

NGA Policy Academy on Long-Term Care, Mental Health and Health Promotion

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Academy Themes

- Long-term care rebalancing
- Integration of mental health care for aging and disabled adults into the broader home- and community-based LTC system
- Healthy aging as a way to keep people in the community (i.e., a strategy for rebalancing)

Demographic trends and implications for LTC— needs and services gap

AOA Policy Priorities—Creating a balanced LTC system through integrated services and funding (resource centers, managed long-term care strategies, the Policy Academy, partnerships and consumer-direction)

Balancing Long-Term Care

- What do we do in LTC for the elderly (slow, uneven progress with only 15 states spending 20%+ of LTC funds on home- and community-based services and six over 40% [compare to developmentally disabled])

Balancing LTC (cont'd)

- What we know about LTC
- The aging network—an organizational framework for balancing LTC
- The relative cost-effectiveness of home- and community-based services (research)
 - State systems
 - Program evaluation research
 - From channeling to the present

Balancing LTC (cont'd)

- The emerging role of assistive technology (NGA focus)
- Escalating costs of nursing home care
- Preferences of the elderly and baby boomers
- Extensive informal caregiver network/less in the future but still critical to main/support (National Family Caregiver Support Program—AOA)

Balancing LTC (cont'd)

Strategies to close the gap

- Home- and community-based services expansion (in-home, community-residential and consumer-direction)
- Expanding and integrating mental health and health promotion services into long-term care (Evidence-Based Disease Prevention Programs—AOA)
- Organizational/administrative integration (front-end services and funding/service delivery—the AOA initiative)

Integrated Funding and Services— Organizational Framework for Rebalancing

- State models—Oregon, Washington, Arizona
- Sub-state programs—Wisconsin Family Care, Florida Diversion Program, Texas Star-Plus
- Integrated acute- and long-term care services—PACE, MSHO—Medical care is increasingly important, but LTC integration should be first priority
- AOA integration initiatives and the role of the aging network—resource centers and managed LTC program
- RTI case studies

Advantages of Integrated LTC Systems and Managed LTC Strategies

- Overcoming fragmentation
- Containing costs
- Expanding HCBS
- Ensuring quality