

What are Long-Term Services and Supports: What You Need to Know and Why You Need to Know It

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Long-Term Services and Supports (LTSS): WHAT YOU NEED TO KNOW

Defined by Function, Not Disease

LTSS includes help with:

- Activities of daily living (ADLs): bathing, dressing, eating, transferring, walking; and
- Instrumental activities of daily living (IADLs): medication management, meal preparation, money management, house cleaning, transportation

LTSS can be provided by paid or unpaid caregivers.

Defining LTSS

- Broad range of non-medical services and supports needed for an extended period of time
- Services can be received in:
 - A home setting (home- and community-based services (HCBS) or
 - An institutional setting (e.g., nursing home)

Potential Sources of Support

Social Environment

Physical Environment (Home, Community, Work)

Caregiver Support and training

Personal assistance

Training in assistive device use and strategies to make it easier to carry out an activity such as self-care

Supportive and therapeutic services including on-going needs assessment and training, care coordination, counseling, or therapy

Home repair, maintenance of devices

Smart home technology, sensor devices

Health technology

Digital technologies, interface software and adaptations to fit need of person

Home modifications

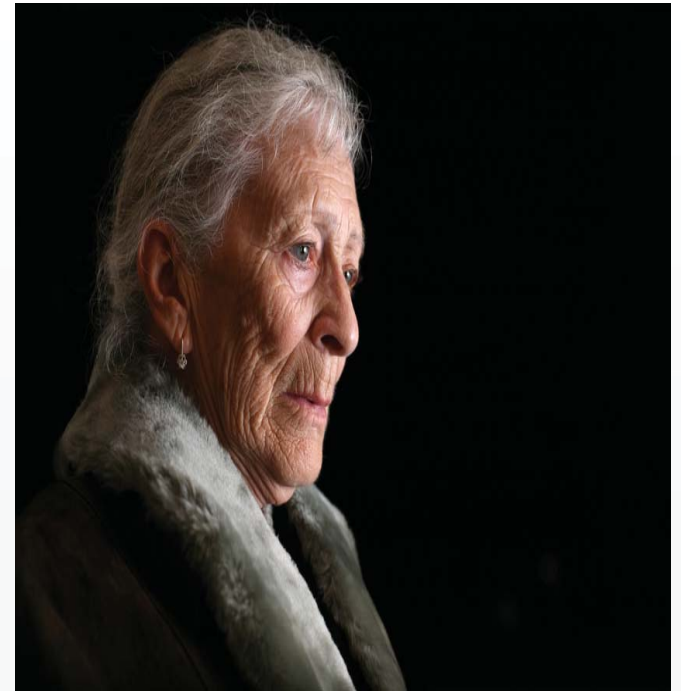
Assistive devices

Medical and other supplies

Transportation

Case Study: Mrs. Smith

- 83 year-old widow
- Lives alone
- Multiple chronic conditions:
 - High blood pressure, stroke
 - Heart failure
 - Diabetes
- Needs LTSS help in home



Source: Steven Counsell, M.D., TSF Webinar, 2011

Mrs. Smith

WHAT IF SHE DOESN' T GET THE SERVICES SHE NEEDS?

- Institutionalization**
- Hospitalization**

Mrs. Smith

WHAT DO CONSUMERS WANT?

- To Stay at Home**
- To Avoid Institutionalization**

WHY DOES THIS MATTER?

Why LTSS Matters

- **Constituents Care**
- **It Costs \$\$\$\$**
 - **Consumer** → **\$ Out of Pocket** ↓ **Savings**
 - **State** → **\$\$\$ Budget/General Fund**

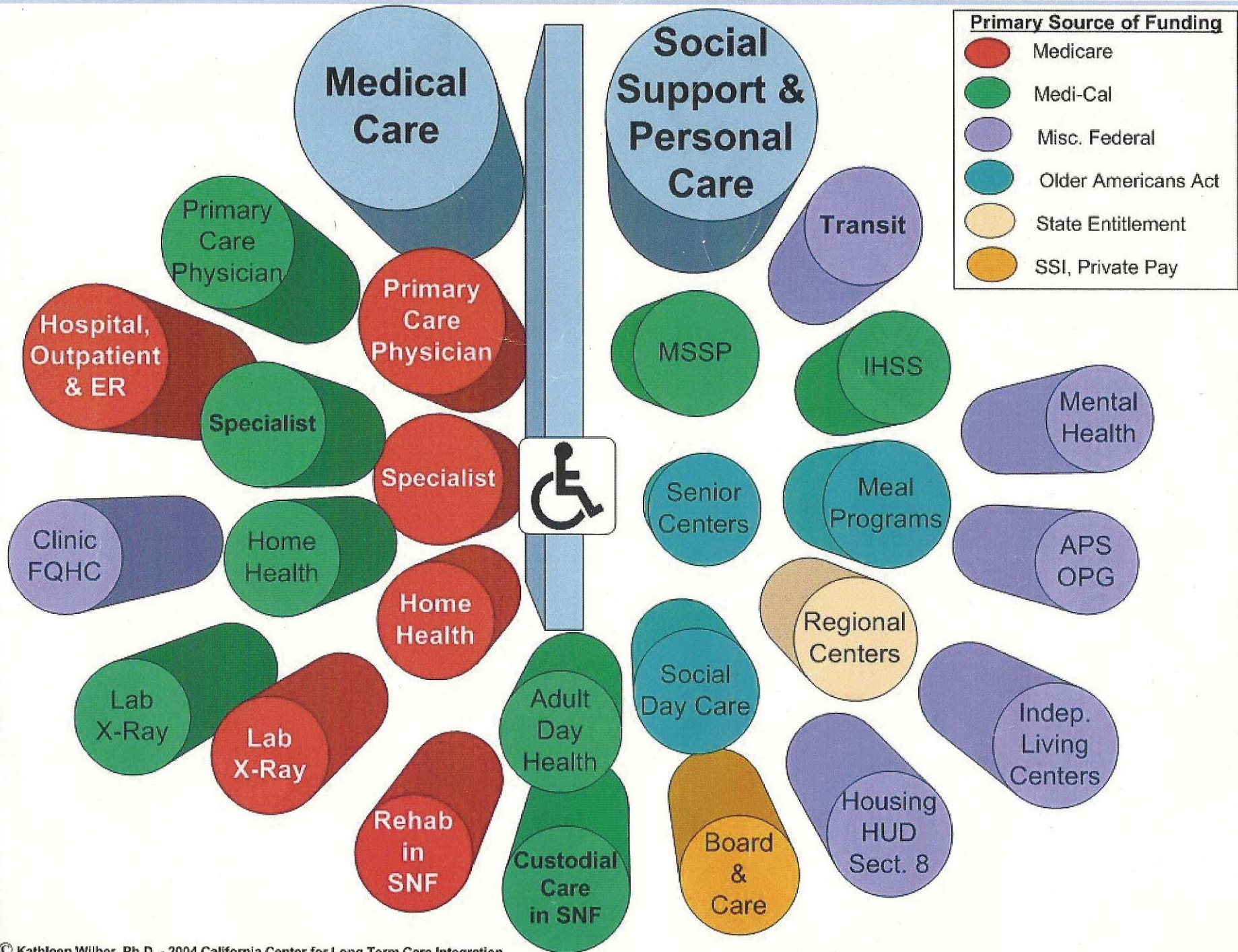
Pop Quiz

What percentage of adults who reach age 65 will need *LTSS* at some point in their lives?

- a. 10%
- b. 25%
- c. 50%
- d. 70%

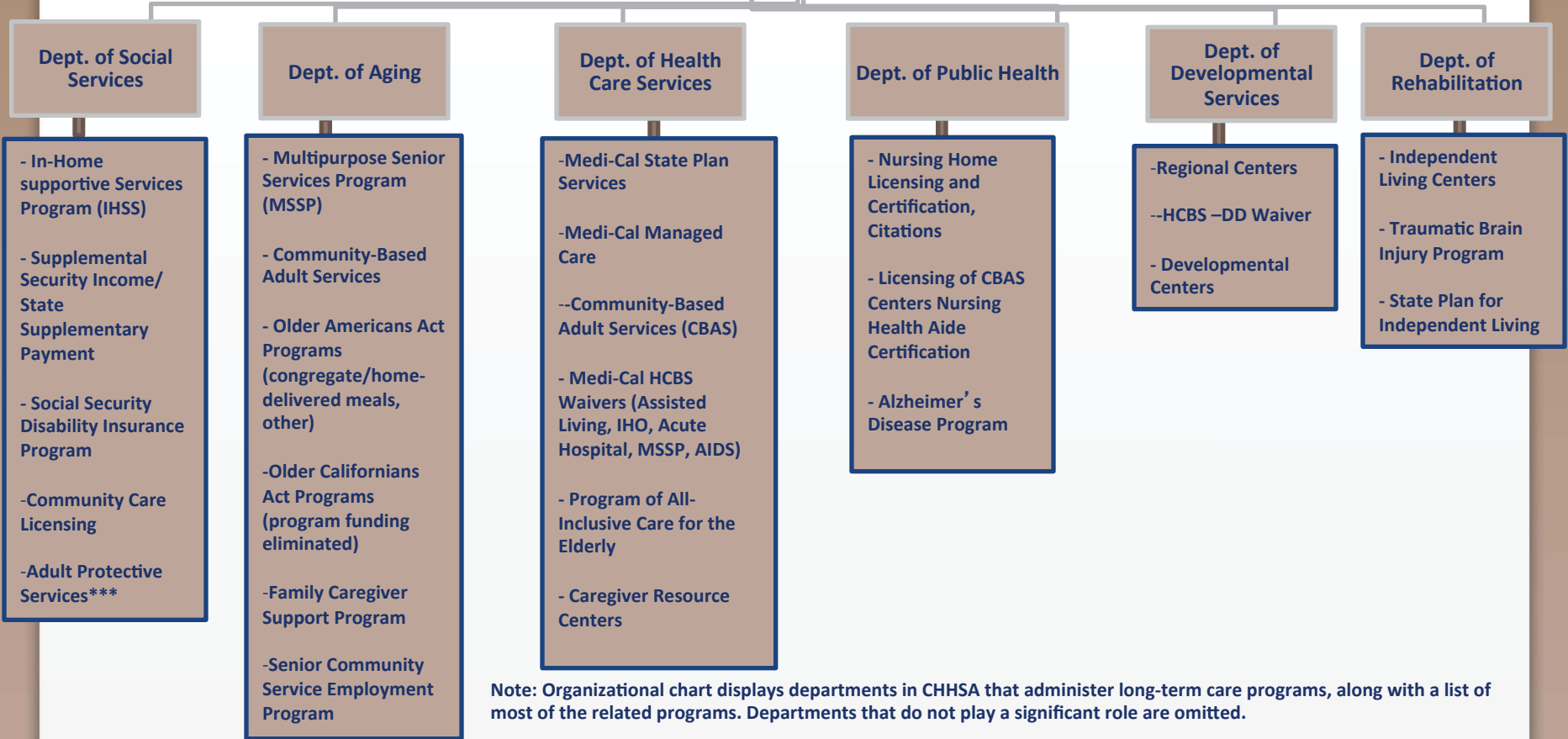


WHAT DOES THE SYSTEM LOOK LIKE TO THE CONSUMER?



***LTSS in California:
Programs, Services, &
State Administrative Structure***

California's Departments and Programs for Long-Term Care



Note: Organizational chart displays departments in CHHSA that administer long-term care programs, along with a list of most of the related programs. Departments that do not play a significant role are omitted.

*** Per Budget Act of 2011, funding for the APS program has been realigned to the counties.



Our mission is to advance the development of a sustainable continuum of quality care for seniors.

Our vision is a society where seniors receive medical treatment and human services that are integrated in the setting most appropriate to their needs and with the greatest likelihood of a healthy, independent life.

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