



Long-Term Care in Vermont

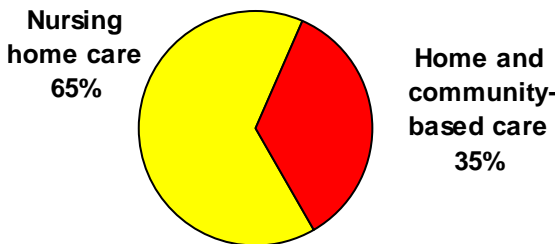


The number of Vermont residents age 85 and older is projected to double by 2030.

Vermont's older population can be at greater risk for chronic illnesses and in need of long-term care. Fourteen percent of Vermont's population is age 65+ with over 12,000 residents age 85+.¹ Vermont's age 85+ population – the age group that is most likely to need long-term care services – will increase 106% from 2007 to 2030.² This ranks Vermont 7th in the projected growth rate of the 85+ population.

Most prefer to receive long-term care at home; however, Vermont spends about two-thirds 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 Nearly 160,000 Vermonters rely on Medicaid, and 13% are age 65+.⁴ Home and community-based service (HCBS) waivers allow Medicaid recipients to receive Medicaid funding for in-home care. In Vermont, Medicaid allows some to choose in-home care instead of nursing home care. In 2005, 1,745 Vermonters 65+ with disabilities received a waiver.⁵ On average, the Medicaid program can provide HCBS to three people for the cost of serving one person in a nursing home.⁶ Vermont spends 35% of its Medicaid long-term care dollars for older people and adults with physical disabilities on home and community-based care – ranking it 11th in spending on home care services for this population.⁷ However, Vermont spent more (per person in state) on HCBS waiver expenditures for all populations (\$263) than any other state in 2007.⁸



In addition, 55,000 Vermonters are providing family caregiving to a loved one at home. This care is valued at \$680 million.⁹

Vermont has one of the highest average nursing home private pay rates in the nation at \$232 per day.

In 2007, Vermont's nursing homes had an occupancy rate of 92%.¹⁰ This care is expensive. In 2008, Vermont's nursing homes ranked 12th in the nation in average private pay daily rates.¹¹ Vermont's average rate for private pay home health aides (\$22/hr) ranked 5th, while its average rate for Medicare-certified home health aides was lower than the national average (\$26/hr). The average rate for adult day care (\$59/day) was right at the national average.¹²

Over four in ten of Vermont's nursing homes rated below 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, 66% of Vermont's nursing homes were for profit (32%, non-profit; 3%, 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 Vermont 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: Vermont. URL: <http://www.statehealthfacts.org/mfs.jsp?rgn=47&rgn=1&x=11&y=10>.

⁵Ibid. *Medicaid 1915(c) Home and Community-Based Service Waiver Participants, by Type of Waiver, 2005*. 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 2008, 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>

⁶Providing 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

⁷Gibson, 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

⁸Ibid. Page 49.

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