



Long-Term Care in Arizona



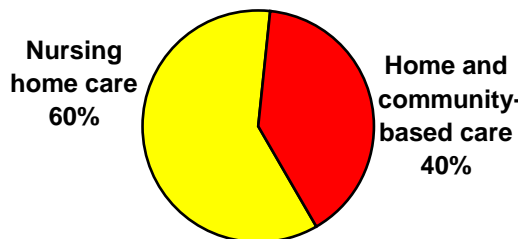
The number of Arizona residents age 85 and older is projected to grow by 135 percent by 2030.

Arizona's older population can be at greater risk for chronic illnesses and in need of long-term care. Thirteen percent of Arizona's population is age 65+ with nearly 123,000 residents age 85+.¹ Arizona's age 85+ population – the age group that is most likely to need long-term care services – will more than double from 2007 to 2030.² This makes Arizona one of the top-ranked states (#3) in the projected growth rate of the 85+ population.

Most prefer to receive long-term care at home; however, Arizona spends over half of the state's Medicaid funds on institutional care.

The majority of Americans age 50+ (89%) want to stay in their homes for as long as they can.³ Over 1.4 million Arizonans rely on Medicaid (Arizona Health Care Cost Containment System, AHCCCS), and five percent are age 65+.⁴ Home and community-based service waivers allow Medicaid recipients to receive Medicaid funding for in-home care. In Arizona, Medicaid allows some to choose in-home care instead of nursing home care. On average, the Medicaid program can provide home and community-based services to three people for the cost of serving one person in a nursing home.⁵

Arizona spends 40% of its Medicaid long-term care dollars for older people and adults with physical disabilities on home and community-based care – ranking it 7th in spending on home care services for this population.⁶



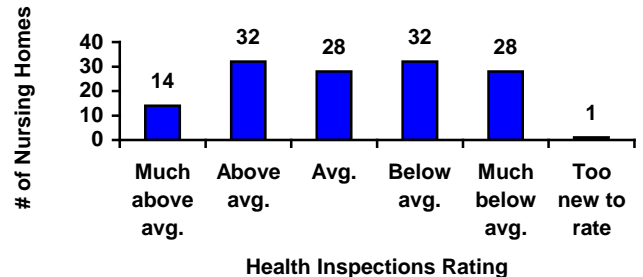
In addition, 610,000 Arizonans are providing family caregiving to a loved one at home. This care is valued at \$6.9 billion.⁷

The average nursing home private pay rate in Arizona was \$203 per day in 2008.

In 2007, Arizona's nursing homes had an occupancy rate of 78%.⁸ This care is expensive. In 2008, Arizona ranked 21st in the nation in average nursing home private pay daily rates.⁹ The rates for home health aides in Arizona were \$19/hr for private pay and \$37/hr for Medicare-certified aides. Arizona had one of the lowest rates for adult day care (\$46/day).¹⁰

One-third of Arizona's nursing homes rated above average in health inspections.

The Centers for Medicare and Medicaid Services (CMS) created a five-star quality rating to help consumers compare nursing homes. CMS rates nursing homes on health inspections, staffing, and quality measures.



The health inspection process is comprehensive and conducted by a trained team of objective surveyors.¹¹

Recent studies have found that non-profit nursing homes generally deliver higher quality of care.¹² In 2007, 74% of Arizona's nursing homes were for profit (23%, non-profit; 2%, government-owned).¹³

Few Americans have long-term care insurance.

Nationally, about 7 million long-term care insurance policies were in effect in 2005, and the typical purchaser was age 61 with assets over \$100,000.¹⁴ Cost is a major factor in the decision to purchase long-term care insurance. In 2008, premiums for a married couple in their sixties were about \$3,000 a year.¹⁵ Arizona has not adopted the most recent long-term care insurance recommendations from the National Association of Insurance Commissioners (NAIC).¹⁶

End Notes

The data utilized in this report is the most recent publicly available data collected for all states.

¹U.S. Census Bureau, Population Division. Estimates of the Resident Population by Selected Age Groups for the United States and Puerto Rico: July 1, 2008. Released May 14, 2009. URL: <http://www.census.gov/popest/states/asrh/SC-EST2008-01.html>

²Gibson, Mary Jo, Fox-Grage, Wendy, Houser, Ari. *Across the States 2009: Profiles of Long-Term Care and Independent Living: Executive Summary, State Data, and Rankings*. Page 34. AARP Public Policy Institute. Washington, D.C. URL: http://www.aarp.org/research/ppi/ltc/Other/articles/across_the_states_2009_profiles_of_long-term_care_and_independent_living.html

³Providing More Long-term Support and Services at Home: Why It's Critical for Health Reform. AARP Public Policy Institute, June 2009. URL: http://www.aarp.org/research/ppi/ltc/hcbs/articles/fs_hcbs_hcr.html

⁴The Kaiser Family Foundation, statehealthfacts.org. State Medicaid Fact Sheets, 2006-2007: Arizona. URL: <http://www.statehealthfacts.org/mfs.jsp?rgn=4&rgn=1&x=11&y=9>.

⁵Providing More Long-term Support and Services at Home: Why It's Critical for Health Reform. AARP Public Policy Institute, June 2009. URL: http://www.aarp.org/research/ppi/ltc/hcbs/articles/fs_hcbs_hcr.html

⁶Gibson, Mary Jo, Fox-Grage, Wendy, Houser, Ari. *Across the States 2009: Profiles of Long-Term Care and Independent Living: Executive Summary, State Data, and Rankings*. Page 45. AARP Public Policy Institute. Washington, D.C. URL: http://www.aarp.org/research/ppi/ltc/Other/articles/across_the_states_2009_profiles_of_long-term_care_and_independent_living.html

⁷Ibid. Page 44.

⁸Ibid. Page 66.

⁹Ibid. Page 59.

¹⁰Ibid. Page 60.

¹¹Centers for Medicare and Medicaid Services. Note: These data are updated monthly. Data for this brief was pulled on November 3, 2009. URL: <http://www.medicare.gov/NHCompare/Include/DataSection/Questions/ProximitySearch.asp>.

¹²BMJ 2009 (British Medical Journal); 339:b2732. URL: www.pnhp.org/nursing_home

¹³The Kaiser Family Foundation, statehealthfacts.org. Table: *Distribution of Certified Nursing Facilities by Ownership Type, 2007*. Data Source: C. Harrington, H. Carrillo, and B. Blank. Table 7, "Nursing, Facilities, Staffing, Residents, and Facility Deficiencies, 2001 Through 2007," Department of Social and Behavioral Sciences, University of California, San Francisco, accessed September 2008. Available at <http://www.pascenter.org>. Based on the Online Survey, Certification, and Reporting system (OSCAR), Centers for Medicare and Medicaid Services, U.S. Department of Health and Human Services. URL: <http://www.statehealthfacts.org/comparetable.jsp?ind=412&cat=8&sub=97&yr=62&typ=2>

¹⁴Kassner, Enid. Long-Term Care Insurance Fact Sheet. AARP Public Policy Institute. June 2009. URL: http://www.aarp.org/research/ppi/ltc/ltc-ins/articles/LTCI_fact_sheet_2009_08.html

¹⁵Tumlinson, Anne, Aguiar, C. and Watts, M. Closing the Long-Term Care Funding Gap: The Challenge of Private Long-Term Care Insurance. Kaiser Family Foundation. Page 6. June 2009. URL: <http://www.kff.org/insurance/upload/Closing-the-Long-Term-Care-Funding-Gap-The-Challenge-of-Private-Long-Term-Care-Insurance-Report.pdf>

¹⁶Gibson, Mary Jo, Fox-Grage, Wendy, Houser, Ari. *Across the States 2009: Profiles of Long-Term Care and Independent Living*. Page 28. AARP Public Policy Institute. Washington, D.C. URL: http://www.aarp.org/research/ppi/ltc/Other/articles/across_the_states_2009_profiles_of_long-term_care_and_independent_living.html