

LONG-TERM CARE SERVICES

671 Module 6 Lecture





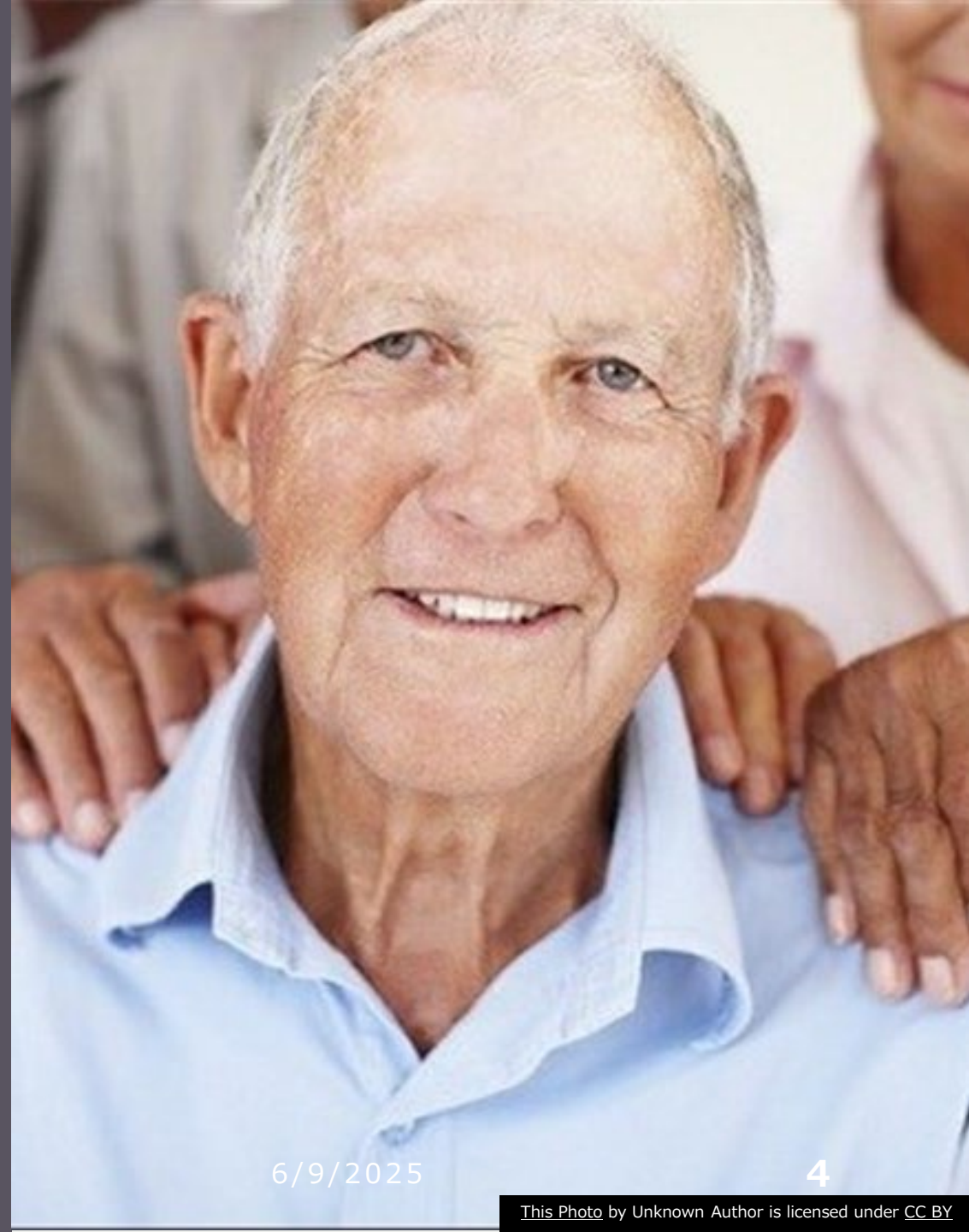
Objectives:

1. Assess long-term care (LTC) and why it is needed.
2. Discuss the users of LTC services and their unique needs.
3. Determine the various services incorporated in LTC delivery.
4. Examine how LTC is funded.

Long-term care defined:

Long-term care is defined as a variety of individualized, well-coordinated services that promote the maximum possible independence for people with functional limitations and are provided over an extended period of time in accordance with a holistic approach, while maximizing the care recipients' quality of life.

INDIVIDUALIZED



6/9/2025

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WELL COORDINATED

An elderly couple is sitting on a couch, smiling and playing video games. The woman, on the left, has short blonde hair and is wearing a bright pink long-sleeved shirt. She is holding a grey video game controller. The man, on the right, has a white beard and is wearing a light blue polo shirt. He is holding a blue video game controller. They are both looking towards the camera with joyful expressions. The background shows a window with white blinds and a beige cushion on the left.

INDEPENDENCE



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EXTENDED PERIOD



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HOLISTIC APPROACH

QUALITY OF LIFE



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Who needs LTC?

- Older adults
 - 8% 65-74 yo
 - 17% 75-84 yo
 - 42% >85 yo
- Younger adults and children with disabilities
 - Individuals with intellectual disabilities
 - Developmental disabilities
 - Progressive disabling diseases, such as HIV/AIDs, MS, vegetative state

Dementia
Parkinson's disease
Frailty
Multi co-morbidities

10.T01: Association Between Age, Gender, Multimorbidity, and ADL/IADL Limitations

TABLE 10-1 Association Between Age, Gender, Multimorbidity, and ADL/IADL Limitations

Number of Chronic Conditions	Mean Number of ADL and IADL Limitations			
	Age 65–74		Age ≥75	
	Men	Women	Men	Women
0	0.3	0.3	0.5	0.5
1	0.4	0.4	0.7	0.7
2	0.6	0.7	0.9	1.0
3	0.9	1.1	1.2	1.5
4	1.2	1.6	1.6	2.2
5	1.7	2.5	2.2	3.1
6	2.4	3.8	2.9	4.6
7	3.5	7.5	4.2	6.8
8	4.2	8.8	8.1	10.1

Note: ADL/IADL figures have been rounded.

Data from Jindai, K., et al. 2016. *Multimorbidity and functional limitations among adults 65 or older, NHANES 2005–2012*. Centers for Medicare and Medicaid Services. Available at: https://www.cdc.gov/pcd/issues/2016/16_0174.htm#:~:text=Disease%2C%20functional%20limitation%2C%20and%20disability%20should%20not%20be,develop%20interventions%20for%20high-risk%20adults%2065%20or%20older. Accessed August 2020.

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IADLs

- Banking
- Buying food/Cooking
- Medication management

ADLs

- Bathing
- Dressing
- Eating

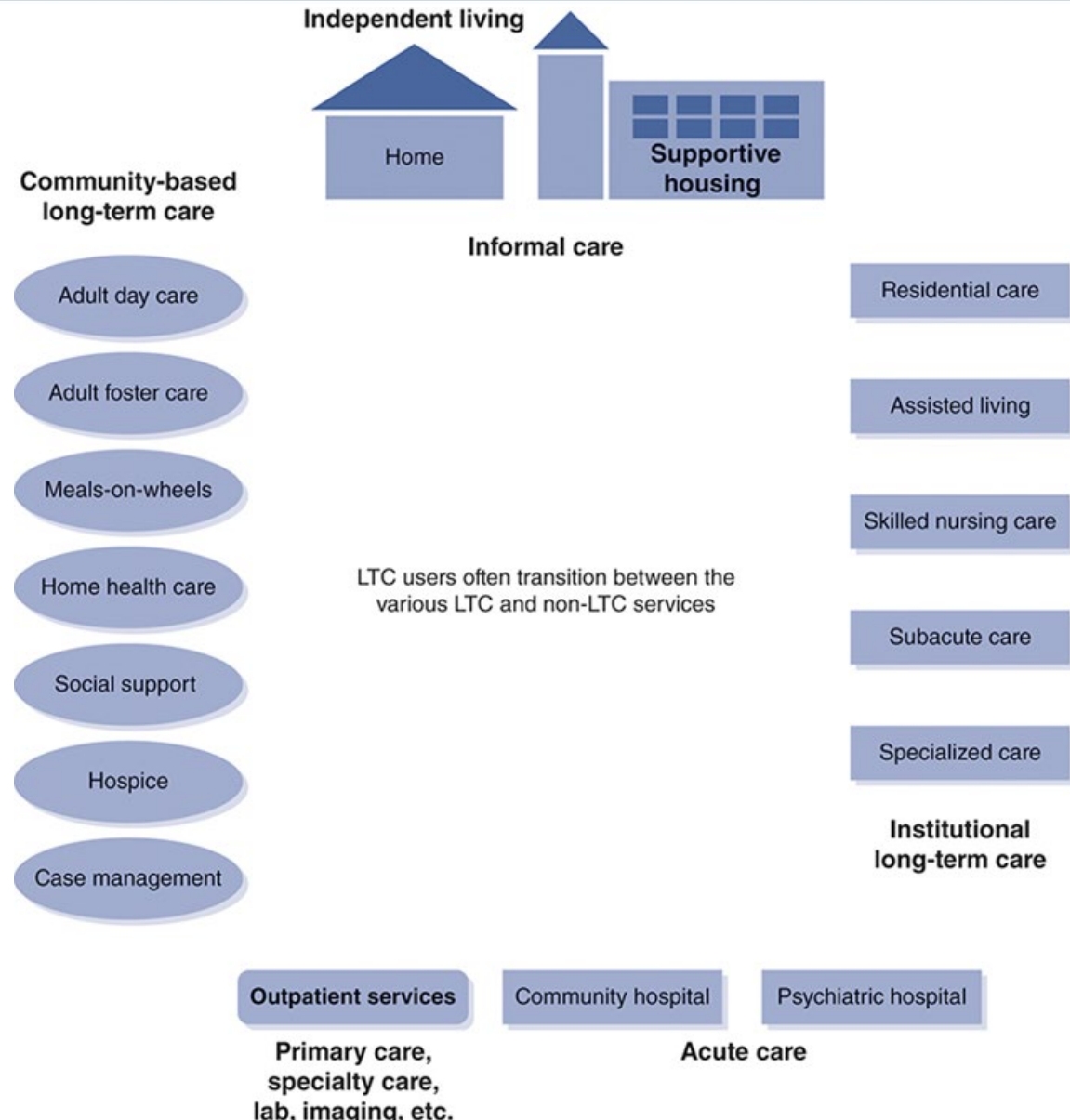
Trends

- Growing older adult population
- Living longer
- Increasing chronic disease burden on system and patients
- Rising demand for healthcare services, especially LTC
- Escalating costs



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10.F03: Range of services for individuals in need of long-term care



Comparison of Community vs Institutional Care

Home and Community Based Services

- Adult Day Care
- Senior Centers
- Home Health
- Hospice
- Help at Home
- Older Americans Act 1965 funding
- Section 1915(c) of Social Security Act in 1981
- Cost efficient—Medicaid and Medicare
- Patient preferred
- Improved health outcomes

Comparison of Community vs Institutional Care

Institutional Care

- Residential care
- Assisted Living
- Skilled Nursing/Nursing facility
- Subacute care
- Specialized care



- Increased level of care to total care
- Residents vs patients
- Medicaid
- Costly and often not covered by private insurance or Medicare
- Highly regulated



Final Thoughts

- LTC is an important sub-system within the greater healthcare delivery system and interacts within it
- LTC spans across the community and offers a variety of services
- There is a growing demand for LTC services due to a growing older adult population
- Home based services are more cost effective than institutional care
- Institutional care plays an important role in caring for the most vulnerable populations



THANK YOU



Presentation Title