

# LTSS and Healthy Aging



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CENTER FOR CONSUMER ENGAGEMENT  
*in health innovation*

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# About the Center

- Focus on vulnerable populations
- State and local advocacy
- Policy and research
- Training and education

# What are Long Term Services and Supports?



- Assistance for older adults and people with disabilities to help with everyday self-care tasks (e.g. feeding, bathing, dressing, toileting)
- Can be provided in institutions or at home
- Among people age 65 and over, an estimated 70 percent will use LTSS
- \$310 billion per year
- Medicaid is the main payer
  - Shifting to managed care

# What are Long Term Services and Supports?



## Bill

- 56 years old
- Spinal cord injury with resulting paraplegia
- Recurrent pressure ulcers
- Frequent hospitalizations for infections
- Lives independently

### Examples of Services:

- Personal Care Attendant hours
- Specialized wheelchair, air mattress, lift, ramps
- Transportation

## Alice

- 90 years old
- Worsening dementia
- Multiple chronic illnesses
- Frequent falls
- Widowed, lives with daughter who works full-time

### Examples of Services:

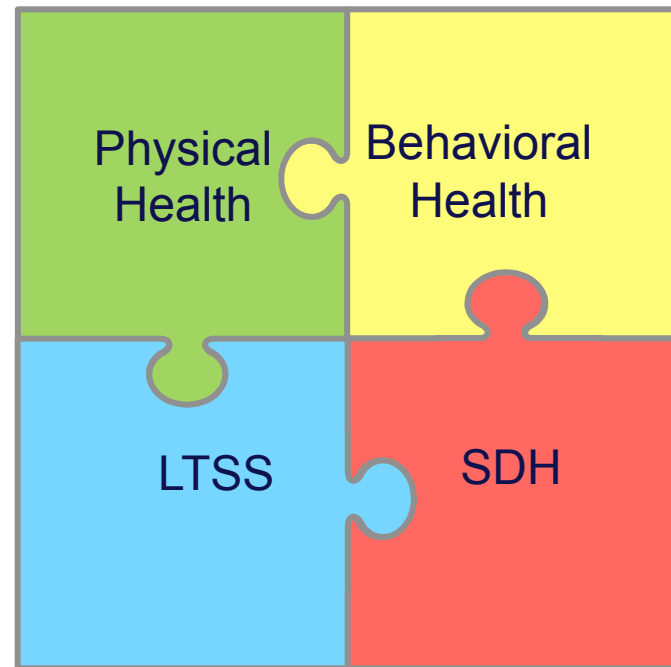
- Home health aide
- Day program
- Transportation

# LTSS and social determinants are intertwined



Examples:

- Housing
- Food
- Transportation



# THANK YOU

For more information:

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