

Long-Term Care in District of Columbia



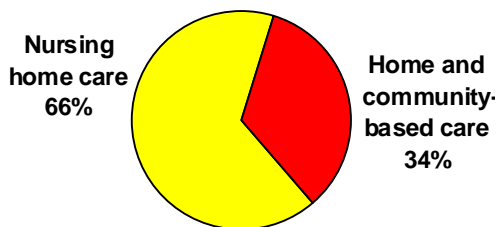
The number of District residents age 85 and older is projected to decline by 2030.

The District's older population can be at greater risk for chronic illnesses and in need of long-term care. Twelve percent of the District's population is age 65 and older with over 11,000 residents age 85+. ¹ The District's age 85+ population – the age group that is most likely to need long-term care services – will decline 17% from 2007 to 2030. ²

Most prefer to receive long-term care at home; however, the District spends two-thirds of its 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 163,000 Washingtonians rely on Medicaid, and nine percent are age 65+. ⁴ Home and community-based service (HCBS) waivers allow Medicaid recipients to receive Medicaid funding for in-home care. In the District, Medicaid allows some to choose in-home care instead of nursing home care. In 2006, 868 Washingtonians 65+ with disabilities received a waiver. ⁵ There were no waiting lists for this group in 2008. ⁶ On average, the Medicaid program can provide HCBS to three people for the cost of serving one person in a nursing home. ⁷

The District spends 66% of its Medicaid long-term care dollars for older people and adults with physical disabilities on nursing home care – ranking it 12th in spending on home care services for this population. ⁸



In addition, 57,000 Washingtonians are providing family caregiving to a loved one at home. This care is valued at \$670 million. ⁹

The District has the 15th highest average nursing home private pay rate in the nation at \$216 per day.

In 2007, the District's nursing homes had an occupancy rate of 94%. ¹⁰ This care is expensive. In 2008, the District had the 15th most expensive nursing homes in the country, with an average private pay daily rate of over \$200. ¹¹ The District's rate for home health aides was right at the nation's average – \$19 an hour for private pay, but its average rate for Medicare-certified home health aides (\$22/hr) was one of the lowest in the nation. The District's adult day care rate averaged \$62 a day. ¹²

Seven out of the District's 19 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. ¹³

Recent studies have found that non-profit nursing homes generally deliver higher quality of care. ¹⁴ In 2007, 28% of the District's nursing homes were for profit (61%, non-profit; 11%, government-owned). ¹⁵

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. ¹⁶ 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. ¹⁷ The District has not adopted the most recent long-term care insurance recommendations from the National Association of Insurance Commissioners (NAIC). ¹⁸

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: District of Columbia. URL: <http://www.statehealthfacts.org/mfs.jsp?rgn=10&rgn=1&x=6&y=11>.

⁵Ibid. *Medicaid 1915(c) Home and Community-Based Service Waiver Participants, by Type of Waiver, 2006*. Data Source: The Kaiser Commission on Medicaid and the Uninsured (KCMU) and The University of California at San Francisco's (UCSF) analysis based on The Centers for Medicare & Medicaid Services (CMS) Form 372, December 2009, Table 5. "Medicaid 1915(c) Home and Community-Based Service Programs: Data Update" available at <http://www.kff.org/medicaid/7720.cfm>. URL: <http://www.statehealthfacts.org/comparetable.jsp?ind=241&cat=4>

⁶Ibid. *Waiting Lists for Medicaid 1915(c) Home and Community-Based Waivers, 2008*. Data Source: The Kaiser Commission on Medicaid and the Uninsured (KCMU) and The University of California at San Francisco's (UCSF) analysis based on The Centers for Medicare & Medicaid Services (CMS) Form 372, December 2009, Table 11. "Medicaid 1915(c) Home and Community-Based Service Programs: Data Update" available at <http://www.kff.org/medicaid/7575.cfm>. URL: <http://www.statehealthfacts.org/comparetable.jsp?ind=247&cat=4&sub=62&yr=62&typ=1>

⁷Providing 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

⁸Gibson, 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

⁹Ibid. Page 44.

¹⁰Ibid. Page 66.

¹¹Ibid. Page 59.

¹²Ibid. Page 60.

¹³Centers 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>.

¹⁴BMJ 2009 (British Medical Journal); 339:b2732. URL: www.pnhp.org/nursing_home

¹⁵The 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>

¹⁶Kassner, 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

¹⁷Tumlinson, 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>

¹⁸Gibson, 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