

# Helping People Pay For Their Long-term Care Needs

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**NYS Long Term Care Planning Project**

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# AGENDA

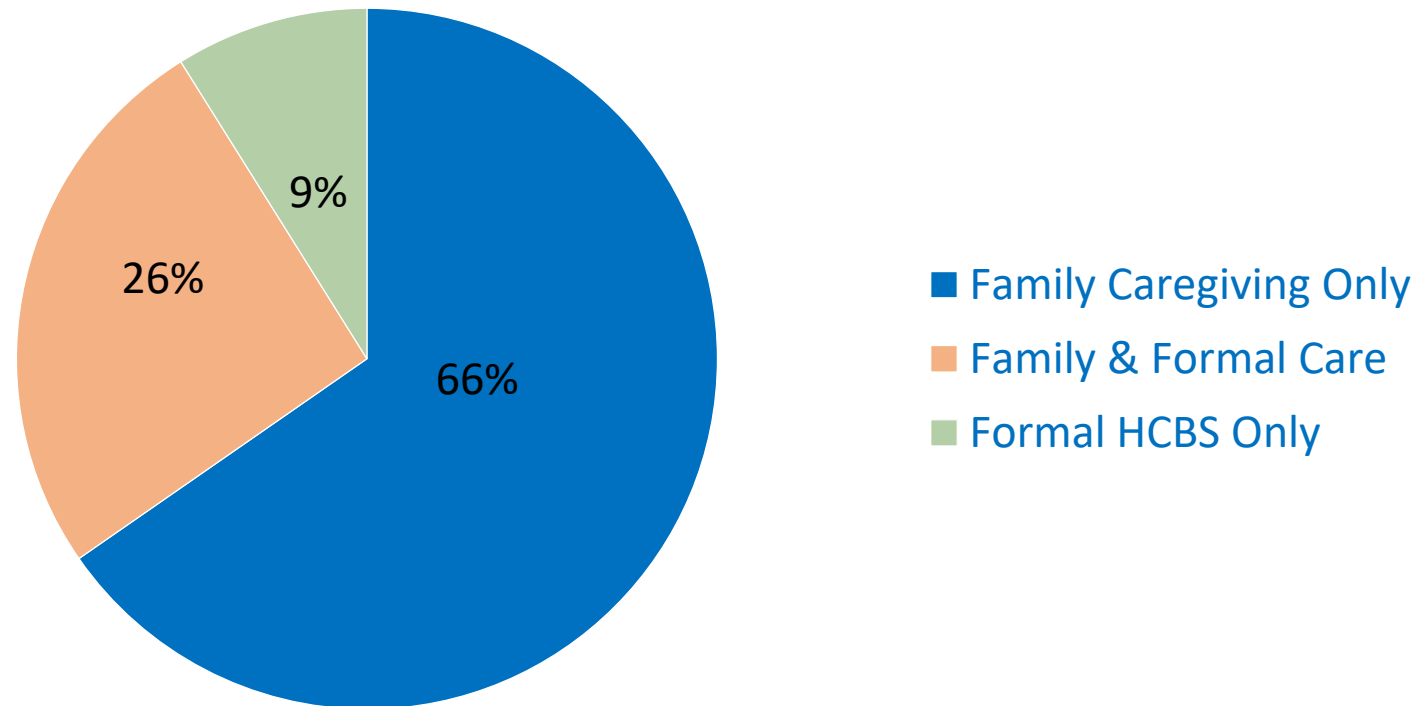
- Why focus on Family Caregivers?
- Who are NY's Family Caregivers, what do they do and what do they need?
- What are the key trends in Family Caregiving?
- How do States Help People Pay for their LTC Needs?
  - State LTC insurance benefit
  - Cash Benefit LTC program
  - Caregiver Tax Credit/Grant Program
- How do States Help People Maximize Private Resources?
- How do States Help People Delay/Avoid Full Medicaid Utilization?

# WHY FOCUS ON FAMILY CAREGIVERS?

- 2,580,000 = New York family caregivers caring for an adult 18+ with a physical disability
- 265,214 = New Yorkers 21+ receiving Medicaid HCBS
- Policies directed at supporting family caregivers have the potential to impact approximately 10 times the number of individuals receiving Medicaid HCBS

# Family Caregivers: The Backbone of the LTSS System

Distribution of Older Adults (65+) Receiving LTSS in  
the Community, by Type of Care



Source: P. Doty (2010). The evolving balance of formal and informal, institutional and non-institutional long-term care for older Americans: A thirty-year perspective. *Public Policy & Aging Report*, 20 (1):3-9.

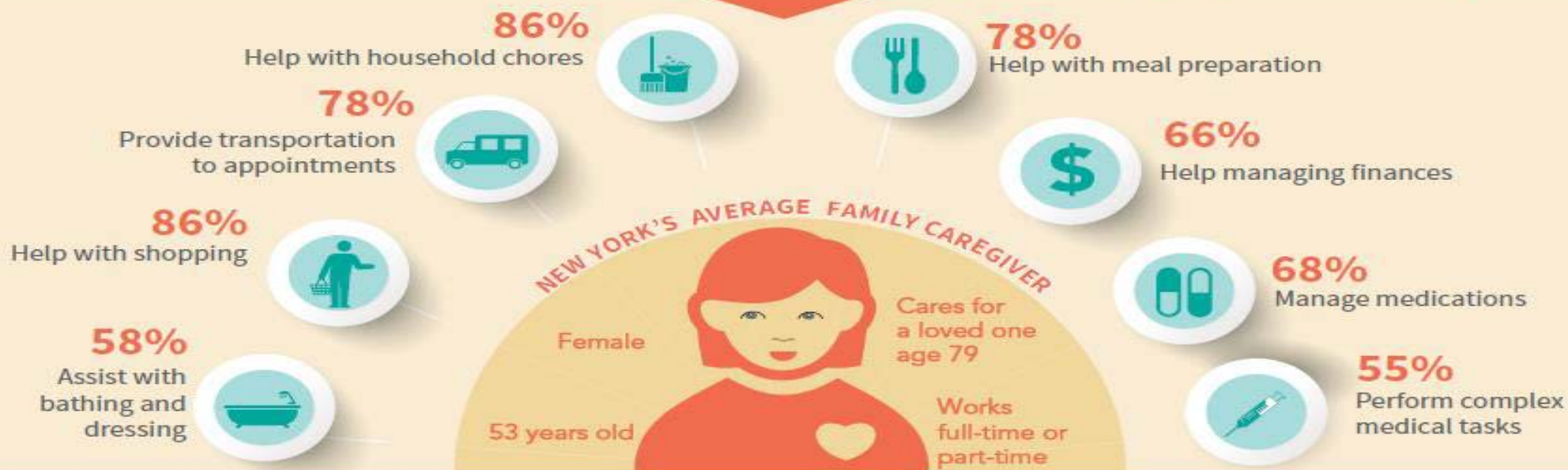
# NEW YORKERS ARE FAMILY CAREGIVERS

Across New York family caregivers take on big responsibilities, helping their parents, spouses, and other loved ones live at home. AARP recently surveyed 1,172 New York registered voters age 40+ about caring for their families. Here's what we learned:

**41%**  Current or Former Caregivers

**47%**  Likely Caregivers in the Future

Current and former New York family caregivers have huge responsibilities. They:



Current and former New York family caregivers believe it's important to help their loved ones live independently at home, but they also face challenges:

**59%**  
Use their own money to help.

**44%**  
Would have to move loved one into a nursing home if they were no longer able to provide care.

**56%**  
Stressed trying to balance job and family.

**46%**  
Working caregivers, who spent their own money to care for their loved ones, find it hard to save for retirement.

# TRENDS IN FAMILY CAREGIVING

- Increased diversity of family caregivers
- Increased complexity of medical/nursing tasks
- Increased participation in the labor force
- Increased out of pocket costs
- Increased care gap



# HOW ARE STATES HELPING PEOPLE PAY FOR THEIR LONG-TERM CARE NEEDS

- ❑ State LTC insurance Benefit (WA)
- ❑ Cash Benefit LTC program (HI)
- ❑ Caregiver Tax Credit/Grant program (AZ)
- ❑ Studies/Advisory panels (CA, MN)





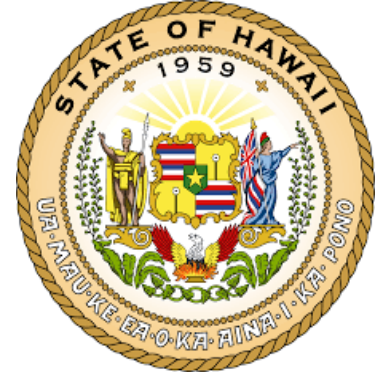
# WA LONG-TERM CARE TRUST ACT

- Washington became the first state in the nation with a state-run long-term care insurance benefit. The benefits will be available to active employees and retirees starting in 2025.
  - A lifetime benefit of \$36,500, up to \$100 a day
  - Access benefits after 10 years
  - One half of one percent (.58) payroll deduction
  - Three ADLs required to access benefit
  - Covers a broad range of services and supports, including nursing home care
  - Can be used to pay family caregivers





# HI KUPUNA CAREGIVERS PROGRAM



- Passed in 2017
- Cash benefit LTC program that pays for services for a working caregiver
- Care recipient over age 60, not living in LTC facility or receiving other assistance (Medicaid)
- Caregiver must be employed at another job for at least 30 hours/week
- Money goes directly to service providers
- Services include:
  - Respite
  - Adult Day Care
  - Home-delivered meals
  - Homemaker services
  - Personal assistance
  - Transportation





## FAMILY CAREGIVER TAX CREDIT (Proposed)

- Individuals with a gross annual income of \$75,000 or less and couples with a gross annual income of \$150,000 or less could claim a credit for up to \$3,500, or half of eligible expenses.
- Such expenses could include payments for:
  - home health aides
  - adult day care
  - personal care attendants
  - homemaker services
  - respite care
  - health care equipment
  - home modifications
  - transportation



# AZ FAMILY CAREGIVER GRANT PROGRAM



- Three-year pilot Family Caregiver Grant Program and Grant Program Fund to reimburse family caregivers for 50% of qualifying expenses up to \$1,000 for each qualifying member.
- Expenses that relate directly to caring for or supporting a qualifying family member.
  - Improving or altering the individual's primary residence
  - Purchasing or leasing equipment or assistive care technology
- Funded by state general fund



# CA MASTER PLAN ON AGING



## MASTER PLAN ON AGING (MPA) and California Aging and Disability Alliance (CADA) EFFORTS

- Governor Newsom issued Executive Order in June 2019 to Establish Master Plan on Aging by October 2020
  - Will serve as a Blueprint for to build Age-friendly California
  - Stakeholder Advisory Committee named
  - Executive Order calls for looking beyond public programs
  - Report to include an examination of access to LTC, financing for LTC and quality (among other issues)



# MN OWN YOUR OWN FUTURE INITIATIVE



- Multi-year effort focusing on future of LTC
- Enhanced Home Care Benefit in Medicare Supplemental Plans Proposal
  - The state would require a home care benefit, non-medical, in all Medicare Advantage plans and Medigap policies sold in the state
  - Paid through increase in premiums for supplemental plans
  - Broad range of services and supports
  - Estimated premium increase of \$6.79/month for MA plans; \$8.49/month for Medigap

# HOW ARE STATES HELPING PEOPLE MAXIMIZE USE OF PRIVATE RESOURCES

- Mandatory Options Counseling (OK)
- No Wrong Door/Optional Options Counseling (WI)





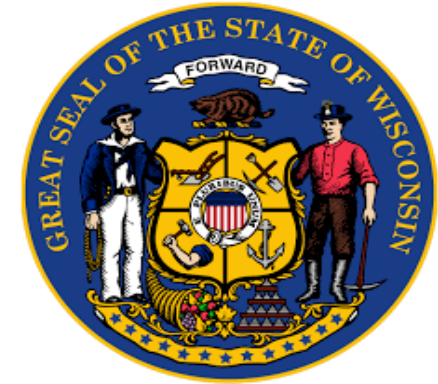
# OK MANDATORY OPTIONS COUNSELING



- **Oklahoma Choices for Long-Term Care Act** passed in 2019
- Establishes *mandatory* options counseling to inform people about alternatives to nursing home placement
- Counseling provided to individuals 55+, guardians or family caregivers
- Counseling must be given prior to admission to a LTC facility or within 14 days after emergency admission
- Current nursing home residents may request counseling







# WI NO WRONG DOOR/ADRC OPTIONS COUNSELING

- Options counseling provided to help people use own resources wisely
- Less than 10% of ADRC contacts are persons eligible for publicly-funded programs
- Discussion of community resources people can purchase with own funds
- Tools available in 4 languages to guide conversations about future planning



# HOW ARE STATES HELPING PEOPLE DELAY OR AVOID FULL MEDICAID USAGE?

- ❑ Tailored Supports (WA)
- ❑ Limited Benefit Package (OR)



# WA MEDICAID TRANSFORMATION DEMONSTRATION TO TAILOR SUPPORTS FOR NEAR POOR OLDER ADULTS AND FAMILY CAREGIVERS 1115 Waiver (2017)

- **Medicaid Alternative Care (MAC)**

- Allows state to provide services to support family caregivers
- Intended to help avoid or delay more intensive Medicaid-funded services
- Caregiver must be caring for a Medicaid-eligible person who meets nursing home level of care
- Choice between receiving MAC services or traditional LTSS services



# WA MEDICAID TRANSFORMATION DEMONSTRATION TO TAILOR SUPPORTS FOR NEAR POOR OLDER ADULTS AND FAMILY CAREGIVERS 1115 WAIVER (2017)

- **Tailored Supports for Older Adults (TSOA) Program**
  - New eligibility category and benefit package for 55+ at risk of future Medicaid-funded LTSS, who do not meet financial eligibility criteria
  - Financial assistance and access to adult day, family caregiver training, home mod, housekeeping, meal delivery, PERS, respite, transportation, etc.
  - Personal Care for those without a family caregiver
  - Cost per member per month \$400



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# OR Limited Benefit Package



- Legislation introduced in 2019 to develop program to provide limited benefit package for individuals receiving care from a family caregiver
  - 55+ requiring nursing facility level of care
  - Under 55 with dementia
  - Not eligible for Medicaid
  - Income up to 400 percent FPL
  - Requires the state to seek federal approval for financial participation in cost
  - Advisory committee to design program
- The bill didn't pass, instead language was added to OR DHS budget bill requiring the agency to do this. DHS is using the bill language as a guide to craft the program.



## In Conclusion:

- Focus on family caregivers who provide the bulk of care that enables millions of New Yorkers to remain in their homes
- Protect this precious resource as the demands of care become increasingly unsustainable for families to manage alone
- Pay attention to those not rich enough to shoulder the financial costs of caregiving but not poor enough to qualify for current program support
- Consider programs, financial relief and service packages that can go a long way to help:
  - Family caregivers continue to provide care and keep loved ones home
  - Individuals maximize the use of private resources
  - Delay or avoid full Medicaid utilization
- Study and adapt promising approaches from other states

**THANK YOU!  
ANY QUESTIONS?**

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