

# ACROSS THE STATES

## PROFILES OF LONG-TERM CARE: VIRGINIA



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# Introduction

This short state-specific report has been created from the much larger book, *Across the States: Profiles of Long-Term Care 2004*, to facilitate easier access to and distribution of a single state's information on key long-term care issues; national comparisons and state rankings are also provided. To put this information in a broader context, readers also will want to refer to the Overview section of the larger book, a look at key long-term care issues across all of the states.

The state-specific reports excerpt the four-page profile of each state that forms the heart of the larger book. Nine topic areas are covered within these four pages: Demographics; Need for Long-Term Care; Home and Community-Based Services; Home and Community-Based Resources; Nursing Facility Services; Nursing Facility Resources; Long-Term Care Expenditures and Financing; and Trends. In addition, the Long-Term Care Maps section from the larger book, which shows regional patterns for ten indicators, is included in the state-specific reports.

*Across the States: Profiles of Long-Term Care 2004*, the larger book from which this information is derived, is a compilation of key long-term care characteristics for each state and the District of Columbia. Published biennially for over a decade, the *Across the States* series was developed by the AARP Public Policy Institute to help guide policy discussions among public and private sector leaders in long-term care throughout the United States. It offers a snapshot of each state's long-term care landscape by providing comparable state-level and national data for 85 indicators that are otherwise difficult to find in a single source. The 6<sup>th</sup> edition of *Across the States* presents the most up-to-date data available at the time of production.

Each state's ranking relative to other states for all indicators is included in each state report. The State Data and Rankings section of the larger book organizes the state data by indicator, so readers can see where all states rank on a specific indicator. Please note that ranking highest does not necessarily imply "doing the best" (e.g., the highest poverty rate), and that not all states are ranked for all indicators due to missing data. In addition, some indicators are not well-suited to being ranked, and caution should be exercised when making comparisons across states.

While a list of sources for the data presented in the four-page profile is included in this version, readers should refer to the Data Documentation section of the larger book for complete information specific to each indicator. That section identifies the original source of data for each indicator, provides a detailed explanation of each indicator, and describes any caveats or limitations that apply to the data. If greater detail is desired, this information is typically available from the source data.

Questions about the state-specific version of *Across the States 2004* or the larger book can be addressed to the AARP Public Policy Institute, Independent Living/Long-Term Care Team, at 202-434-3860. Visit [www.aarp.org/ppi](http://www.aarp.org/ppi) for electronic versions of these publications.

## DEMOGRAPHICS

### Distribution of Population by Age, 2002 & 2020 (Projected)

		50-64	65-74	75-84	85+	Total 65+	Total Population
2002 (%)	State	16.2	6.0	3.8	1.3	11.1	7,360,955
	US	15.6	6.4	4.4	1.6	12.3	289,642,688
2020 (%)	State	18.8	9.3	4.6	1.8	15.7	9,265,053
	US	18.0	9.0	4.5	2.0	15.5	365,963,239
% Change in Population #	State	45.6	94.4	49.3	81.5	77.4	25.9
	US	45.8	78.5	28.8	60.0	58.4	26.3

Population Characteristics	State	Rank	US
Minority/Ethnic Population Age 65+ (%), 2002	19.5	14	17.6
Rural Population Age 65+ (%), 2000	32.5	23	21.7
Bachelor Level Education or Higher Age 65+ (%), 2002	19.4	12	16.7
Household Income Age 65+ (median), 2002	\$28,871	13	\$26,322
Poverty Status Age 65+ (%), 2002			
At/Below Poverty (%)	10.4	18	9.7
101-200% of Poverty (%)	20.3	42	23.8

## NEED FOR LONG-TERM CARE

Need for Long-Term Care	State	Rank	US
Men per 100 Women Age 85+ (#), 2002	38.6	42	47.9
Women Age 80+ At/Below Poverty Level (%), 2002	17.8	16	15.1
Persons Age 85+ Living Alone (%), 2002	55.1	15	50.2
Persons Age 65+ with Activity Limitations (%), 2002			
Self-Care Limitations (%)	8.8	23	9.2
Mobility Limitations (%)	18.1	22	18.4
Self-Care or Mobility Limitations (%)	20.1	21	20.1
Sensory Limitations (%)	16.7	27	16.6
Cognitive/Mental Limitations (%)	12.0	15	10.8

Note: The highest data value within each ranking is indicated by a "1."

\*The percent change calculation is based on the total number in each age group. For example, the U.S. population age 50-64 was 45,184,259 in 2002 (15.6% of 289,642,688), and was projected to be 65,873,383 in 2020 (18% of 365,963,239). Among persons age 50-64, these population numbers represent a 45.8% increase from 2002 to 2020. See data documentation for an explanation of how rounding affects the calculations.

## HOME & COMMUNITY-BASED SERVICES

<b>Livable Communities</b>	<b>State</b>	<b>Rank</b>	<b>US</b>
Homeownership Rate Age 65+ (%), 2002	81.6	21	78.6
Homeowners Age 65+ Paying 30%+ of Income for Housing (%), 2002	20.9	27	22.7
Renters Age 65+ Paying 30%+ of Income for Housing (%), 2002	58.9	23	60.3
Householders Age 65+ in Housing Built before 1960 (%), 2003	36.1	33	41.2
Persons Age 75+ without Driver's License (%), 2000	35.4	15	31.7
Persons Age 70+ without a Vehicle in Household (%), 2002	12.6	21	14.2
Grandparents Age 65+ Raising Grandchildren (% of Age 65+), 2002	4.9	14	4.6

<b>Use of Home and Community-Based Services (HCBS)</b>	<b>State</b>	<b>Rank</b>	<b>US</b>
Medicare Beneficiaries Receiving Home Health Services (%), 2002	6.9	18	6.3
Medicare Home Health Visits per User (average #), 2002	27	21	30
Medicaid Beneficiaries Receiving Services in Residential Care Setting (%), 2002	NA	NA	0.2
Medicaid Home and Community-Based Services Participants per 1000 population, 2001	2.9	45	7.4
Home Health Participants per 1000 population	0.7	41	2.6
Personal Care Participants per 1000 population	NA	NA	1.9
HCBS Waiver Participants per 1000 population	2.2	36	2.9
Aged/Disabled Waiver Participants per 1000 population	1.4	31	1.8
Medicaid Beneficiaries: Persons in Aged/Disabled Waiver Programs as % of Persons in Nursing Homes, 2001	56.1	21	49.5

## HOME & COMMUNITY-BASED RESOURCES

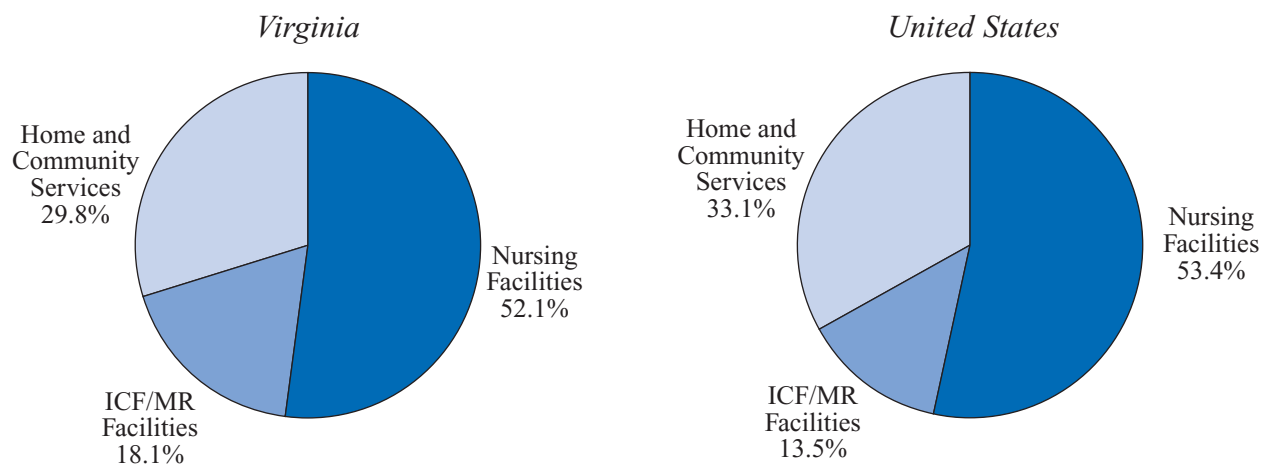
<b>Home and Community-Based Resources Available</b>	<b>State</b>	<b>Rank</b>	<b>US</b>
Medicare-Certified Home Health Agencies per 1,000 Age 65+, 2003	0.19	27	0.20
Adult Day Facilities per 1000 Age 65+, 2001-2002	0.06	37	0.10
Residential Care Beds per 1,000 Age 65+, 2002	42	3	26
Personal & Home Care Aides per 1,000 Age 65+, 2003	8	35	14
Hourly Wage (median), 2003	\$7.07	44	\$7.91
Home Health Aides per 1,000 Age 65+, 2003	12	29	16
Hourly Wage (median), 2003	\$8.46	33	\$8.77

Note: The highest data value within each ranking is indicated by a "1."

## NURSING FACILITY SERVICES

Use and Quality of Nursing Facility Services	State	Rank	US
Total Nursing Facility (N.F.) Residents (#), 2003	27,614	21	1,451,672
Nursing Facility Residents (% of Age 65+)	3.3	39	4.0
N.F. Residents with Medicaid as Primary Payer (%), 2003	64.0	32	66.3
N.F. Residents with Medicare as Primary Payer (%), 2003	14.4	5	11.3
N.F. Residents with "Other" as Primary Payer (%), 2003	21.6	28	22.4
Select Nursing Facility Resident Measures, 2004			
Residents with Physical Restraints (%)	5	29	8
"High-Risk" Residents with Pressure (Bed) Sores (%)	18	4	14
N.F. with Deficiency for Actual Harm or Jeopardy of Residents (%), 2002	13.0	39	18.0

### Medicaid Spending on Long-Term Services, by Type of Service, 2003



## NURSING FACILITY RESOURCES

Nursing Facility Resources Available	State	Rank	US
Total Nursing Facilities (#), 2003	278	23	16,323
Nursing Facility Beds per 1,000 Age 65+, 2003	38	40	49
Long-Term Care Facility Beds per FTE Ombudsman (#), 2002	2,992	19	2,614
Nursing Facility Occupancy Rate (%), 2003	87.7	23	82.6
Direct-Care Nursing Hours per Resident Day (avg.), 2003			
RN Hours per Resident Day	0.3	40	0.4
LPN Hours per Resident Day	0.9	2	0.8
CNA Hours per Resident Day	2.2	26	2.2

Note: The highest data value within each ranking is indicated by a "1."

## LONG-TERM CARE FINANCING

<b>Medicaid and State Expenditures</b>	<b>State</b>	<b>Rank</b>	<b>US</b>
Total Medicaid Spending (in millions), 2003	\$3,606	24	\$259,565
Medicaid Long-Term Care Spending (% of Total Medicaid), 2003	32.9	24	32.3
LTC Spending per Capita	\$161	46	\$288
Nursing Facility Spending per Capita	\$84	45	\$154
ICF/MR Spending per Capita	\$29	26	\$39
Home & Community Based (HCBS) Spending per Capita	\$48	45	\$95
Home Health Spending per Capita	\$1	41	\$10
Personal Care Spending per Capita	NA	NA	\$22
HCBS Waiver Spending per Capita	\$47	36	\$64
HCBS Waiver Spending for Aged/Disabled per Capita	\$10	36	\$15
Medicaid HCBS Spending (% of Medicaid LTC Spending), 2003	29.8	32	33.1
State-Funded HCBS Program Spending for Older People (in millions), FY 2002	\$10.6	18	\$1,411.9
<b>Public and Private Payment Rates</b>	<b>State</b>	<b>Rank</b>	<b>US</b>
Medicaid Reimbursement per day for Nursing Facility Care (average), 2002	\$113	27	\$118
Medicare Reimbursement per day for Nursing Facility Care (average), 2002	\$258	26	\$265
Private Pay Rate per day in Nursing Facility (urban average), 2003	\$163	18	\$158
Medicare Reimbursement per Home Health Visit (average), 2002	\$130	21	\$124
Private Pay Hourly Rate for Home Health Aide (urban average), 2003	\$16.70	37	\$18.12

## TRENDS

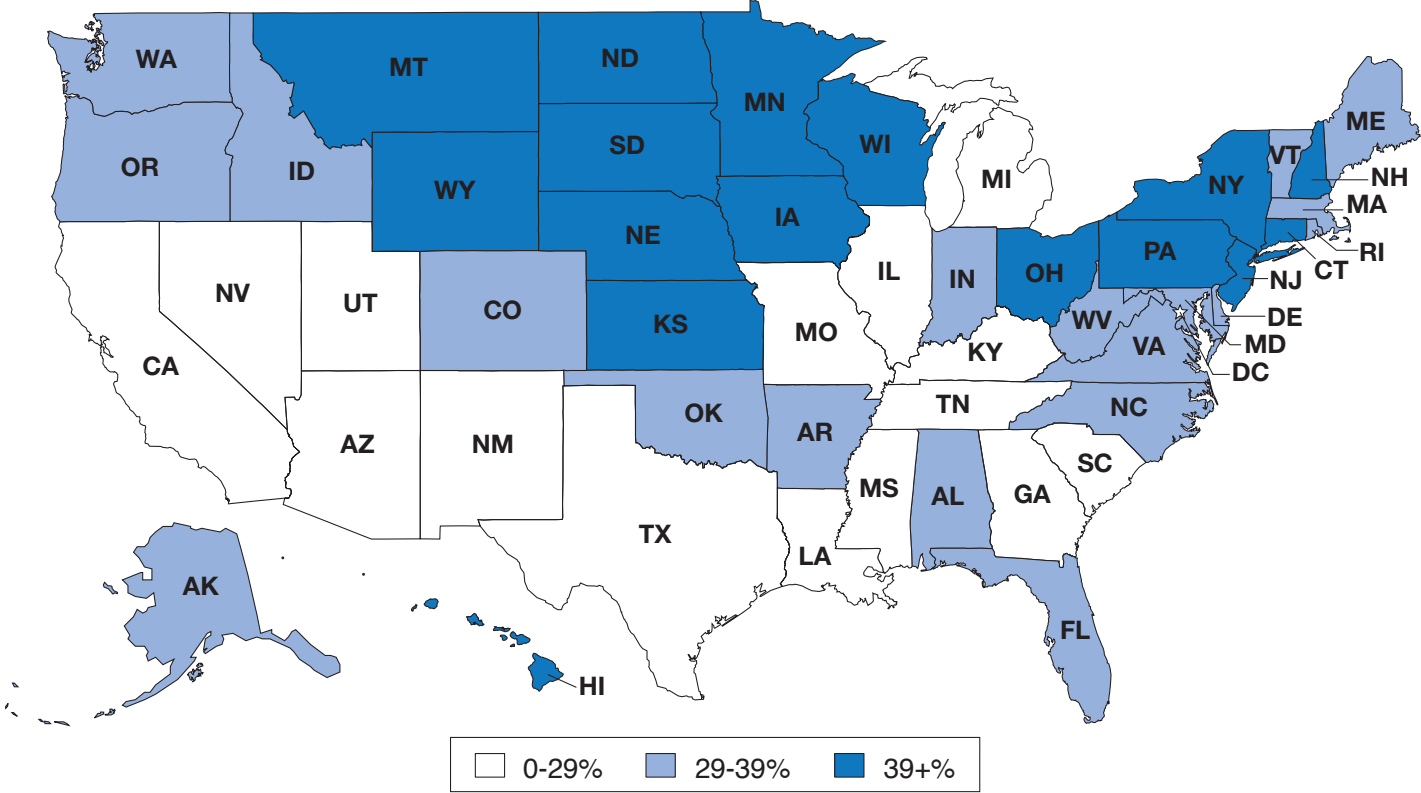
<b>Long-Term Care Trends*</b>	<b>State</b>	<b>Rank</b>	<b>US</b>
Nursing Facility Residents (% change), 1998-2003	-0.4	15	-4.0
Nursing Facility Beds (% change), 1998-2003	2.3	8	-3.1
Nursing Facility Occupancy Rate (% change), 1998-2003	-2.7	34	-1.1
Medicare Home Health Visits per User (% change), 1993-2002	-37.2	15	-47.4
Medicaid Beneficiaries in Aged/Disabled Waiver Programs (% change), 1996-2001	-2.8	49	74.0
Medicaid Total LTC Spending (% change), 1998-2003	52.2	18	41.4
Medicaid Nursing Facility Spending (% change), 1998-2003	49.0	12	30.6
Medicaid ICF/MR Facility Spending (% change), 1998-2003	34.4	8	14.7
Medicaid HCBS Spending (% change), 1998-2003	72.5	33	83.0
Medicaid Spending Other Than LTC (% change), 1998-2003	56.6	32	62.2

Note: The highest data value within each ranking is indicated by a "1."

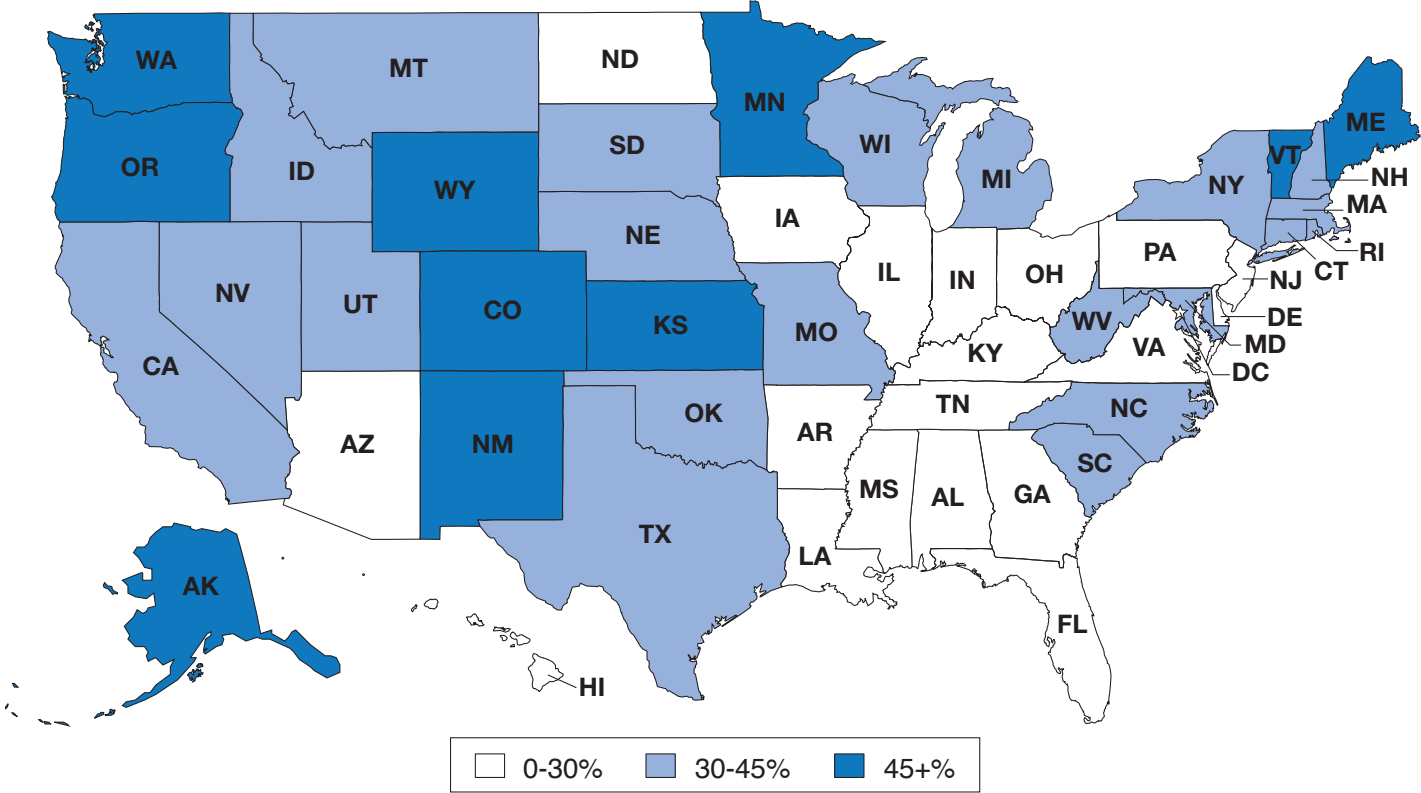
\*Percent change figures are cumulative for the entire time period. Changes may appear especially large when the absolute value for the indicator is relatively low.

# Long Term Care

Medicaid Long-Term Care Spending (% of Total Medicaid), 2003

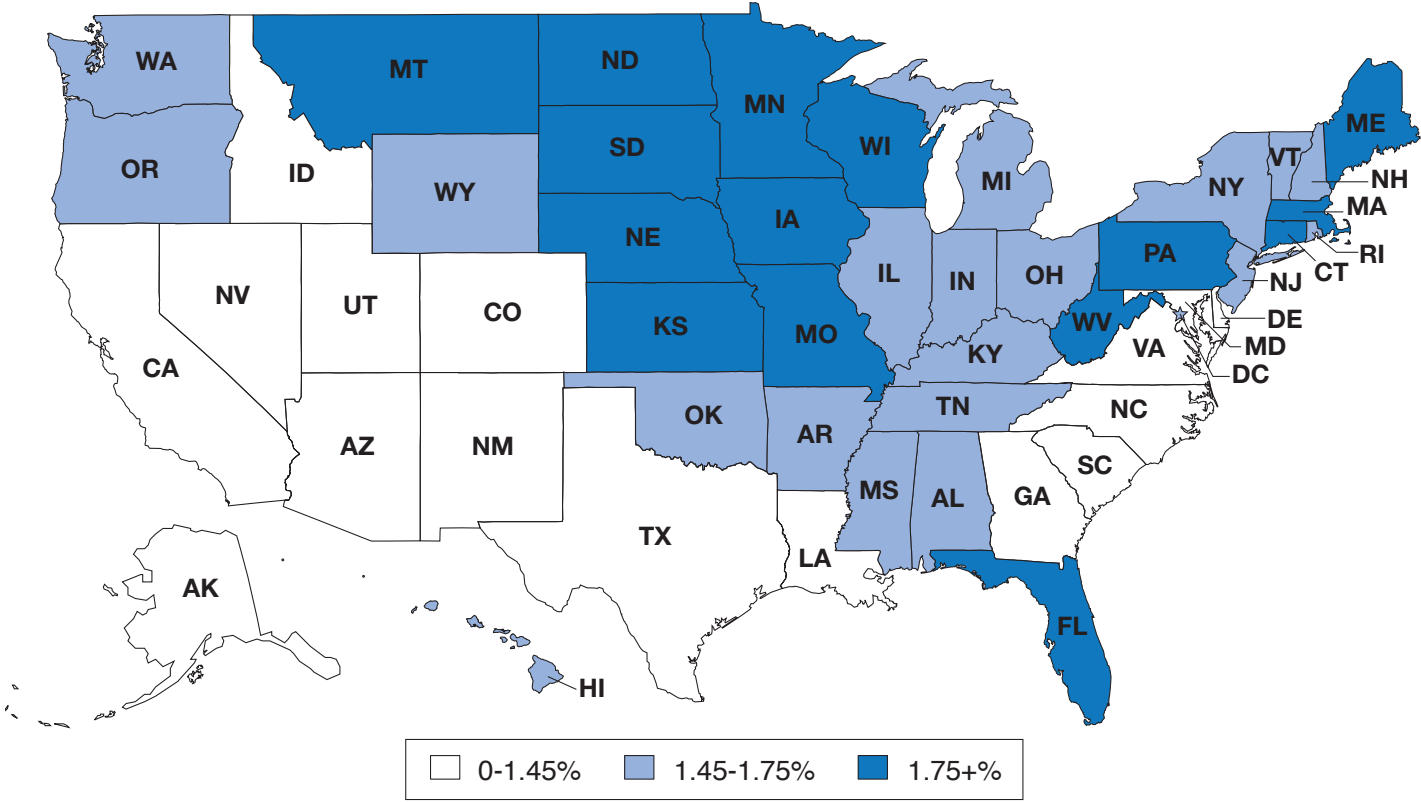


Medicaid HCBS Spending (% of Medicaid LTC Spending), 2003

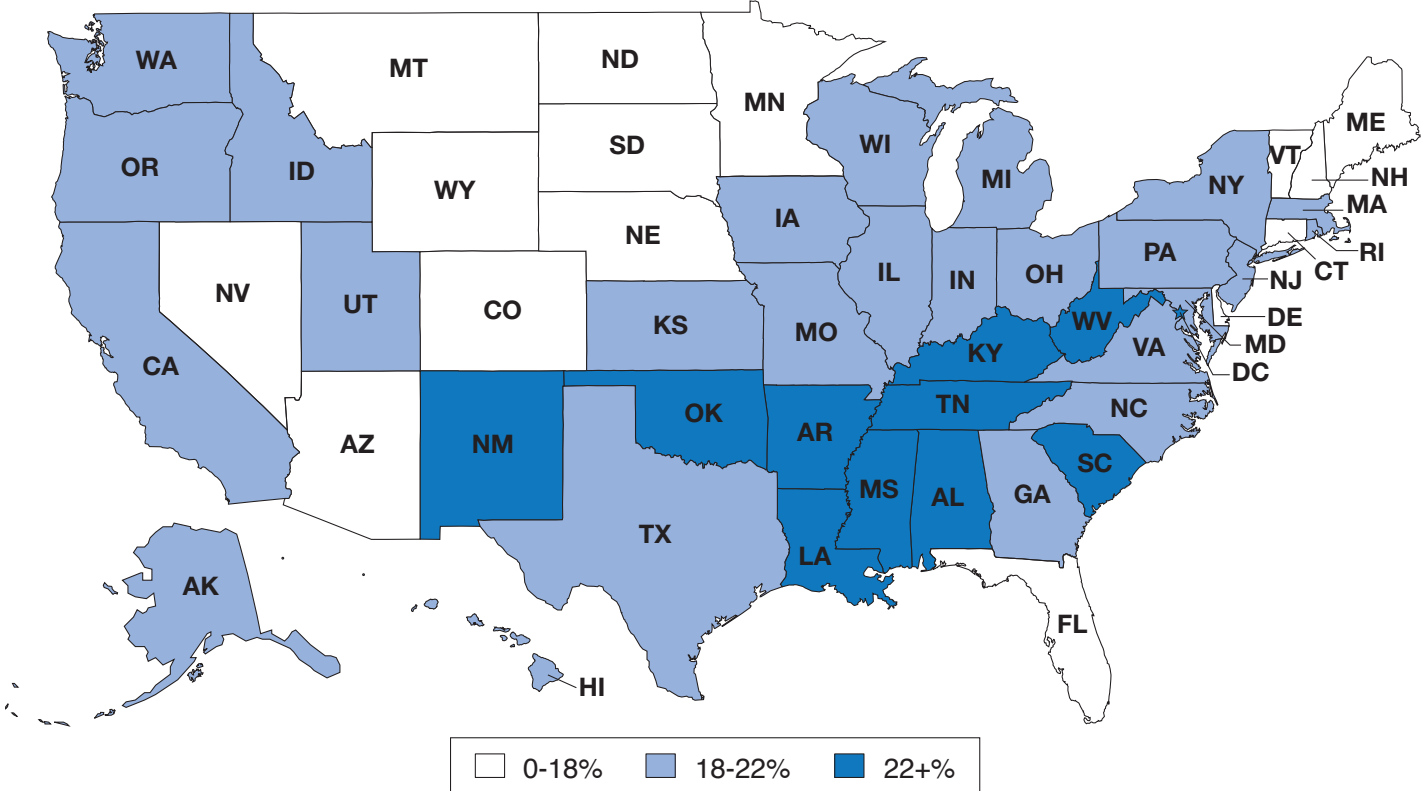


# Long Term Care

## Percent of Population Age 85+, 2002



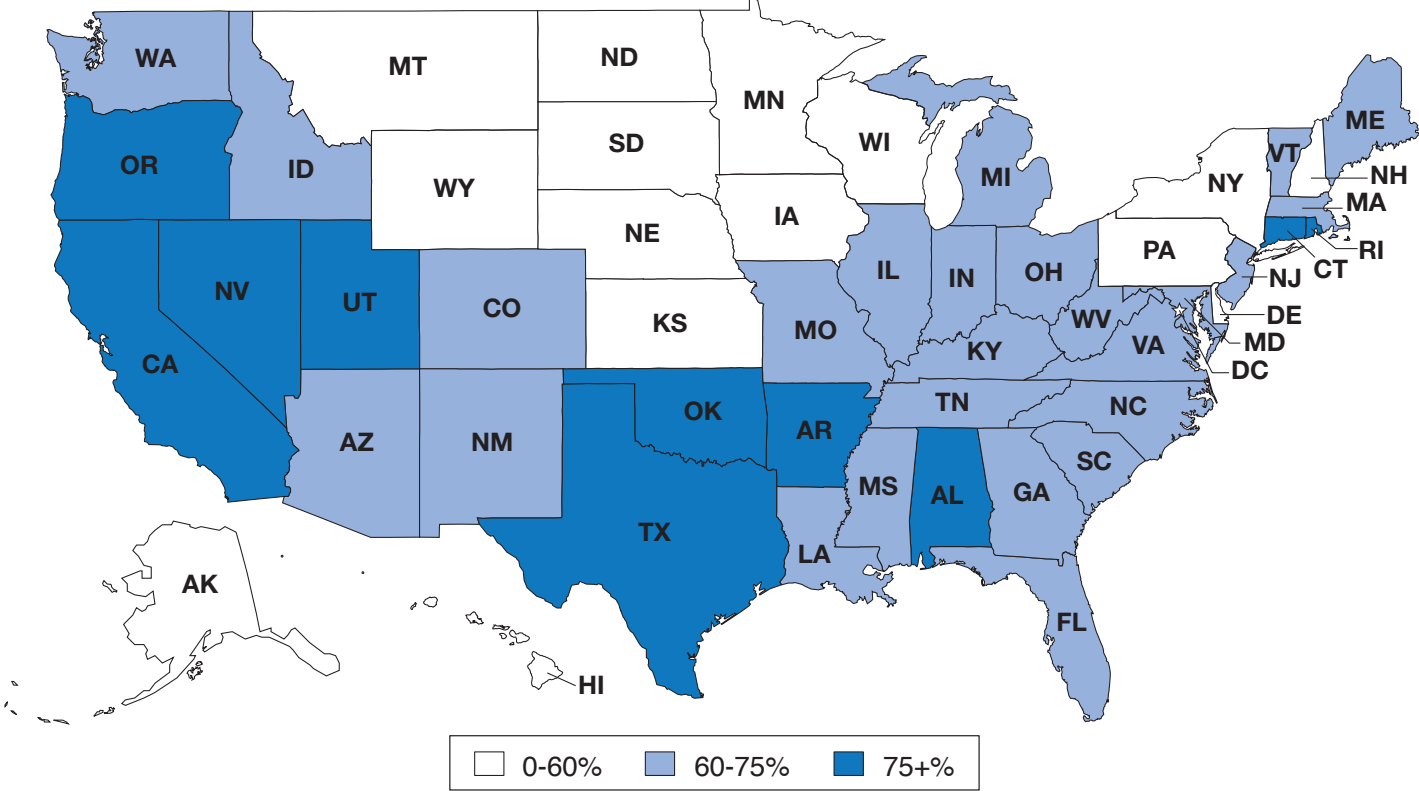
## Persons Age 65+ with Self-Care or Mobility Limitations, 2002



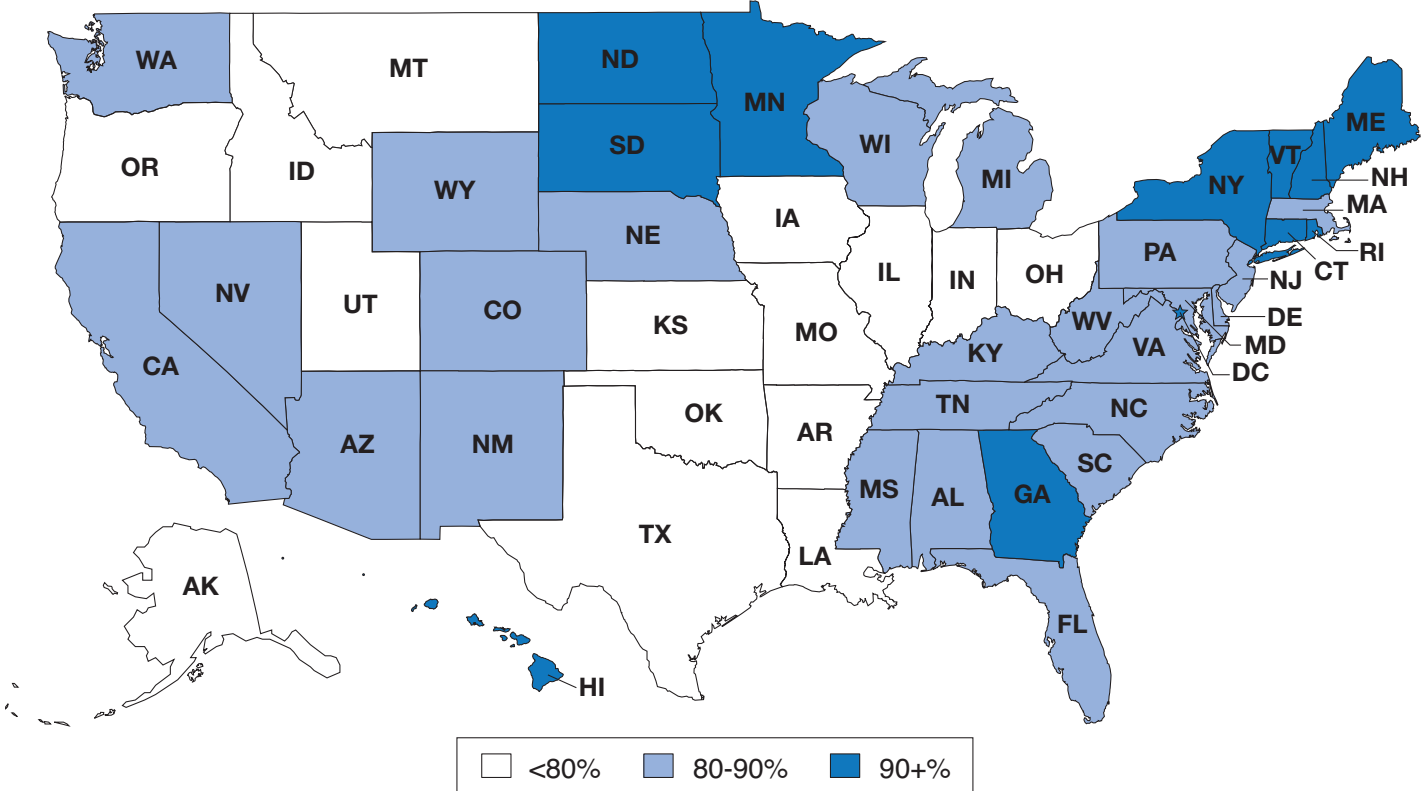


# Long Term Care

## Percent of For-Profit Nursing Facilities, 2003



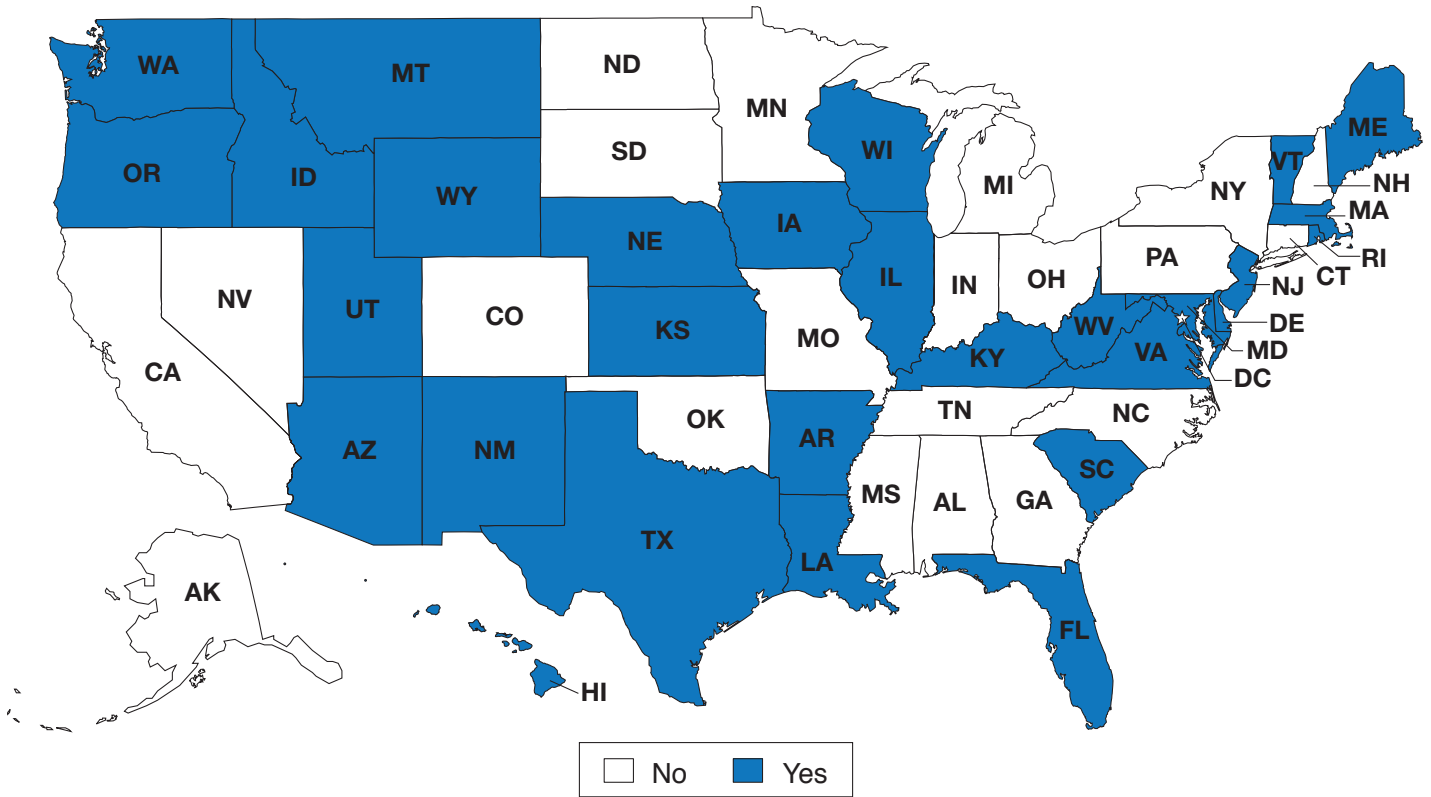
## Nursing Facility Occupancy Rate, 2003



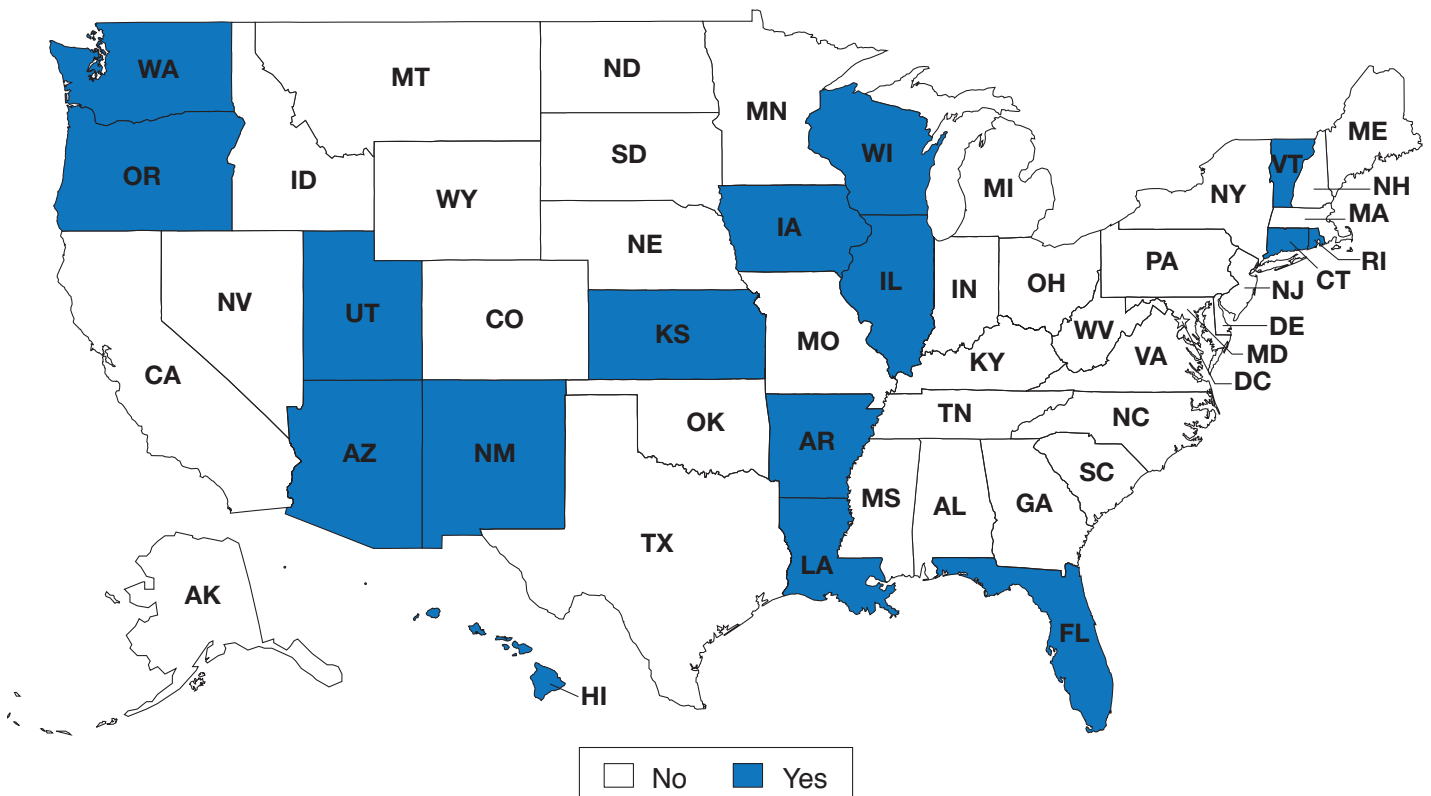


# Long Term Care

## States with Regulations that Include Assisted Living Philosophy, 2002



## States Requiring Private Rooms in Assisted Living, 2002



Readers should refer to the Data Documentation section of *Across the States: Profiles of Long-Term Care 2004* for complete information about each data source and the specific indicator(s) to which it relates.

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**Centers for Medicare and Medicaid Services (CMS)**, “Medicare Skilled Nursing Facility (Non-Swing Bed) Utilization and Expenditure Calendar Year 2002.”

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**Kitchener, M., Ng, T., and Harrington C.,** *Medicaid Home and Community-Based Services: Program Data, 1992-2001*, (Department of Social and Behavioral Sciences, University of California, San Francisco); data used with permission.

**MetLife Mature Market Institute,** *The MetLife Market Survey of Nursing Home & Home Care Costs*, August 2003; data used with permission.

**Mollica, R.L.** *State Assisted Living Policy 2002*, National Academy for State Health Policy, November 2002; data used with permission.

**Regional Economic Models, Inc.,** Demographic Module; data based on the 2000 U.S.Census.

**Summer, L., and Ihara, E.S.,** *State-Funded Home and Community-Based Service Programs for Older Persons*, AARP Public Policy Institute Issue Paper, November 2004.

**Teno, J.** Brown University, Center for Gerontology & Health Care Research. *Brown Atlas of Dying*; data used with permission.

**U.S. Census Bureau,** 2002 American Community Survey (ACS), and 2003 American Community Survey, (<http://www.census.gov/acs>).

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**U.S. Census Bureau,** Population Division, “Annual Estimates of the Resident Population by Selected Age Groups for the United States and States: July 1, 2003 and April 1, 2000” released March 10, 2004.

**U.S. Census Bureau,** “Population Estimates for the U.S., Regions, Divisions, and States by 5-year Age Groups and Sex: Time Series Estimates, July 1, 1990 to July 1, 1999 and April 1, 1990 Census Population Counts,” March 2000, (<http://eire.census.gov/popest/archives/state/st-99-08.txt>).

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