

## What Are Long-Term Services and Supports?

Long-Term Services and Supports (LTSS), also referred to as long-term care (LTC), include a broad range of services to assist people with limitations due to a physical, cognitive, or chronic health condition expected to last for at least 90 days. People with these limitations often need assistance with one or more activities of daily living (ADLs), such as bathing, dressing, eating, transferring, and walking, as well as instrumental activities of daily living (IADLs), such as meal preparation, money management, house cleaning, medication management, and transportation.

## California's LTSS System

California administers several LTSS programs — institutional as well as home and community-based services (HCBS) — funded primarily by Medi-Cal and operated through several different state departments. Individuals and their families struggle to navigate a complex web of services, as California's system is plagued by fragmentation, limited access to information and supports, lack of data and accountability, workforce challenges and the absence of a comprehensive framework to plan for the population's needs. In an ideal world, the LTSS system would offer individuals seamless access to the necessary services in the setting of their choice.

### PARTIAL LIST OF HCBS PROGRAMS BY MAIN FUNDING SOURCE

Program	What It Provides	State Department Oversight	Funding Source
In-Home Supportive Services (IHSS)	Provides in-home personal care assistance to low-income adults age 65 years and older, blind, or disabled, as well as children who are blind or disabled. Services include assistance with bathing, feeding, dressing, and/or domestic services such as shopping, cooking, and housework.	Department of Social Services	Medi-Cal
Community-Based Adult Services (CBAS) – (formerly referred to as Adult Day Health Care)	Provides a variety of person-centered health, therapeutic, and social services in a community-based setting that includes: nursing; physical, occupational and speech therapies; mental health; therapeutic activities; personal care; hot meals and nutritional counseling.	Department of Aging	Medi-Cal
Multipurpose Senior Services Program (MSSP)	Provides care management to high-need older adults to help them remain in community.	Department of Aging	Medi-Cal
Assisted Living Waiver	Provides an alternative to institutional care for older adults and adults with disabilities through Residential Care Facilities for the Elderly or publicly subsidized housing, including: assistance with ADLs; skilled nursing; transportation; recreational activities; and housekeeping.	Department of Health Care Services	Medi-Cal
Home and Community-Based Alternatives Waiver (formerly the Nursing Facility/Acute Hospital Waiver)	Provides a range of services in the home or in a home-like setting as an alternative to institutional care for individuals with long-term medical conditions who meet specified "levels-of-care" criteria. Services include: case management/care coordination; private duty nursing; environmental accessibility adaptations; caregiver training; habilitation services; supportive services; and more.	Department of Health Care Services	Medi-Cal
HCBS Waiver for Individuals with Developmental Disabilities (HCBS-DD)	Provides HCBS to developmentally disabled persons served by Regional Centers as an alternative to institutional care.	Department of Health Care Services	Medi-Cal

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Program	What It Provides	State Department Oversight	Funding Source
Coordinated Care Initiative (CCI)	<p>A federal/state demonstration program in seven counties (Los Angeles, San Diego, Orange, Riverside, San Bernardino, San Mateo and Santa Clara), that seeks to better coordinate care for adults with Medicare and Medi-Cal (dual eligibles). The CCI has three components:</p> <ol style="list-style-type: none"> <li>1. Cal MediConnect: A voluntary program for dual eligible individuals that combines Medicare and Medi-Cal benefits into one health plan;</li> <li>2. Managed Long-Term Services and Supports (MLTSS): Requires Medi-Cal managed care plans to provide specified LTSS (CBAS, MSSP and nursing facility care); and</li> <li>3. Mandatory enrollment into Medi-Cal managed care for dual eligible individuals for the above specified LTSS benefits.</li> </ol>	Department of Health Care Services	Medi-Cal
Program of All Inclusive Care for the Elderly	Provides medical and supportive services to adults 55 and older who are certified to need nursing home care, but who are able to live safely in the community at the time of enrollment. Delivers interdisciplinary team care including medical care; adult day health care; home health care and personal care in the home; and social services.	Department of Health Care Services	Medi-Cal and Medicare
Independent Living Centers (ILCs)	Provides six core services to people with disabilities regardless of age, including: housing referrals; information and referral; peer counseling; personal assistant services; independent living skills training; and individual and systems change advocacy.	Department of Rehabilitation	Federal Rehabilitation Act, General Fund
Area Agencies on Aging (AAAs)	Manages local-level services for community-based adults age 60 and over, including: nutrition services (home-delivered and congregate meals); healthy aging and community involvement; access to employment opportunities; and caregiver support.	Department of Aging	Older Americans Act, General Fund
Caregiver Resource Centers (CRCs)	Provides information and referral; short-term counseling; respite care; education; training and support to families and caregivers of persons with Alzheimer's disease, stroke, Parkinson's disease, and others.	Department of Health Care Services	General Fund
Traumatic Brain Injury (TBI) Program	Provides persons suffering from TBI with the following: community reintegration, service coordination, family and community education, vocational support, and service coordination.	Department of Rehabilitation	Seat Belt Penalty Fund

## Summary: The Need for Coordinated Systems of Care

California has long sought to develop programs that deliver LTSS in a more streamlined, coordinated manner while integrating services across the continuum of medical care, behavioral health and social services. Yet, the CCI demonstration is slated to sunset at the end of 2019, and coordinated service delivery programs like PACE are available only in limited areas of the state and to a specified population. California's policymakers play a critical role in addressing LTSS system challenges and outlining a clear pathway needed to serve individuals in a coordinated fashion. Older adults and people with disabilities deserve a clear commitment and well-articulated path so that we can all live with dignity, choice, and independence.