



FREE WEBINAR
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Paying Minnesota's Long-Term Care Bill: A study of private- and public- pay patterns

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Paying Minnesota's Long-Term Care Bill: A study of private- and public-pay patterns



Overview

- Background of the Elderly Waiver Spenddown Study
- Goals of the study
- Study activities and findings
- Main takeaways
- Policy change opportunities

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Background

- Study was approved for funding through the Money Follows the Person Rebalancing Project in the summer of 2019
- Request for Proposals for a contractor was released in the fall of 2019
- Contract was executed with the University of Indianapolis Center for Aging and Community (UINDY), April 2020 to September 2021
 - Subcontractors included: Indiana University, Knowledge Services, and Sage Squirrel
- An 8-person DHS project team worked with the contractors on the study

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Goals of the study

1. Document patterns in older Minnesotans' private resource spenddowns:
 - A. for individuals living in assisted living settings
 - B. for individuals living in their own homes
 - C. for individuals with different demographic characteristics

2. Identify potential policy and system changes to:
 - A. Extend older Minnesotans' private resources
 - B. Incentivize in-home service arrangements as compared to residential service arrangements

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Study activities and findings

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Study activities

- Literature review
- National scan of key national organizations and other states
- Retrospective data analysis of 2019 Elderly Waiver (EW) participants
- Telephone survey of brand new EW participants
- Online survey of assisted living providers

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Literature review

- Overall the literature tells very little about trends, key events, or the decision-making processes for financial choices that do or do not lead to spenddown.
- Participants who spend down are a small portion of the population, and typically have fewer financial resources at the start.
 - People in this situation are also more often female, BIPOC, less formally educated, and have poorer health status and functionality

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National scan

- State policies around asset protection and long-term care insurance play an important role in spenddown outcomes.
- Programs that target the “pre-Medicaid” population, including both programs that are 100% state-funded or that are Medicaid demonstration programs, are essential components in slowing spenddown.
- Maintaining family caregivers is key to avoiding placement in congregate residential settings, such as nursing facilities or assisted living.
- It is important that states provide robust and timely long-term care options counseling to help people examine available LTSS options.

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Historical data analysis

- For people enrolled in EW in calendar year 2019, what type of engagement, if any, did they have with various programs and services between 2013 and 2019?
- The majority of people reviewed through the historical data analysis had engagement with MN programs prior to Elderly Waiver enrollment
 - Senior LinkAge Line
 - Nursing facility stay
 - MN Health Care Program

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Historical data analysis

- Two major trajectories were identified:
 - Individuals with a longer history on MN health care program enrollment, relatively low daily needs, less family support, and who, in effect, age into eligibility for EW.
 - Individuals who relied more on family or informal care or chose assisted living. Once their needs were too many or too high to be met by informal support, or their assets were depleted, they enroll in EW.
- The historical data analysis did not find any significant differences by key demographic characteristics like race and ethnicity

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Historical data analysis



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Elderly Waiver participant survey

- Overall response rate of 21.7%, with 231 completed surveys
 - 27% of surveys were completed by the person; 73% were completed by a key person connected with the person (e.g. guardian, family caregiver)
 - 28% of respondents were living at home at the time of their enrollment; 72% were living in assisted living
- The participant survey results could not be fully analyzed by characteristics like race and ethnicity due to number of completed surveys
- Many findings from the survey differed for people who met their long-term care needs at home before EW enrollment as compared to people who chose assisted living

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Elderly Waiver participant survey

- “At-home” respondents were significantly more likely to report needing help for less than two years, compared to “AL” respondents who were more likely to report needing help for three years or more.
- “AL” respondents were significantly more likely than “At Home” respondents to report family as a source of support once they started needing help.
- More “AL” respondents than “At Home” respondents thought they could get help from a government program to pay for help.
- More “At Home” respondents reported having called the Senior LinkAge Line® or someone at the state for information and assistance.

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Elderly Waiver participant survey

- Additional findings for people who chose to stay at home before enrolling in EW:
 - Very few reported paying privately for long term care help before EW enrollment
 - More than 75% had considered assisted living, but the most frequently cited reason for not choosing assisted living was “not being ready yet”
 - Very few had planned to use public programs to pay for services. At the same time, a significantly higher percentage thought Medicare would help pay for long-term care services.

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Elderly Waiver participant survey

- Additional findings for people who chose Assisted Living before enrolling in EW:
 - 95% of these respondents indicated family helped them make their decision
 - 58% said they knew there were programs that could help for these services
 - *80% of these respondents said their plan included applying for help at some time*

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Assisted Living provider survey

- Overall response rate of 32% with 459 completed surveys
- Survey respondents were very representative of the assisted living industry in terms of size, ownership type, facility location, and other characteristics
- 85% of facilities participate in Elderly Waiver; 15% do not participate

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Assisted Living provider survey

- Facilities that do not participate in EW report that is due to:
 - low payment rates
 - the program being complicated or cumbersome
- Among the facilities that participate in Elderly Waiver:
 - 19% report they require new residents to have a minimum amount of income/assets at time of move in.
 - 26% indicated they have a waiting list for prospective residents who would use EW at the time of move-in.
 - 33%+ report a limit on the number of residents who can be supported by the EW

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Assisted Living provider survey

- Other findings from the survey:
 - Two-thirds expect the new Assisted Living License will impact their policies and practices related to EW
 - Providers also commented on the impact of COVID-19:
 - Dramatic increases in operational cost
 - Reductions in census
 - Administrative delays for new residents
 - Some providers are currently accepting more EW residents to try and make up for low occupancy

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Main takeaways

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Takeaways

- We observed two general trajectories of entry to EW which are important to consider:
 1. People with few financial resources, a history of MN Health Care Programs enrollment, low daily needs, and less family support, who, in effect, age into MA and EW eligibility
 2. People with more family/informal support, or who choose assisted living, who enroll in EW once their needs were too many or too high to be met by informal support, or their assets were depleted
- Across both trajectories, the study showed that peoples' needs do increase over time before individuals join EW

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Takeaways

- There are notable differences between people who meet their needs at home or in an assisted living community prior to EW enrollment
 - People who chose assisted living prior to EW
 - ... are significantly more likely to report family as a source of support
 - ... have family members who are very involved in decision-making
 - ... are more aware of government programs that could help pay for services
 - People who chose to stay in their home prior to EW
 - ... are more likely to call the Senior LinkAge Line® for information and assistance
 - ... have generally needed support for a shorter period of time
 - ... are less likely to have paid privately for long term care help

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Takeaways

- Family and informal caregivers play are a key factor related to EW enrollment
 - Often enrollment is triggered by the lack of family/informal caregivers or family/informal caregivers reaching a tipping point or
- Options counseling plays an important role in helping Minnesotans access supports and services
 - But for many it comes at the wrong time in the decision-making process, particularly for those who are considering assisted living
- There is an ongoing need for public information and education about long term care planning and decision-making

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Policy change opportunities

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Opportunities for Impact

- Improved upstream programmatic interventions
- Additional family caregiver supports
- Improved long term care options counseling
- Enhanced public education and outreach

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Upstream programmatic interventions

- Utilize the contacts before Medical Assistance (MA) or Elderly Waiver (EW) eligibility
- Build on the existing Essential Community Supports (ECS) and Alternative Care (AC) programs
 - Expand funding to include more people
 - Expand services to better align to the early supports needed to remain at home
- Ensure adequate rates for in-home services and increase monthly budgets for the Consumer Directed Community Supports option under AC and EW

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Critical role of family caregivers

- Further study of the efficacy and gaps in existing supports and programs for family and informal caregivers
- Evaluation of the feasibility of expanding existing programs and services

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Options counseling

- Increase access and availability of options counseling to points before people have made decisions about how they want to receive LTSS.
- Educate healthcare professionals about referring people for options counseling as LTSS or other support needs become evident.

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Enhancement of public education and outreach

- Broader upstream outreach and access to information, including strengthening Minnesota's existing Own Your Future initiative
- Broader outreach efforts will also help us reach and inform younger family members who are involved in long term care decision-making.
- Review information given at time of contacts that precede MA eligibility

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Accessing reports based on the study

- The study resulted in five reports:
 - Final Report
 - Assisted Living Provider Survey Report
 - Elderly Waiver Participant Survey Report
 - Secondary Data Analysis Report
 - National Scan Report
- The reports are available on the following Minnesota Department of Human Services webpage: <https://mn.gov/dhs/ew-spenddown-study>

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Questions?

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