

Long-Term Services & Supports (LTSS) in Massachusetts

A PRIMER ON LTSS COVERAGE, ACCESS, AND AFFORDABILITY

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The logo for Manatt Health features the word "manatt" in white lowercase letters on a yellow rectangular background.

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TODAY'S SPEAKERS



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TODAY'S AGENDA

- Welcome and Introductions
- Overview and Key Findings from *A Primer on LTSS Coverage, Access, and Affordability*
 - Introduction to LTSS
 - LTSS Payment, Coverage, and Delivery
 - MassHealth: LTSS Utilization and Spending
 - Massachusetts LTSS System Performance — Where Are We and Where Do We Go From Here?
- Q&A
- Summary of Key Findings and Wrap Up

INTRODUCTION TO LONG-TERM SERVICES & SUPPORTS (LTSS)

WHAT ARE LONG-TERM SERVICES AND SUPPORTS?

LONG-TERM SERVICES AND SUPPORTS (LTSS)

A range of medical and nonmedical services and supports that people of all ages with disabilities and chronic conditions use to meet their medical, personal care, and daily needs. LTSS promote independence, support one's ability to participate in their communities, and increase overall quality of life. LTSS include services provided in **home- and community-based settings** and in **facilities/institutions**.



COMMUNITY-BASED SERVICES

These services provide person-centered care delivered in the home and community settings. These programs are designed to assist individuals with functional limitations in performing daily activities. Common community-based services include, for example, **adult day health, home health, and assisted living facilities**.



INSTITUTIONAL SERVICES

In some cases, individuals requiring continuous care may need more complex care rendered in residential facilities such as **nursing facilities and chronic disease and rehabilitation (CDR) hospital services**

LTSS NEEDS ACROSS THE LIFESPAN



CHILDREN

Children with chronic conditions and special health care needs (e.g., cerebral palsy, Down syndrome) may rely on LTSS to assist them in navigating the health care system and coordinating care.



WORKING-AGE ADULTS WITH DISABILITIES

Common conditions among working-age adults with functional limitations who require LTSS include intellectual disabilities, paralysis and nervous system disorders, physical disabilities, and mental health conditions.



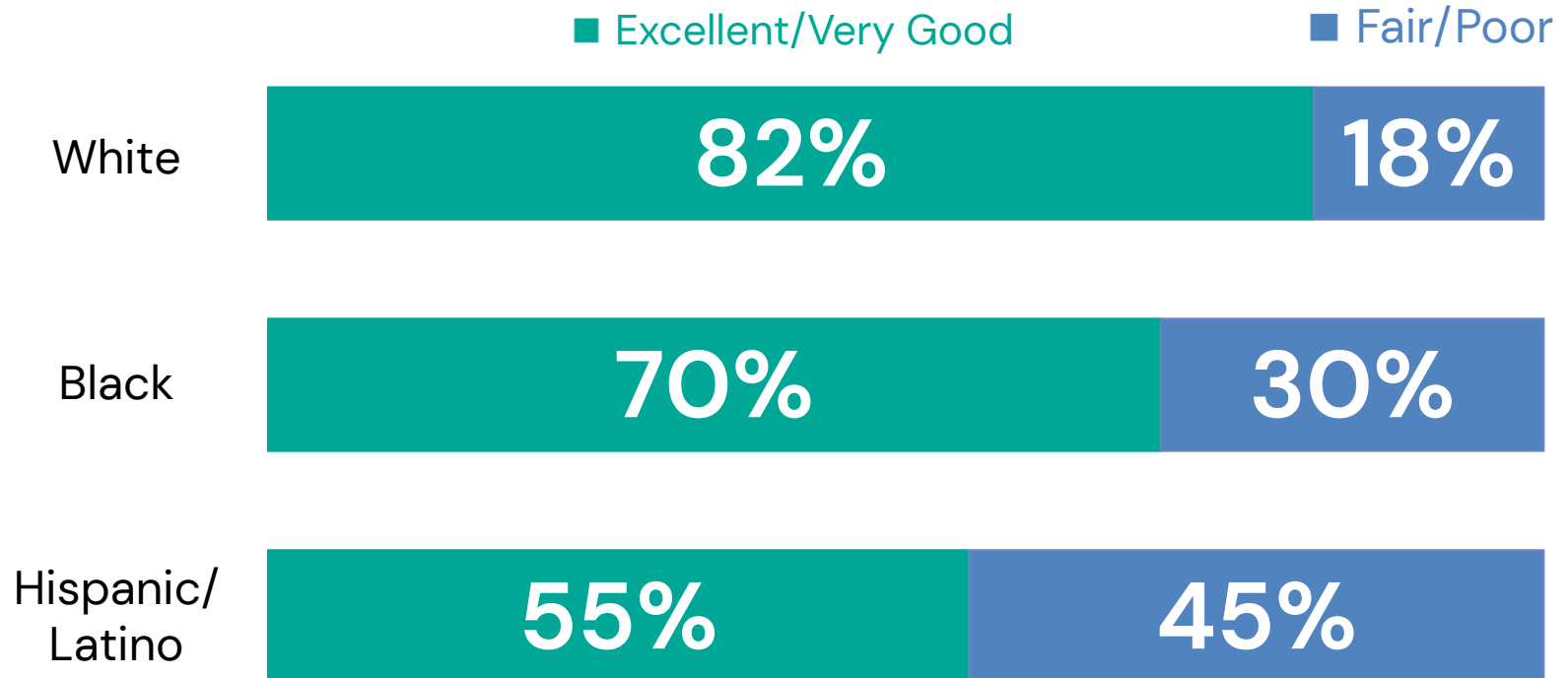
OLDER ADULTS (AGES 65 AND OVER)

The population that is most likely to need LTSS — older adults ages 65 and over — is expected to comprise 19% of the total Massachusetts population by 2040, up from 14% in 2010.

RACIAL AND ETHNIC DISPARITIES IN LTSS NEEDS

The aging of the U.S. population will increase the demand for LTSS, and this trend is expected to vary by race and ethnicity.

SELF-REPORTED HEALTH STATUS OF OLDER ADULTS BY RACE/ETHNICITY, 2021

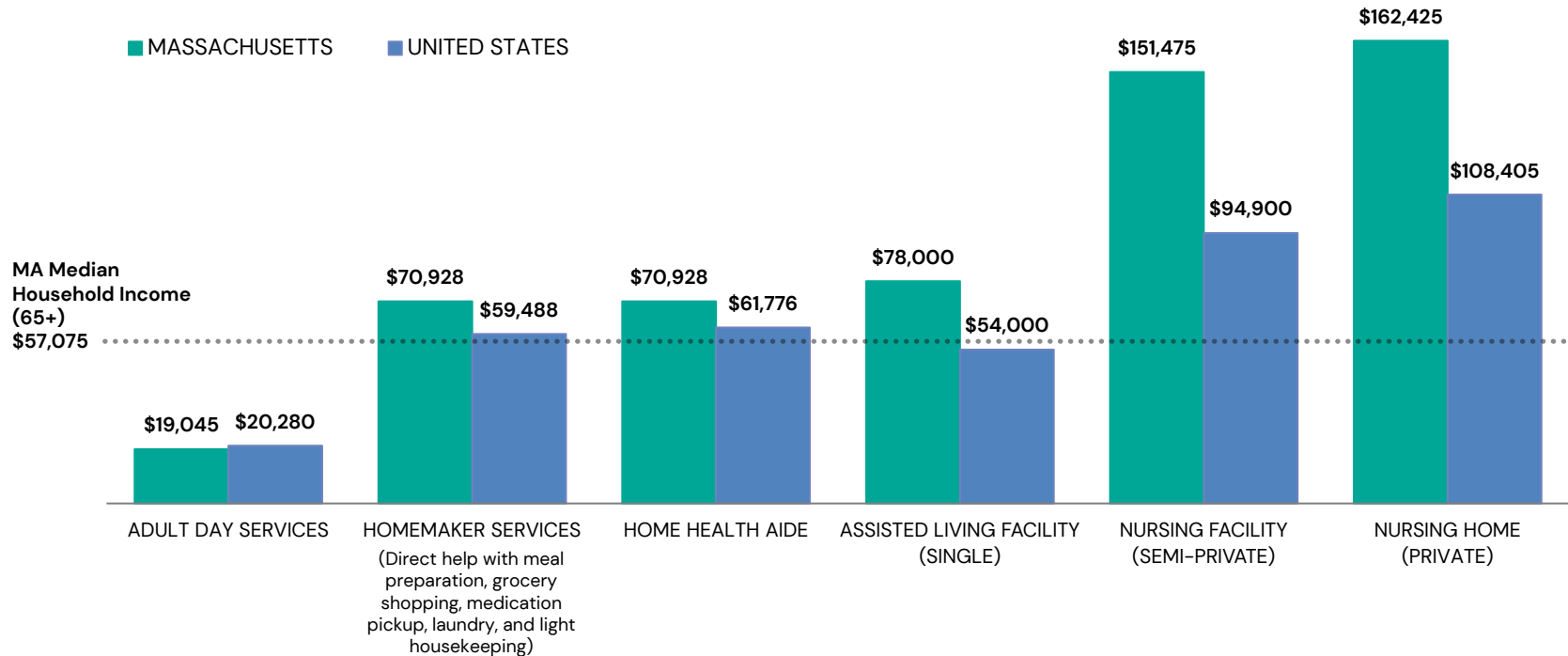


LTSS PAYMENT, COVERAGE, AND DELIVERY

AVERAGE COSTS FOR LTSS IN MASSACHUSETTS

Costs for most LTSS in Massachusetts are higher than the national average, particularly for nursing facility care, making it difficult for many residents to afford. This may be driven by the higher overall cost of living and cost of care in Massachusetts.

MEDIAN ANNUAL COSTS FOR LTSS BY SETTING, 2021
(DOLLARS PER YEAR)



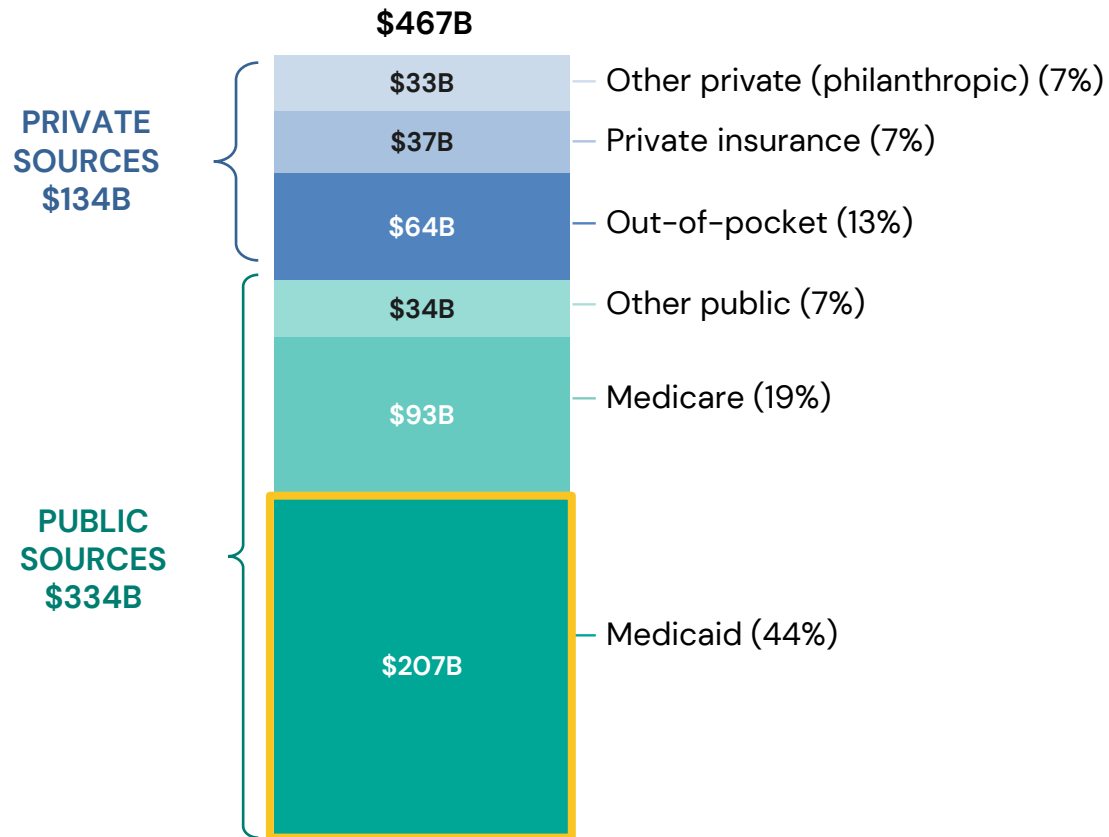
SOURCE: Genworth. "Cost of Care Survey," June 2, 2022. <https://www.genworth.com/aging-and-you/finances/cost-of-care.html>.

WHO PAYS FOR LTSS?

SETTING THE CONTEXT

Medicaid is the primary payer for LTSS nationally and in most states. LTSS account for roughly one-third of Medicaid spending nationally.

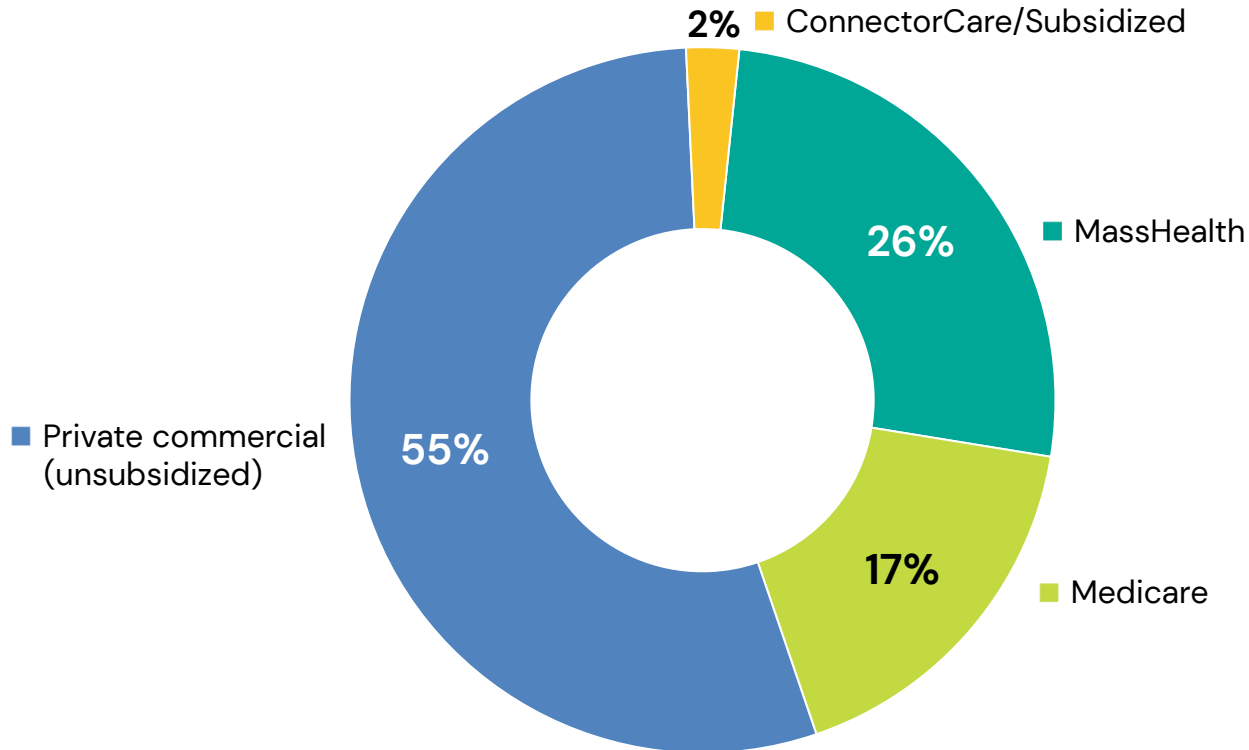
NATIONAL LTSS EXPENDITURES BY PAYER, 2021



HEALTH INSURANCE COVERAGE AND LTSS IN MASSACHUSETTS

The majority of Massachusetts residents have health insurance coverage that does not cover comprehensive LTSS. Most people with ongoing LTSS needs rely on MassHealth, the state's Medicaid program for low-to-moderate-income people, or self-pay for these services.

MASSACHUSETTS HEALTH INSURANCE ENROLLMENT BY PAYER, MARCH 2023



MASSHEALTH FINANCIAL ELIGIBILITY REQUIREMENTS

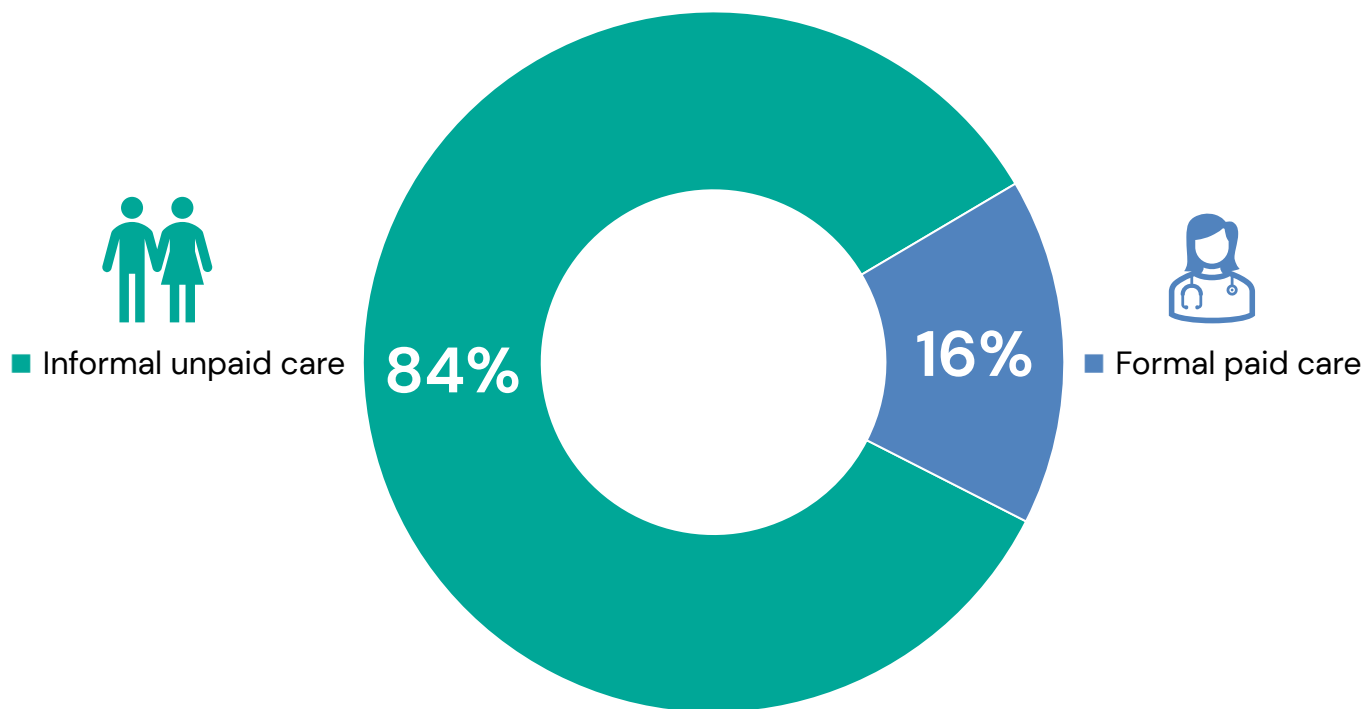
Many Commonwealth residents with high LTSS needs ultimately “spend down” their income or assets paying for these services until they become eligible for MassHealth coverage.

	POPULATION	MONTHLY INCOME LIMIT	ASSET LIMIT
MassHealth	Individuals with disabilities ages 0-64	No limit	No limit
	Individuals without disabilities ages 0-64	\$1,670 (133% FPL)	No limit
	Individuals ages 65+	\$1,255 (100% FPL)	\$2,000
	Couples ages 65+	\$1,704 (100% FPL)	\$3,000
HCBS Waivers (Limits apply to adult waivers)	Varies by waiver	\$2,829 for the applicant (300% FBR; 224% FPL)	\$2,000

LTSS WORKFORCE OVERVIEW AND CHALLENGES

In Massachusetts, over two-thirds of LTSS are provided by informal unpaid caregivers, such as family members and friends. Many informal caregivers actively choose to provide care, but they also fill gaps in care resulting from LTSS workforce shortages. These shortages are the result of growing demand for LTSS and historical underinvestment in the formal LTSS direct care workforce.

MASSACHUSETTS LTSS PROVIDER WORKFORCE COMPOSITION, 2021

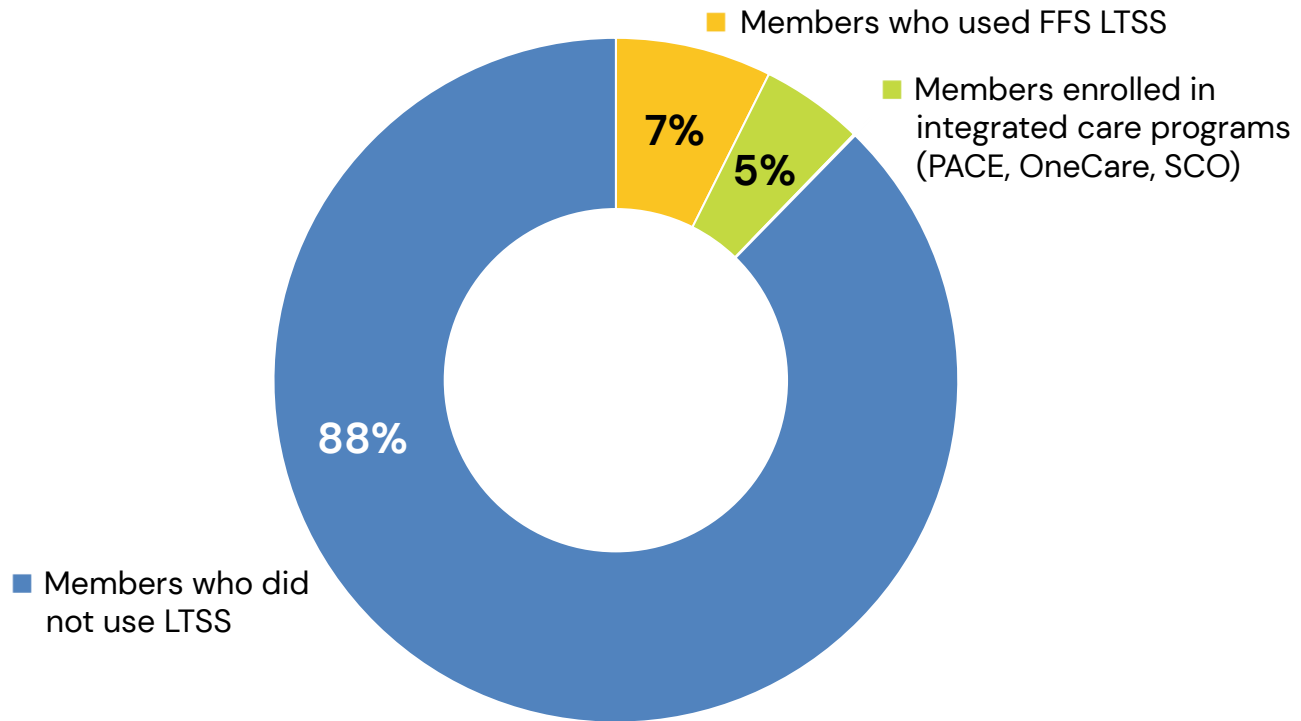


MASSHEALTH: LTSS UTILIZATION AND SPENDING

MASSHEALTH LTSS UTILIZATION

In state fiscal year (SFY) 2022, over 7% of MassHealth members used FFS LTSS, and nearly 5% were enrolled in MassHealth's integrated care programs for dual eligible members.

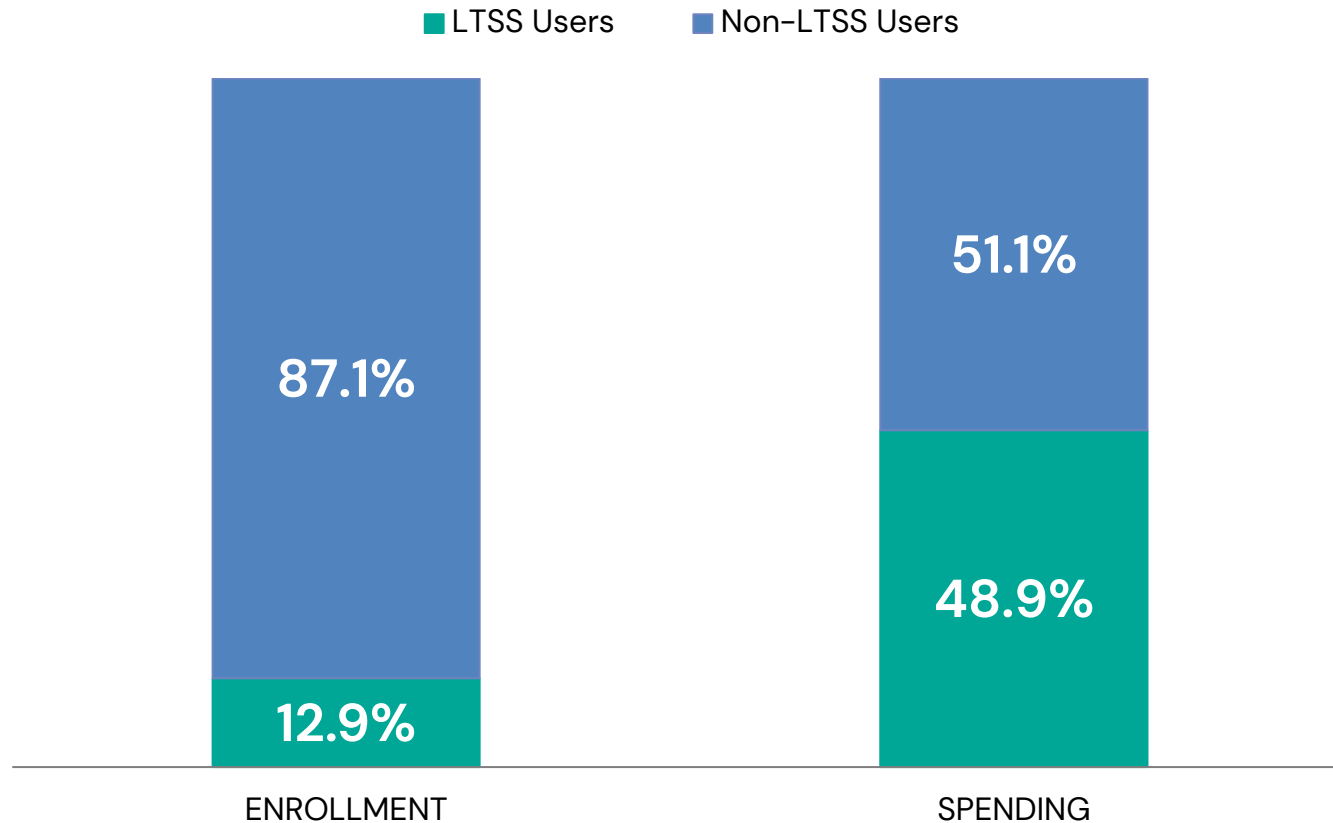
PERCENT OF MASSHEALTH MEMBERS USING FFS LTSS OR ENROLLED IN INTEGRATED CARE PROGRAMS, SFY2022



MASSHEALTH LTSS UTILIZATION AND SPENDING

In SFY2022, total spending on all services for MassHealth members who use LTSS accounted for nearly half of all MassHealth spending.

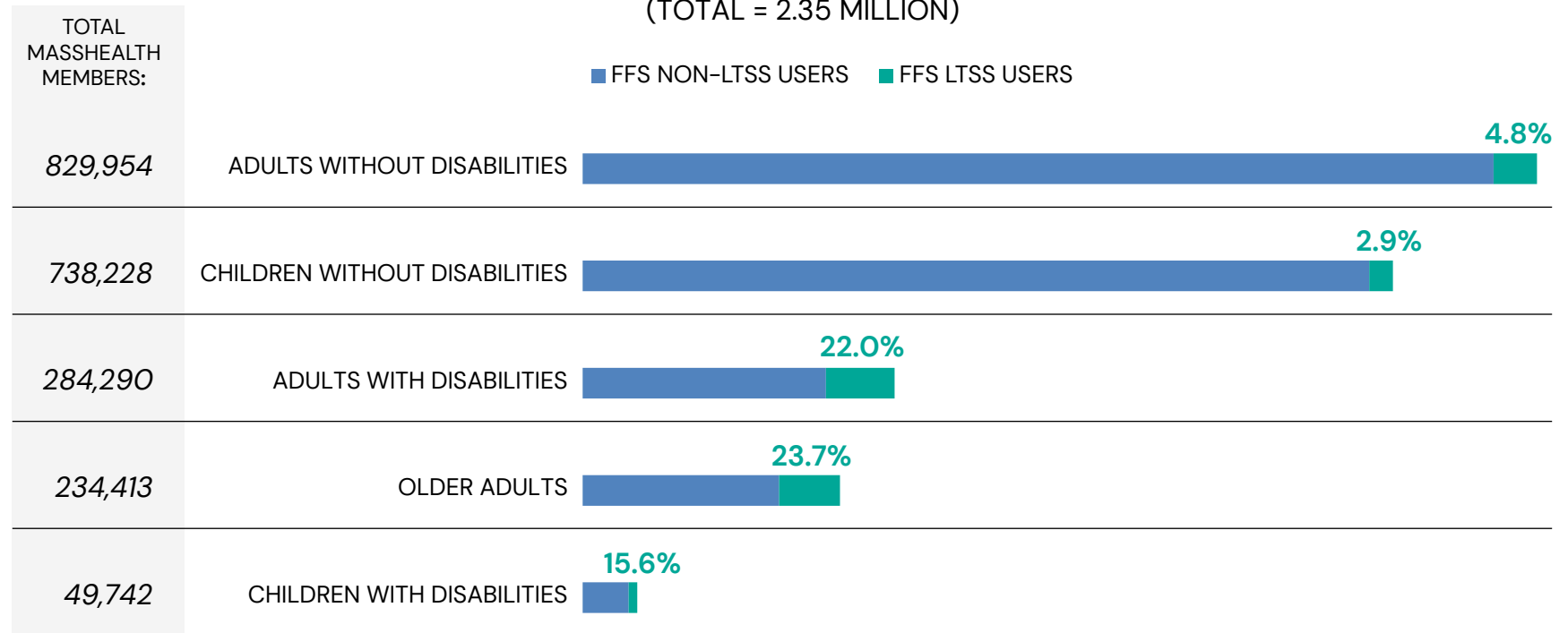
MASSHEALTH ENROLLMENT AND SPENDING FOR LTSS AND NON-LTSS USERS, SFY2022



RATE OF MASSHEALTH FFS LTSS UTILIZATION BY POPULATION TYPE

MassHealth members who are older adults or are adults with disabilities had the highest rates of FFS LTSS utilization, but other groups also use FFS LTSS.

MASSHEALTH ENROLLMENT BY POPULATION TYPE, SFY2022
(TOTAL = 2.35 MILLION)

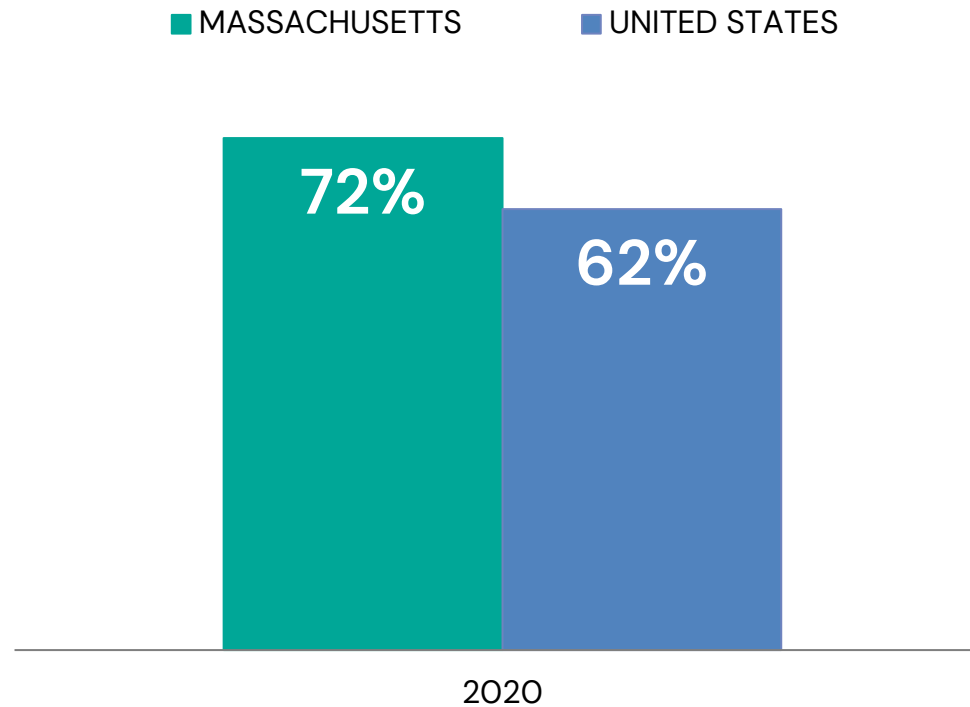


► **Note:** This slide is focused on FFS LTSS users and does not include members in integrated care programs.

LTSS SPENDING BY SETTING

Massachusetts is a leader in terms of the proportion of Medicaid LTSS spending on community-based LTSS compared to institutional care, ranking eighth nationwide in FFY2020.

HCBS SPENDING AS A PERCENT OF TOTAL MEDICAID LTSS SPENDING, FFY2020



MASSACHUSETTS LTSS SYSTEM PERFORMANCE — WHERE ARE WE AND WHERE DO WE GO FROM HERE?

CURRENT STATE OF MASSACHUSETTS LTSS SYSTEM PERFORMANCE

Massachusetts is a national leader in LTSS system performance, ranking fourth overall on AARP's LTSS 2023 State Scorecard Report.

MASSACHUSETTS AARP LTSS SCORECARD REPORT, 2023

Dimension	Massachusetts rank
OVERALL	4
Choice of Setting & Provider: Person- and family-centered care approach that allows for consumer choice for services. Highly trained/compensated LTSS workforce. Robust HCBS and culturally competent service offerings.	2
Affordability & Access: Consumers can readily access and afford services, ensuring a robust safety net for those unable to cover the costs.	4
Community Integration: Range of services and supports that facilitate LTSS are available, such as affordable housing.	9
Support for Family Caregivers: Family caregivers receive recognition, and their needs are thoroughly assessed and met to ensure they can fulfill their roles.	13
Safety and Quality: Consumers are afforded respect and services are designed to optimize positive outcomes, both during and after care transitions. Care settings are appropriately staffed and well-prepared for emergencies.	14

LOOKING AHEAD: WHERE DO WE GO FROM HERE?

PEOPLE



To meet the growing demand for LTSS, the Commonwealth should continue to explore strategies to increase LTSS workforce capacity such as providing tax credits for family caregivers and enhancing efforts to ensure sufficient wages, benefits, and training for direct care workers in both community and institutional settings.

CARE DELIVERY



Massachusetts has significantly expanded access to community-based LTSS through MassHealth, but there is more to do to improve equitable access to HCBS and advance “care at home” models to enable people who need LTSS to receive care in their homes and communities.

COST



Recognizing that LTSS costs in Massachusetts are higher, on average, than national and peer state levels, the Commonwealth should prioritize increasing payment options for moderate-income residents like private long-term care insurance.

QUALITY



Massachusetts is a national leader in LTSS, but there is still room for strengthening the system, including prioritizing enhancements to data quality and transparency, such as collecting more robust data on race, ethnicity, and primary language spoken among people using LTSS.

Q&A

SUMMARY OF KEY FINDINGS AND WRAP UP

KEY FINDINGS

PEOPLE

Most people who use LTSS are older adults (ages 65 and over) and adults and children with disabilities. As the Massachusetts population ages, the demand for LTSS is expected to continue to grow, increasing pressure on the LTSS workforce.

CARE DELIVERY

Through MassHealth, Massachusetts has expanded access to community-based LTSS and to care coordination programs for people with high LTSS needs, but there is more to do to connect members to these services.

COST

Costs for most LTSS in Massachusetts are higher than the national average and most insurers do not comprehensively cover these services. As a result, many Commonwealth residents with high LTSS needs ultimately need to “spend down” their income or assets paying for these services until they become eligible for MassHealth coverage.

QUALITY

Massachusetts is a national leader in LTSS, ranking fourth among states on LTSS system performance, but there is room for strengthening the system, particularly related to LTSS affordability and LTSS safety and quality.

THANK YOU!

If you have any questions or comments about today's presentation, please contact **Katherine Howitt** (Katherine.Howitt@BCBSMA.com)



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