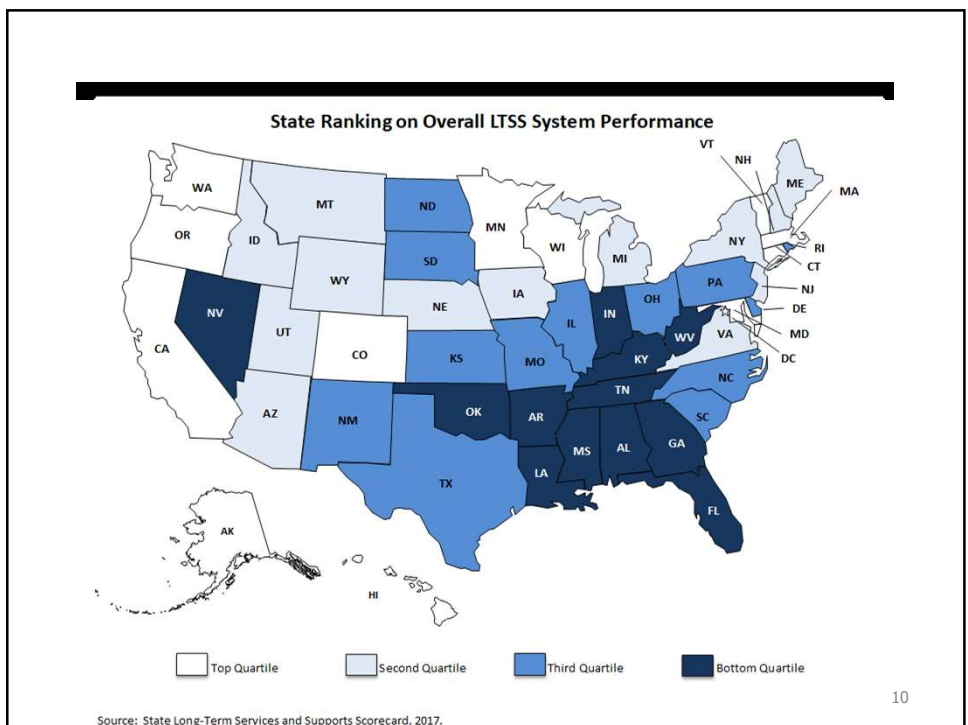




IN A HIGH PERFORMING SYSTEM...

- **Affordability and Access**
 - ...consumers are able to easily find and afford the services they need and there is a safety net for those who cannot afford services
- **Choice of Setting and Provider**
 - ...a person- and family-centered approach to LTSS places high value on allowing consumers to exercise choice and control over where they receive services and who provides them
- **Quality of Life and Quality of Care**
 - ...services maximize positive outcomes and consumers are treated with respect and personal preferences are honored when possible
- **Support for Family Caregivers**
 -the needs of family caregivers are assessed and addressed so that they can continue in their caregiving role without being overburdened
- **Effective Transitions**
 - ...disruptive transitions between care settings are minimized and people are successfully transitioned from nursing homes back to the community

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HIGH LEVEL FINDINGS

- States must pick up the pace of change to meet the needs of a growing number of people aging and living with disabilities.
- Where you live matters because states vary greatly in how long-term services and supports are provided.
- Measurement, federal and state initiatives, and stakeholder engagement can accelerate the pace of change.
- Medicaid is a major driver of change.

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WHERE DO WE GO FROM HERE?

- Strategies for financing LTSS must include both private and public sector solutions.
- Financing should be affordable with shared responsibility among government, individuals, and the private sector.
- Give meaningful support to families and friends who provide the bulk of care.
- Support greater innovation and encourage experimentation with new ways of organizing care.
- Enable people to remain in their homes and communities for as long as possible through an array of home and community-based options.
- Design and delivery of all LTSS should be person and family centered—tailored to individual needs and preferences.

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