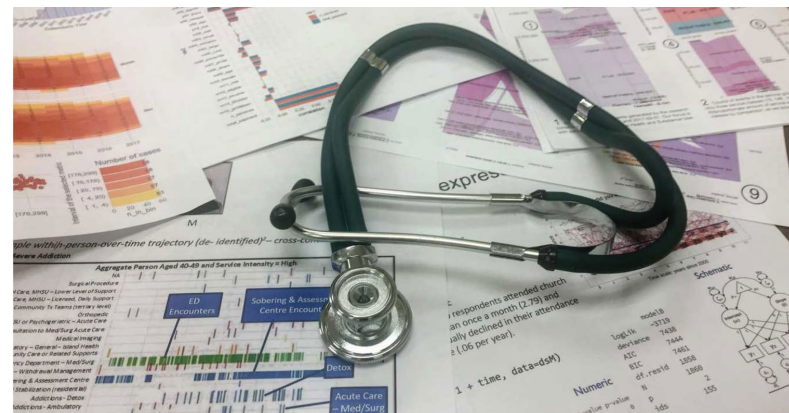


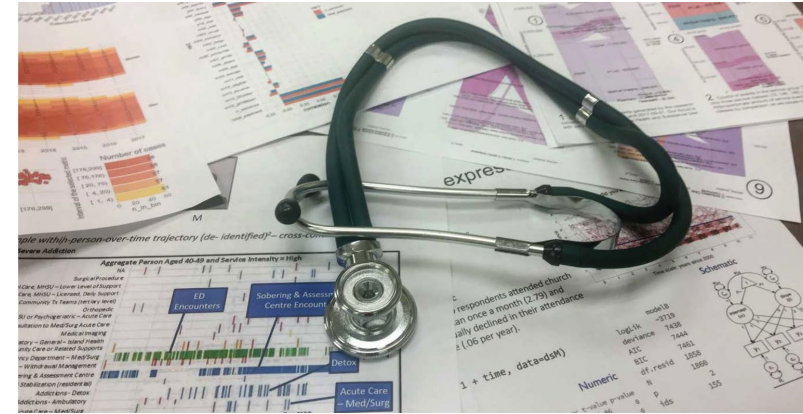


UNIVERSITY OF CENTRAL FLORIDA

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Thursday
April 25, 2019
12 pm - 3 pm
HPA II 247





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03- *Rachel Totaram*

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04- *Xian-Cao*

A Comparative Analysis of home and community-based long term care between the USA and China

A Comparative Analysis of home and community-based long-term care between the USA and China

Xian Cao

instructor: Su-I Hou

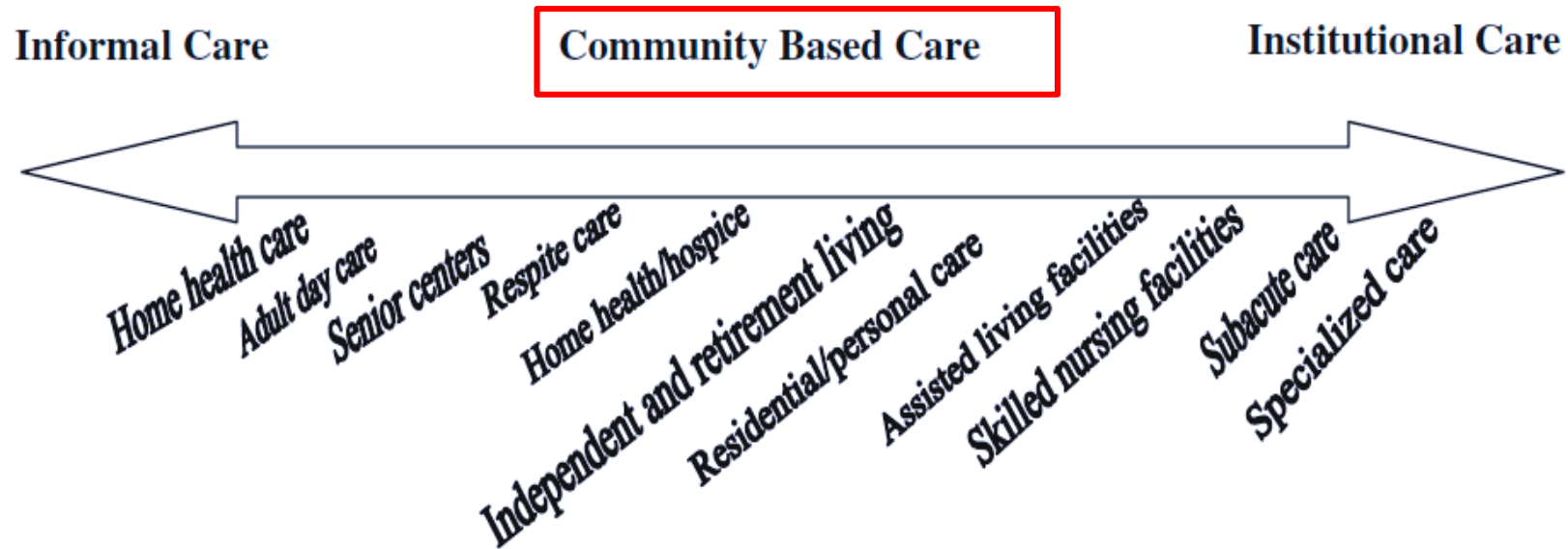
4/24/2019



Agenda

- ❖ What is long term care
- ❖ Gray Tsunami
- ❖ LTC history: US vs. China
- ❖ Home and community-based long-term care
- ❖ HCB-LTC policy and programs
- ❖ HCBS deliver models
- ❖ Sustainability and Challenges

What is Long Term Care (LTC)?



Source: Based on Singh, 2005.

Fig. 4 The continuum of long term care

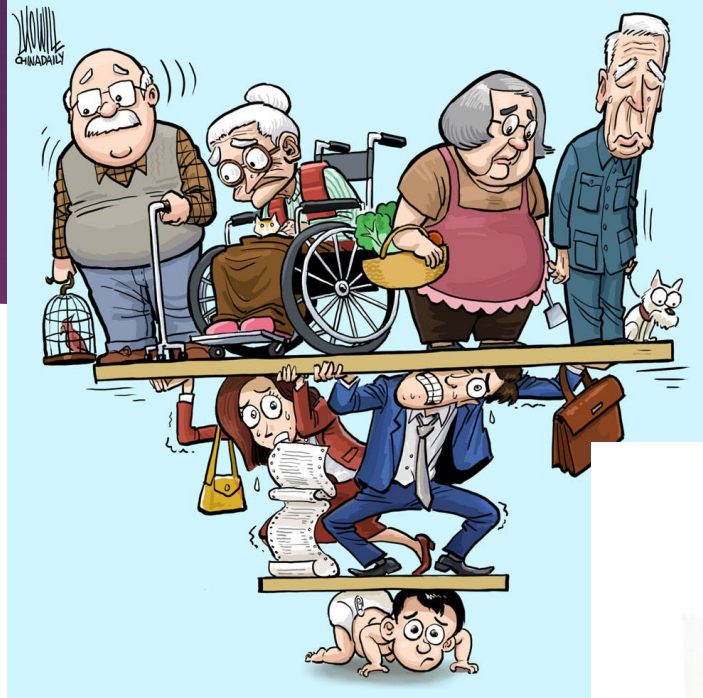
Gray Tsunami

Life expectancy (1995-2018)

- ❖ **China:** from 45 to 76.4 years
- ❖ **USA:** from 69 to 78.5 years

History

- ❖ **China:** one child per couple policy (OCP) (established in 1979)
- ❖ **USA:** baby boomer (born between 1946–1964) starts to reach age 65 in 2011



(China-profile, 2011; World Life Expectancy, 2018a)

- Lack of post-acute care, institutional or community-based care
- Filial piety culture



(Hui, 2016, Zhang, 2015)

Market-based
economic and
one-child policy



Thriving formal
caregivers, especially
community-based
caregiver services.
e.g.
“90-7-3” framework in Shanghai,
“90-6-4” in Beijing.

90% should stay with their families

7% will live in own house with access to community

3% will stay in elderly care facilities

LTC history:

USA

US LTC history (Blanchard, 2013).

- institutional care (nursing home)
- Aging in place (AIP)
 - dollar-denominated community-based services
- Aging in community (AIC)
 - mutual support and interdependence
 - improve quality of life



Home and community-based long-term care

- ❖ “Assistance with daily activities that generally help older adults and people with disabilities to remain in their homes” (Kassner, 2011).
- ❖ Those assistance include a set of services, such as personal care, homemakers, and adult day care (Wu, Carter, Goins, & Cheng, 2005).



HCB-LTC policy and programs

China

❑ In 1996, the Elders' Protection Law :

- require children to support their parents in old age.

❑ In 2001, “Starlight Project”

- expand community-based recreational space for elders (Ministry of Civil Affairs, 2001).
- provides both physical and leisure activities along with health promotion workshops and other services (Ministry of Civil Affairs, 2001).

HCB-LTC policy and programs

China

❑ In 2009, a guiding principle of elder care services

- “family providing primary care;
- community serving as a back-up
- institutional care being only a supplement” (Hui, 2016).

❑ In 2011, “Establishing a Social Support System of Eldercare (2011–2015)”

- promote community-based eldercare across the country (State Council of China, 2012).

HCB-LTC policy and programs

USA

- ▶ In 1935, Social Security Act
 - ✓ Medicaid
 - ✓ HCBS waiver program
 - ▶ In 1965, Older Americans Act
 - ▶ Medicaid programs
 - ▶ In 1973, Amendments to the Older Americans Act: “Aging Services Network”
 - ▶ In 2010, ACA: Community Living Assistance Services and Supports (CLASS) Act
- Policies supporting caregivers
 - Americans with disabilities Act, 2000
 - National Family Caregiver Support Program (NFCSP)
 - Cash and Counseling program

HCBS deliver models

China

- ❑ **Community-based agencies** (Wu, Carter, Goins, & Cheng, 2005):
 - Community service centers: home maintenance, information and referral services. Some centers provide legal counseling to elders, meals-on-wheels.
 - Bao mu (housemaids) and jia zheng (homemaker) coordination centers/service center: provide home care services
- ❑ **Adult day care for seniors** (Wu, Carter, Goins, & Cheng, 2005).

HCBS deliver models

USA

- ❑ Village model
- ❑ University-based retirement community
- ❑ Co-housing
- ❑ NORC (Naturally Occurring Retirement Communities)
- ❑ Neighborhood lunch program
 - ❑ Meals on wheel

Types of HCBS Care

Health Services meet medical needs

- Home health care, such as:
 - Skilled nursing care
 - Therapies: Occupational, speech, and physical
 - Dietary management by registered dietician
 - Pharmacy
- Durable medical equipment
- Case management
- Personal care
- Caregiver and client training
- Health promotion and disease prevention
- Hospice care (comfort care for patients likely to die from their medical conditions)

Human Services support daily living

- Senior centers
- Adult daycares
- Congregate meal sites
- Home-delivered meal programs
- Personal care (dressing, bathing, toileting, eating, transferring to or from a bed or chair, etc.)
- Transportation and access
- Home repairs and modifications
- Home safety assessments
- Homemaker and chore services
- Information and referral services
- Financial services
- Legal services, such as help preparing a will
- Telephone reassurance

Sustainability and Challenges

China

- ❑ Poor quality and quantity of formal caregivers.
- ❑ Lack of policy support caregivers
- ❑ China: Incongruence with filial piety culture, unaffordable, and lack of national support program (Zhang, 2015).
 - ❑ LTC policy is still at an experimental stage

USA

- ❑ Complex system
- ❑ lack of integration
- ❑ Inequality distribution of services
- ❑ Disparity and affordability
- ❑ Quality and quantity of services

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Thank you!

Questions? Comments?

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