THE CHALLENGE

By 2025, over a quarter of Maine’s population is expected to be age 65 and older. As we age, many of us will need help with the basic activities of daily living.

[25%] The percent of people turning age 65 between 2015 and 2019 projected to need more than one year of paid support over the remainder of their lifetime.

Assistant Secretary for Planning and Evaluation Services, 2016.

Because the cost of these services will be out of reach for many of us, Medicaid—also known as MaineCare in Maine—plays an essential role in the financing of long term services and supports for older adults.

SETTLING THE COURSE

How can we make sure that public resources are put to their optimal use to make sure that as we age we are able to live healthy, active, secure and engaged lives no matter the type of support we might need?

- What are the most cost-effective strategies for making living at home—the preferred option for most people—a reality whenever possible and preferred?
- When living at home is not an option, what are the best alternatives and how can we make sure we invest in them wisely?

Local Communities and Regional Social Services Providers can provide a critical set of low-cost supports that can help to reduce the need for higher cost services: A local housing authority might marshal volunteers to help with home repairs, forestalling the need to move. A Meals on Wheels home delivery might include a scan to make sure the heat is on, the house is safe and the older adult has what he or she needs.

Projected Use of Paid LTSS for Persons Turning 65 in 2015-2019

<table>
<thead>
<tr>
<th>Duration</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than a Year</td>
<td>22.7%</td>
</tr>
<tr>
<td>1-2 Years</td>
<td>9%</td>
</tr>
<tr>
<td>3-4 Years</td>
<td>9.7%</td>
</tr>
<tr>
<td>5 Years +</td>
<td>5.9%</td>
</tr>
</tbody>
</table>

Adapted from “Long-Term Services and Supports for Older Americans: Risks and Financing,” by Assistant Secretary for Planning and Evaluation Services, 2016.

Median Private Pay Cost for LTSS as a Percent of Median Income, Maine and US

<table>
<thead>
<tr>
<th>Location</th>
<th>Median Cost of Care, as Percent of Median Household Income Age 65+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maine</td>
<td>102%</td>
</tr>
<tr>
<td>United States</td>
<td>243%</td>
</tr>
</tbody>
</table>

Adapted from “10 Things to Know About Medicaid: Setting the Facts Straight,” by J. Paradise, 2017

Payment Sources for Long Term Services and Supports, United States, 2015

- Medicaid: 53%
- Private Insurance: 17%
- Out-of-Pocket: 11%
- Other public and Private: 20%


Health and Long Term Services and Support Providers can coordinate their care and services to improve outcomes and efficiency. Successfully integrated care could help to minimize the unnecessary use of high cost medical services and long term care. Integrating care requires close collaboration among medical providers, social services, long term services and supports providers, communities and families.

State Level Policy Levers can be used to update and reform the types of long term services and supports available to older adults, drive reform of the delivery system and support community-level efforts to help older adults living at home.

The information in this document is derived from Charting a Pathway Forward: Redesigning and Realigning Supports and Services for Maine’s Older Adults, a report produced by Eileen Griffin and Elizabeth Gattine, from the Muskie School of Public Service at the University of Southern Maine for Maine Health Access Foundation. You can find a copy of the full report at: http://digitalcommons.usm.maine.edu/aging/108/
**THE FIRST LEG OF THE JOURNEY**

Support Family Caregivers

Family caregivers are the backbone of support for older adults.

- **[178,000]** The number of Mainers who served as family caregivers in 2013. Reinhard et al. 2015.
- **[$2.2 billion]** The annual value of services Maine family caregivers provide to their parents, spouses and other adults. Reinhard et al. 2015.

Strengthen the Direct Service Workforce

Maine has a critical shortage of direct service workers, exacerbated by a tight labor market, low pay, a lack of benefits and limited opportunities for advancement.

- **[6,000]** Hours of homecare need unstaffed each week. Maine Council on Aging, 2017.

Create Affordable Housing Options

Many older adults in Maine need more affordable options.

- **[21%]** The percent of Maine adults age 55 and older for whom the cost of housing consumed more than 30 percent of their household income in 2012. Henry et al. 2015.
- **[15,000]** Projected shortfall of affordable housing units for low income older adults in 2022. Henry et al. 2015.

Create New Supports for Those Most at Risk

We need new strategies for helping those at risk of self-neglect and social isolation, particularly those living alone and those with cognitive impairments or behavioral health needs.

Address Disparity

We need to ensure that those at greatest risk—particularly the most rural and economically disadvantaged parts of Maine—do not fall through the safety net.

GETTING TO OUR DESTINATION

Redesign the Delivery System

To set strategic priorities for the most cost-effective allocation of public financing, we need to forecast geographic shifts in Maine’s population and determine the right level of investment across the continuum of in-home, residential and nursing facility services.

Realign the Payment and Delivery of Services

Integrating the delivery system cannot succeed without fundamentally realigning the incentive system. That means payment reform that rewards providers for successful outcomes rather than the number of services they provide, and outcome measures focused on older adults living healthy, active, secure and engaged lives at home.

Mobilize Communities

Optimizing resource use at the local level means reorienting key stakeholders around a community-level outcome, rather than program or provider level outcomes. Local government and state government can benefit from active community volunteer networks and should find ways to support them.

REFERENCES

Assistant Secretary for Planning and Evaluation Services. (2016). Long-term services and supports for older Americans: risks and financing.


