

## ASPR TRACIE Technical Assistance Request

**Requestor:**

**Request Receipt Date (by ASPR TRACIE):** June 27, 2017

**Response Date:** June 27, 2017

**Type of TA Request:** Urgent

**Request:**

The requestor is requesting data on how many years' people may use long term care in/out of their home.

**Response:**

Section I includes a summary of pertinent data and excerpts from resources.

### **I. Long Term Care/ Skilled Nursing Home Statistics/ Data**

Breeding, Brad. (n.d.). [So I'll Probably Need Long-Term Care, But for How Long?](#) MyLifeSite.

This article provides an overview of how long one may expect to need LTC. Select data includes:

- A statistic provided by the National Investment Center (NIC) in their 2010 Investment Guide cited the average length of stay in assisted living as 29 months.
- According to the [National Center for Assisted Living](#), 59% of all assisted living residents will eventually move to a skilled nursing facility.
- The average stay in a nursing home is 835 days, according to the [National Care Planning Council](#). (For residents who have been discharged, which includes many who have received short-term rehab care, the average stay in a nursing home is 270 days.)
- It is not uncommon for someone to receive care at home for several months or longer, followed by a two and a half year stay in an assisted living facility, with almost 60% then requiring a nursing home stay of somewhere between nine months and a little over two years.
- All combined, this is a total of approximately 4-5 years of long-term care. In this scenario, the total cost of care could easily exceed \$300,000, depending on the cost of care in your region.

Centers for Disease Control and Prevention. (2016). [Long-Term Care Providers and Services Users in the United States: Data from the National Study of Long-Term Care Providers, 2013-2014](#).

This document provides an overview of LTC in the US, profile/ demographics information for LTC providers, and profile/demographics of LTC users. A shorter overview document is available [here](#). Select data includes:

- The majority of long-term care services users were aged 65 and over: 94.4% of hospice patients, 92.9% of residential care residents, 84.9% of nursing home residents, 82.6% of home health patients, and 63.7% of participants in adult day services centers.
- The age composition of services users varied by sector, with residential care communities (52.6%), hospices (47.3%), and nursing homes (41.6%) serving more persons aged 85 and over, and adult day services centers (36.4%) serving more persons under age 65 than other sectors.

Day, Thomas. (n.d.). [Care Provided by Family or Others at Home](#). National Care Planning Council.

This article provides general information about care for family members or others at home. Select data includes:

- About 73% of all long term care is provided in the home environment typically by caregivers who receive no compensation for their labor.
- Because it is not typically covered by the government, inclusive statistics for how long home care can last are lacking.
- The 1999 national long-term care survey did ask how long caregivers have been offering care. We do not have the data for length of stay for particular types of conditions but reports from the survey indicate home care can last 3 to 5 years.
- The National Health Statistics reported that in 2007, services commonly used by home health care patients age 65 years and older include skilled nursing services (84%), physical therapy (40%), assistance with activities of daily living (ADLs) (37%), homemaker services (17%), occupational therapy (14%), wound care (14%), and dietary counseling (14%).

Family Caregiver Alliance. (2015). [Selected Long-Term Care Statistics](#).

This page includes a variety of statistics/ data points. Select data includes:

- Annually 8,357,100 people receive support from the 5 main long-term care service; home health agencies (4,742,500), nursing homes (1,383,700), hospices (1,244,500), residential care communities (713,300) and adult day service centers (273,200).
- By 2050, the number of individuals using paid long-term care services in any setting (e.g., at home, residential care such as assisted living, or skilled nursing facilities) will likely double from the 13 million using services in 2000, to 27 million people. This estimate is influenced by growth in the population of older people in need of care.
- 65.7 million informal and family caregivers provide care to someone who is ill, disabled or aged in the U.S.
- Two out of three (66%) of older people with disabilities who receive LTSS at home get *all* their care exclusively from their family caregiver, mostly wives and daughters. Another quarter (26%) receives some combination of family care and paid help; only 9% receive paid help alone.
- Between 2000 and 2002, the number of licensed assisted living and board and care facilities increased from 32,886 to 36,399 nationally, reflecting the trend

towards community-based care as opposed to nursing homes.<sup>35</sup> Most assisted living facilities, however, are unlicensed.

- In 2012, total spending (public, out-of-pocket and other private spending) for long-term care was \$219.9 billion, or 9.3% of all U.S. personal health care spending. This is projected to increase to \$346 billion in 2040

The Sourcebook: Essentials of Health Policy. (2017). [Chapter 10- Long-Term Services and Supports](#). Alliance for Health Policy.

This page provides data points for long-term services and supports (LTSS). LTSS are comprised of formal and informal aid that focuses on those who are unable to take care of themselves due to age, disability or illness. Select data includes:

- With Americans enjoying longer life expectancy than prior generations, and with the baby boom cohort entering its retirement years, the share of Americans over age 65 is projected to rise from 15 percent, or about 46 million individuals, in 2014 to 21 percent, or about 74 million, in 2030.
- An estimated 70 percent of those turning 65 are expected to require some form of long-term care during their lives. This is already creating an increased demand for LTSS and will challenge policymakers to deliver that care more affordably and with higher quality.
- In 2013, national spending on long-term services and supports (LTSS) totaled about \$310 billion. Medicaid paid nearly half of that amount, at about \$123 billion.
- Medicaid is the largest contributor to LTSS spending. In 2014, combined federal and state Medicaid spending on LTSS totaled \$152 billion. That marked a 4 percent increase from \$146 billion a year earlier.
- In 2014, the average annual cost was \$45,800 for a home health aide, \$16,900 for care in a community-based adult day-care center, and \$87,600 to live in a nursing facility.
- Seventy percent of those turning 65 are expected to require some form of LTSS during their lives.