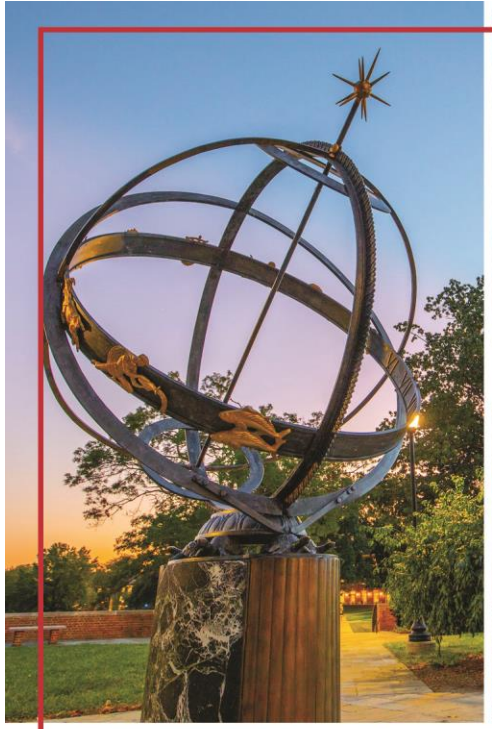

Long-Term Care: Where Have You Been? Where Are You Going?

Bob Applebaum, Matt Nelson, John Bowblis

Scripps Gerontology Center
100th ANNIVERSARY
1922-2022
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National Long-Term Care Numbers

We are aging!

- 16.5% of US is age 65 and older. By 2050, 22% of population
- 6.5 million older people with disability will double by 2040

- Long-term care about one-third of Medicaid expenditures (Ohio 36%)
- Medicaid about 22% of state general revenue budget
- 35% of Medicaid funds to LTSS
- Two-thirds of residents now on Medicaid

Ohio's Aging Population (2020-2040)								
	2020 [1] Number	2030 [2] Number	2040 [2] Number	2020 [1] Percent of Population	2030 [2] Percent of Population	2040 [2] Percent of Population	2020-2030 Percent change	2020-2040 Percent Change
All population	11,693,217	11,615,120	11,680,180	100.0	100.0	100.0	-0.7	-0.1
60 and over	2,894,207	3,050,200	2,924,320	24.8	26.3	25.0	5.4	1.0
65 and over	2,097,638	2,381,610	2,323,420	17.9	20.5	19.9	13.5	10.8
80 and over	500,856	596,880	754,000	4.3	5.1	6.5	19.2	50.5
85 and over	255,610	290,970	388,900	2.2	2.5	3.3	13.8	52.1

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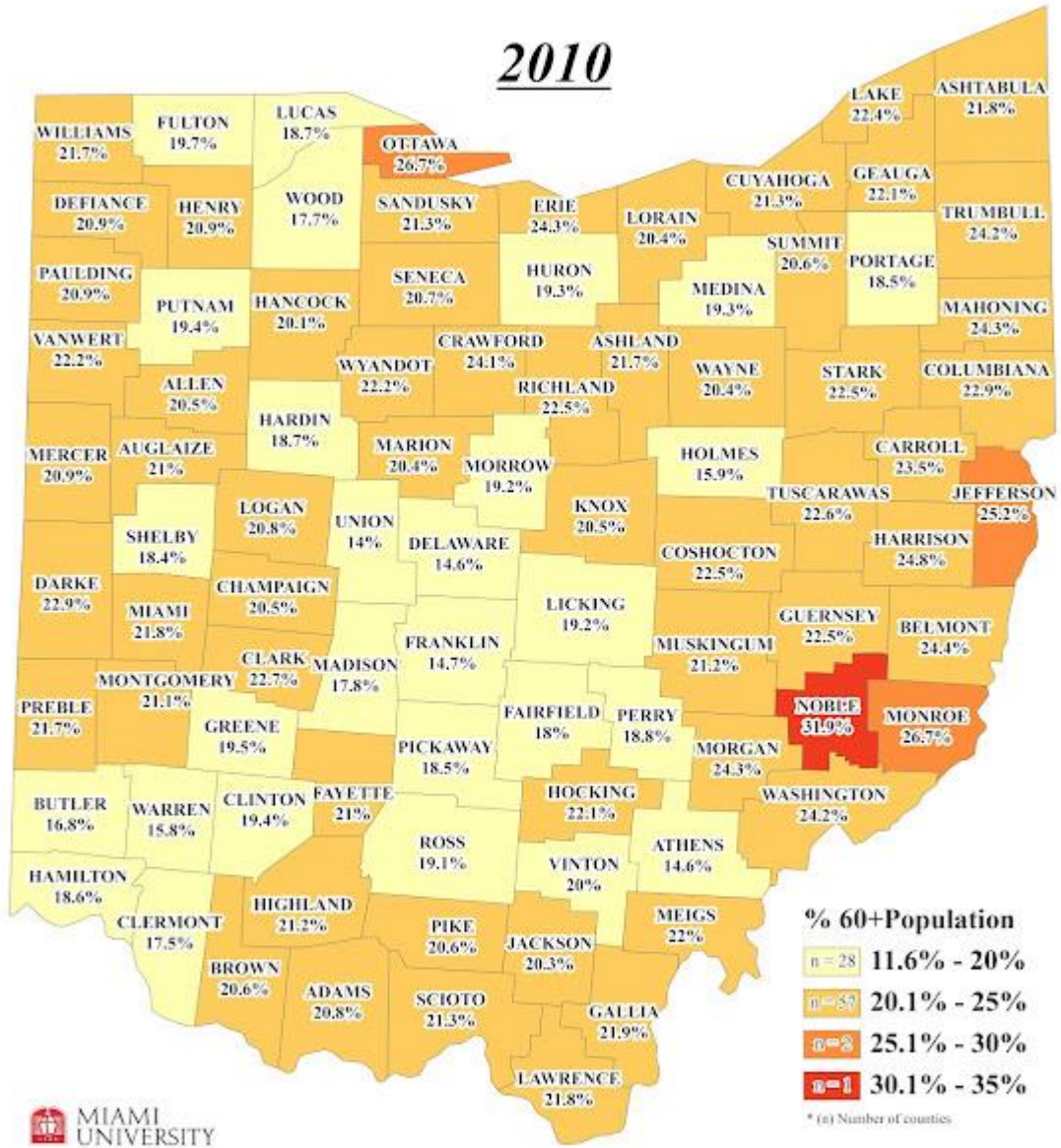
Ohio's 60+ Population by County



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Go to: http://scripps.muohio.edu/content/maps-ohio's-60-population-county-1990-2050 for downloading the individual maps (PDF, TIFF & JPEG formats).
Note: % categories are based on the quintile points with adjustment; Color scheme based on Brewer (2000). www.colorbrewer2.org.
Citation: Yamashita, T. (2012). Maps of Ohio's 60+ Population by County 1990 - 2050. Scripps Gerontology Center, Miami University, Oxford, OH.
Data Sources: U.S. Census Bureau. (2012). U.S. Census 2010 data.

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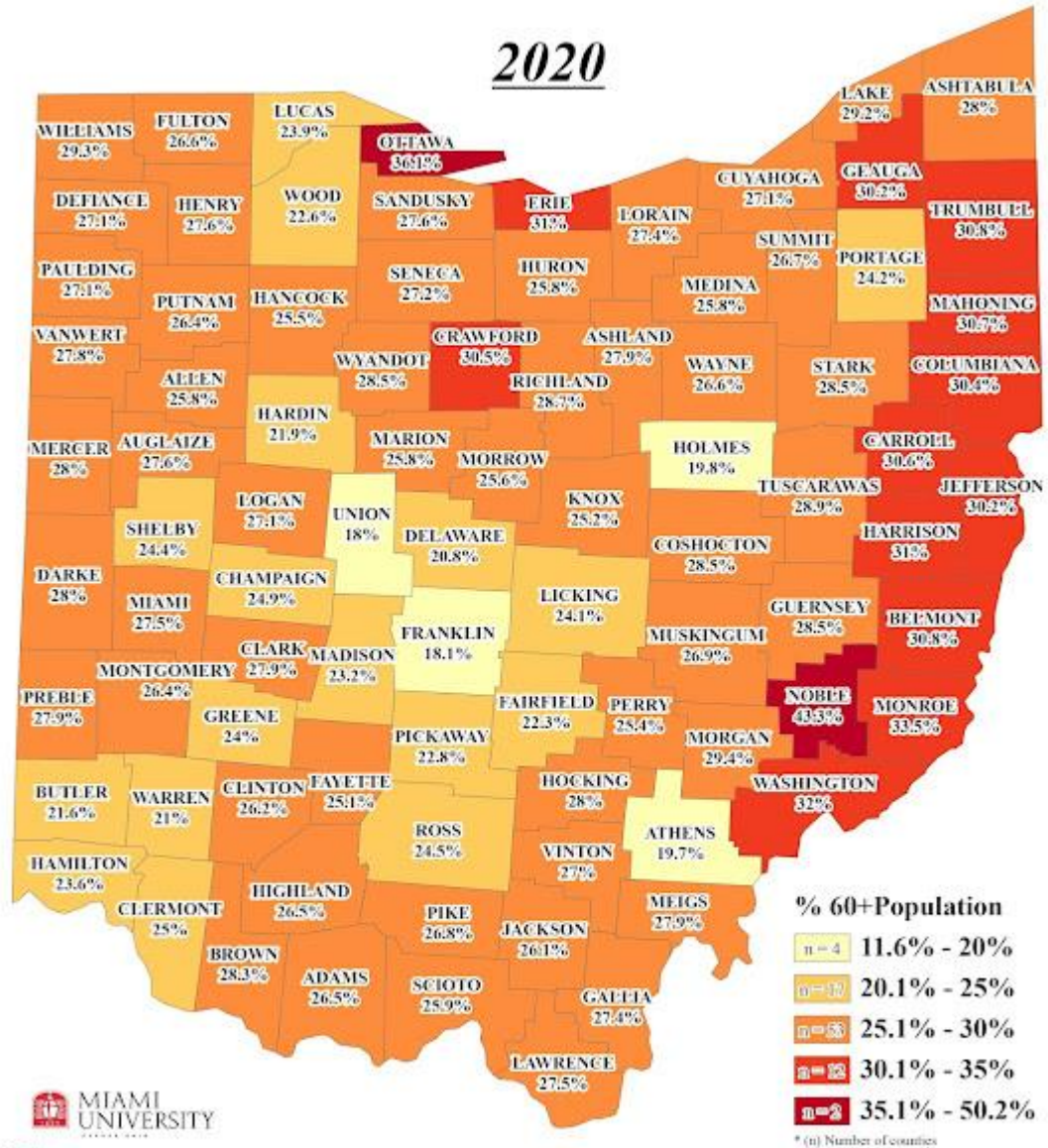
Ohio's 60+ Projected Population by County



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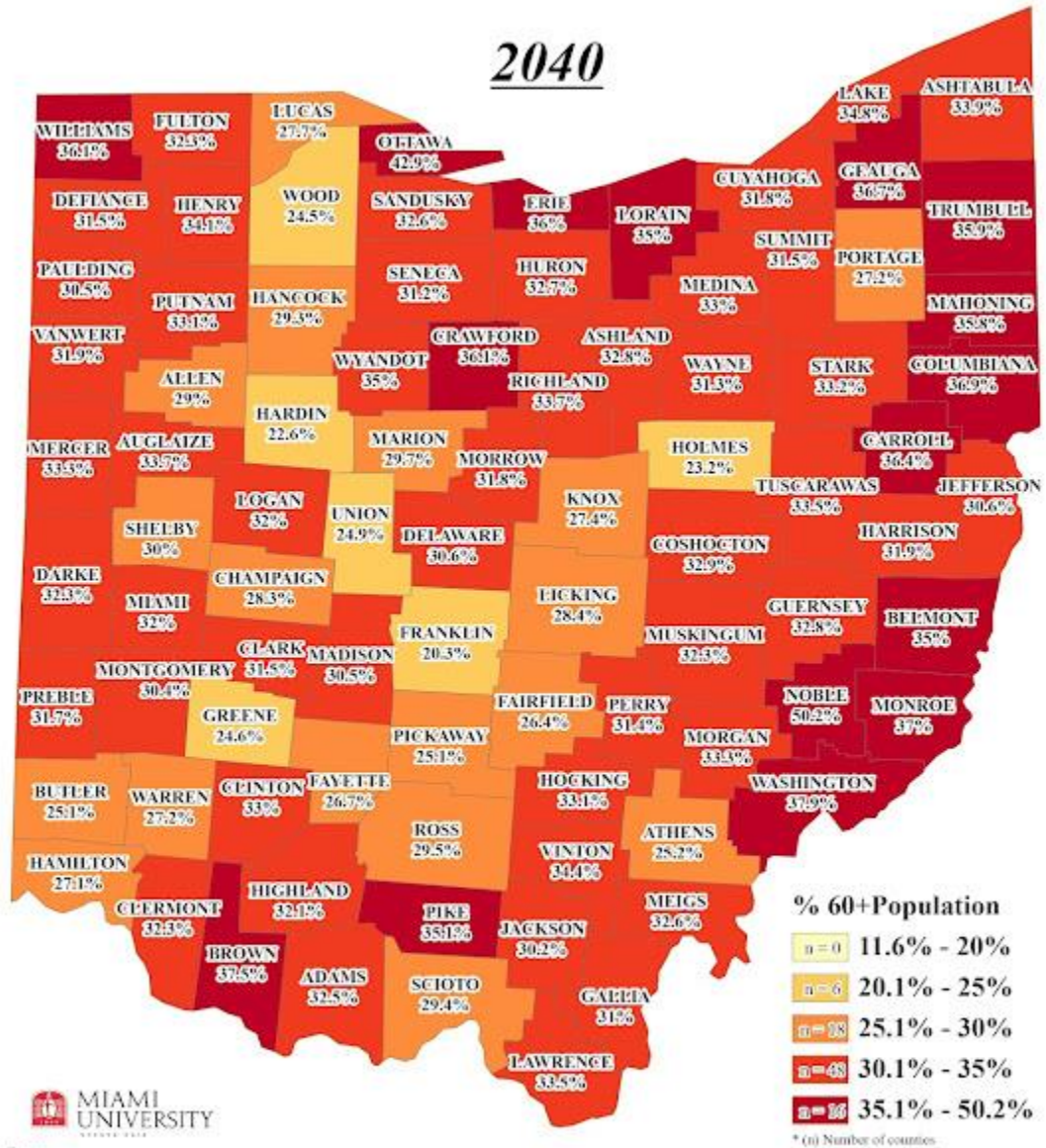

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Marital status of the population age 65 and over, by age group and sex, 2010

Note: Married includes married, spouse present; married, spouse absent; and separated.
Reference population: These data refer to the civilian noninstitutionalized population.
Source: U.S. Census Bureau, Current Population Survey, Annual Social and Economic Supplement.

- Gravity more powerful than kryptonite
- You are starting to look like your parents
- You can’t stay awake for Sat Night Live
- You have given up hope of being a professional athlete
- You have given up hope of finding a sensitive partner
- You need a junior high schooler to help you with your phone

Health Conditions, 65 plus

Health conditions	Ohio	U.S.	Ranking*
Diabetes %	24	22	38
Arthritis %	57	52	44
Hip fractures /1000	5.8	5.7	32
Multiple chronic cond %	40.1	37.3	39
Preventable Hosp /1000	64.9	53.8	44
Low Care NF residents	11.2	11.8	25

*Higher ranking means more prevalence

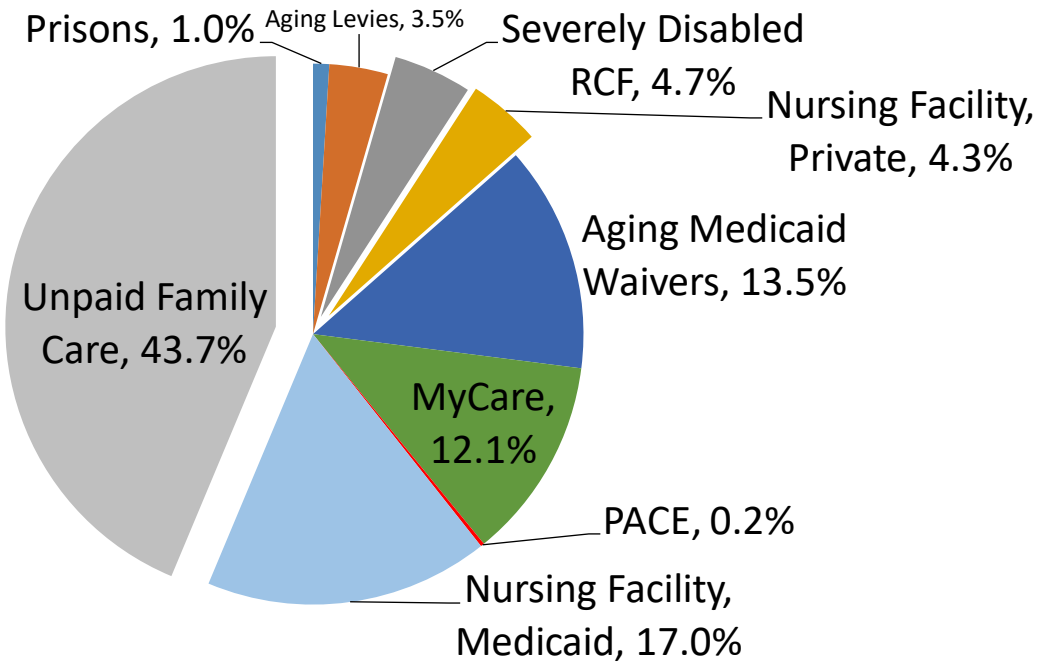
Number of Older Adults by Age Group and Rates of Disability by Area Agency on Aging Region				
Area Agency on Aging Regions	Estimated 60+ Population	Estimated Population 60+ with Severe Physical or Cognitive Disability	Estimated Population 60+ with Severe Physical or Cognitive Disability at or Below 300% of Poverty	Percent of Population With Severe Disability at 300% of Poverty
Cincinnati	374,153	22,385	10,588	47.3
Dayton	209,496	13,343	6,551	49.1
Lima	89,473	5,670	2,977	52.5
Toledo	224,581	13734	7,224	52.6
Mansfield	134,014	8,411	4,719	56.1
Columbus	394,414	22,608	10,038	44.4
Rio Grande	115,885	6,935	4,265	61.5
Marietta	61,003	3,610	2,235	61.9
Cambridge	127,509	8,003	4,946	61.8
Cleveland	536,814	34,101	17,528	51.4
Akron	307,962	19,124	9,811	51.3
Youngstown	181,512	11,607	6,628	57.1
Sydney (CSS)*	85,956	5,228	2,891	55.3
Total	2,842,772	174,759	90,875	52.0

Study Approach

One of the only state longitudinal long-term care surveys done in the nation.

- 30th year of longitudinal study to track long-term services use in Ohio, continually funded by the Ohio Department of Aging
- Survey every nursing home and residential care facility every other year. More than 90% response rate.
- Use data from an array of other sources including National Minimum Data Set (MDS),CMS survey and quality ratings, Resident and Family satisfaction, and Medicaid claims data.

Proportion of Ohio's Population Age 60 and Older with Severe Disability by Care Setting, 2019 (N=175,000)



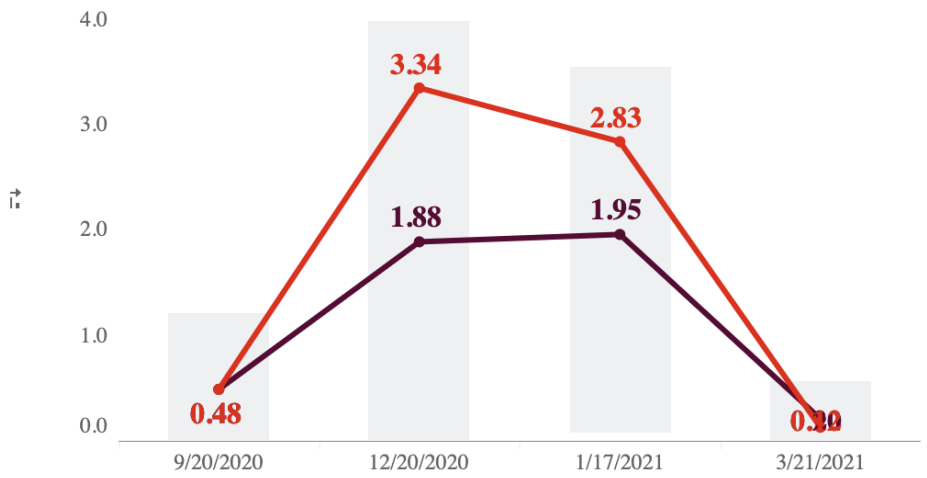
Ohio Nursing Home Admissions, Discharges, and Occupancy Rates, 1992-2019									
	1992	1999	2001	2005	2011	2013	2015	2017	2019
Nursing Home Beds[i]									
Total beds in Service	91,531	95,701	94,231	91,274	94,710	92,787	91,503	90,464	88,793
Medicaid certified	80,211	93,077	87,634	87,090	90,724	89,063	88,479	88,016	87,626
Medicare certified	37,389	47,534	62,088	86,701	91,650	90,730	89,555	89,307	87,889
Number of Admissions									
Total	70,879	149,838	149,905	190,150	207,148	218,992	211,338	206,636	213,833
Medicaid resident	17,968	28,150	24,442	34,432	31,212	36,859	35,182	35,647	40,728
Medicare resident	30,359	78,856	90,693	116,810	148,426	144,959	146,756	147,194	151,267
Occupancy Rate (%)									
Total	91.9	83.5	83.2	86.4	83.2	83.9	84.7	81.0	80.0
Medicaid resident	67.4	55.4	58.5	58.8	54.9	54.3	54.3	53.6	52.2

Newly Admitted Nursing Home Residents and Changes in Their Stay Patterns Over a Three Year Period (1994-2014)

	Time Period (Percentage Remaining)						
	Admissions	0-3 months	At 6 months	At 9 Months	At 12 months	At 24 months	At 36 months
1994-1996	5803	56.7	41.1	35.2	32.2	24.0	NA
2001-2004	15,250	43.1	32.5	20.7	16.1	9.0	5.7
2011-2014	23,475	16.3	12.5	11.1	10.4	8.8	8.2
Medicaid* 2011-2014	4844	26.5	20.4	17.8	16.2	13.4	12.0

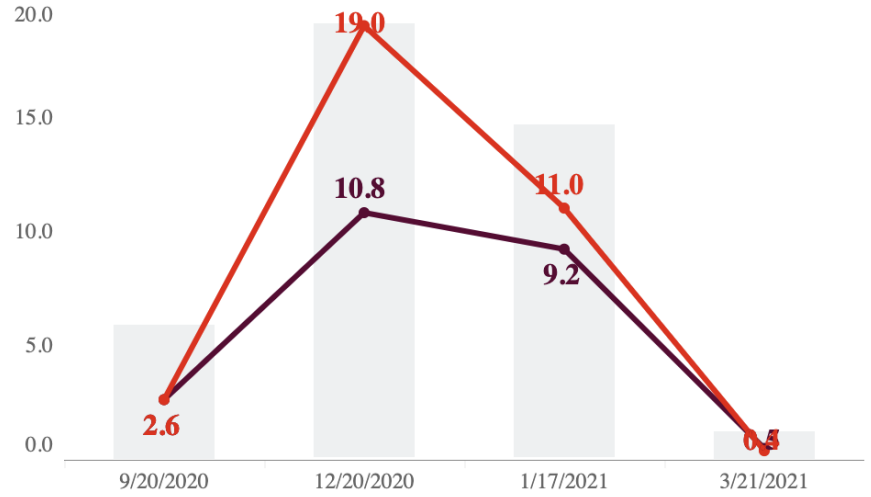
COVID 19 in Nursing Homes AARP Dashboard

Nursing Home Resident Deaths
(COVID-19 deaths per 100 residents)



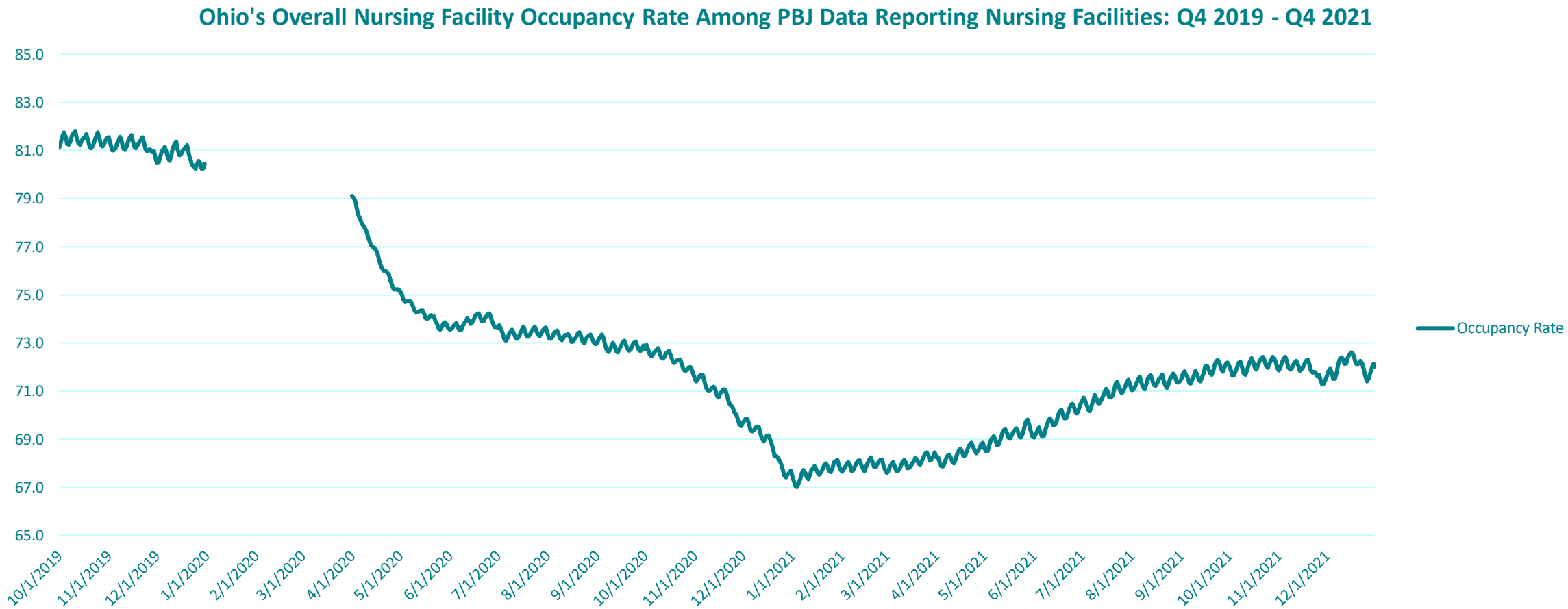
In the last month (four weeks ending **3/21/2021**) in **Ohio,** there were **0.12** COVID-19 deaths per 100 nursing home residents.

Nursing Home Resident Cases
COVID-19 cases per 100 residents



In the last month (four weeks ending **3/21/2021**) in **Ohio,** there were **0.4** COVID-19 cases per 100 nursing home residents.

Daily Occupancy Rates are Down



Source: Calculated from number of residents per PBJ data and number of beds per NH Compare Archive data.

Notes: The number of facilities reporting is decreasing over time, indicating potential closures.

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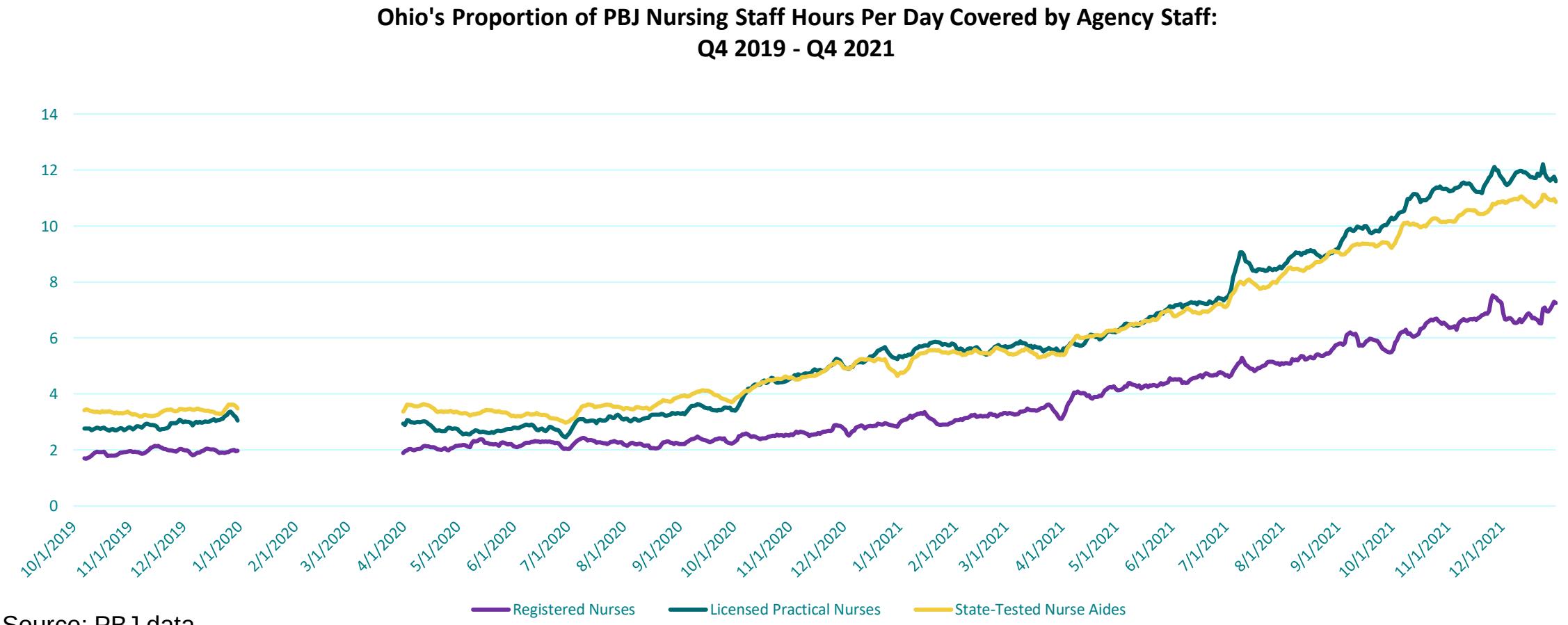
More Reliance on Agency Staff



Source: PBJ data.

Notes: Calculates are for aggregate hours for all reporting nursing facilities and represent an average over the previous 7-days. Registered nurses include hours for administrative nurses and the director of nursing.

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Challenges Faced Today by Nursing Facilities

Nursing facilities face a number of challenges today:

- Increased access and demand for alternatives to a nursing facility.
- Licensed RCF's (mostly assisted living) grown from 225 in 1992 to over 800 today.
- The COVID-19 pandemic had a large impact on nursing facilities and their residents.
- The COVID-19 had a negative impact on how nursing homes were perceived by the public, reducing demand in the short run.
- There are significant workforce challenges.
  - Increased reliance on agency (i.e. contracted) staff.
  - Increased labor costs.
- Inflation is increasing non-labor costs.
- Increased regulatory scrutiny and pressure at the federal level.

Occupancy in Ohio's Residential Care Facilities, 2013-2019												
	Overall (Percentages)				RCF Only (Percentages)				Assisted Living (Percentages)			
	2013	2015	2017	2019	2013	2015	2017	2019	2013	2015	2017	2019
Number of Facilities (1992– 225 RCF's, 6500 unts)	606	655	708	759	105	73	92	101	501	582	616	658
Number of Units	33,182	35,979	40,450	47,180	3,843	3,312	3,851	4,469	29,339	32,667	36,599	41,462
Unit Occupied	87.8	88.9	85.3	81.3	84.2	85.3	80.2	75.1	88.5	89.3	86.0	82.3

Demographic and Functional Characteristics of PASSPORT Consumers: FY'1996,2008-2016

	FY 1996	FY 2006	FY 2012	FY 2014	FY 2016
Age					
60-64	10.5	10.7	12.2	12.2	18.0
65 and over	89.5	84.0	87.8	87.8	82.0
85 and over	22.5	19.2	18.9	17.5	13.9
Age (avg.)	76.8	76.7	75.6	75.3	73.6
Female	77.0	78.7	75.9	75.4	73.8
ADL impairments (avg.)	3.2	3.0	3.0	2.9	2.9
Consumers served	3883	28,565	34,173	42,868	22,128*

PASSPORT expenditures by Type of Service, 2008-2016

Type of Service	FY 2008 (%)	FY 2010 (%)	FY 2012 (%)	FY 2014 (%)	FY 2016 (%)
Personal Care	75.6	71.3	67.6	69.0	73.6
Home delivered Meals	11.2	14.8	15.8	12.0	10.9
Adult Day Services	3.5	2.6	2.5	3.7	2.3
Transportation	3.8	3.5	4.4	4.4	4.3
Home Medical Equipment and Supplies	2.0	2.4	2.8	2.3	2.2
Homemaker Services	1.0	1.3	2.5	5.6	5.0
Emergency Response	1.9	3.4	3.3	1.8	.1
Home Modification	.7	.6	.8	.9	.9
Other	.3	.1	.3	.3	.6

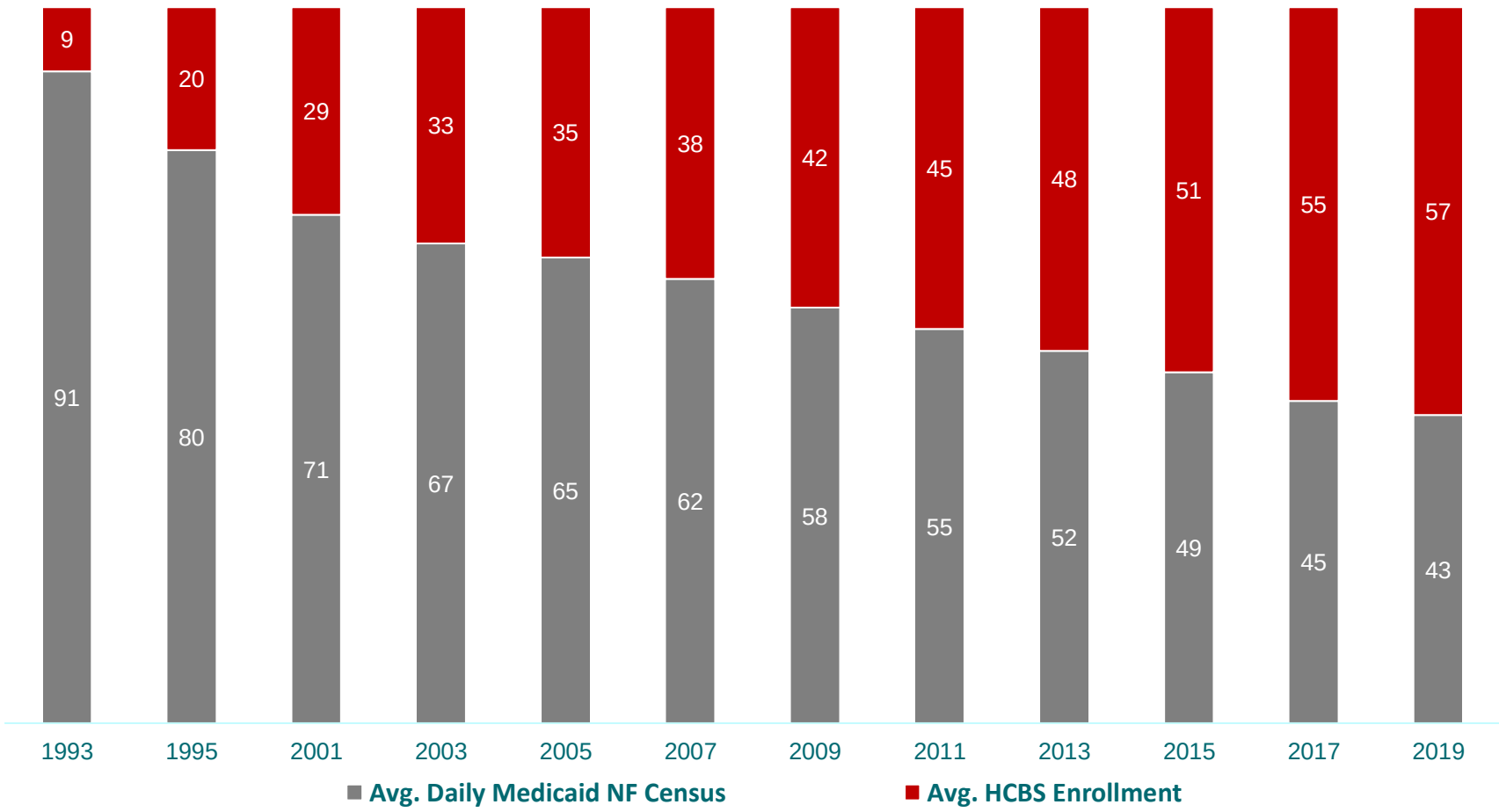
Source: PASSPORT information Management System (PIMS), 2008-2016

Demographic and Functional Characteristics of Enrollees in the Assisted Living Waiver Program FY' 2008-2016

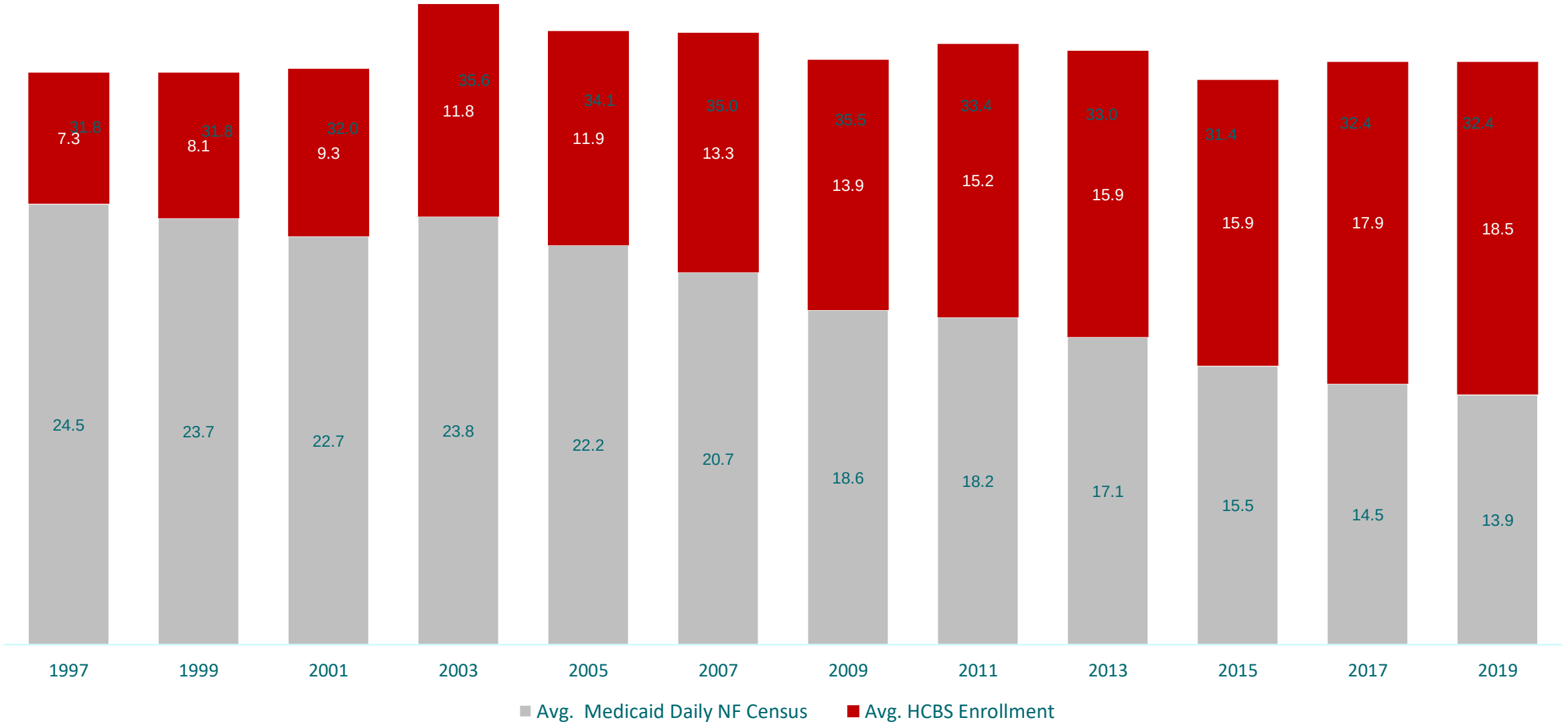
	2008	2010	2012	2014	2016
Age					
Under 65	14.3	12.4	13.3	15.0	16.5
65 and over	85.7	87.6	86.7	85.0	83.5
85 and over	42.4	46.1	44.8	41.0	40.9
Age (avg.)	79.5	80.6	81.7	79.4	79.0
ADL impairment (avg.)	2.6	2.6	2.6	2.6	2.5
24 hr supervision	11.5	13.9	20.3	18.1	17.6
Consumers served	413	1943	4102	5788	3416*

Source: PASSPORT information Management System (PIMS), 2008 – 2016. *2016 sample does not include assisted living residents now in MyCare.

Figure 1. Percent Distribution of Ohio's Long-Term Services and Supports Use by Medicaid Recipients Age 60 and Older, by Nursing Home and HCBS Use, 1997-2019



Number of People Age 60 and Older on Medicaid Residing in Nursing Facility or Enrolled in HCBS (including MyCare) per 1,000 Persons in Population, 1997-2019



LTSS System Changes

Ohio has changed its LTSS System

More than 50,000 PASSPORT AL and MyCare older people served each day

While 85 plus population has increased by more than 100,000–
Ohio serves 13,640 fewer nursing home residents each day

Ohio's LTSS ranking has improved from 40 to 19th in the AARP Scorecard

Aging network has been a key player and this is good news, but…….

Policy and the Future

Even with changes the current system is simply not sustainable

Short-term window as boomers age into LTSS, but soon….

Recommendations:

Preventive Actions

Expand Support Services-Shift away from Medicaid driven system

Better Support for Caregivers

Better Support for Direct Care Workers- Worker Crisis

The above highlights the importance of area agencies and the network

LTC system must be innovative and efficient

Technology's role in the future

Need for State Plan on Aging