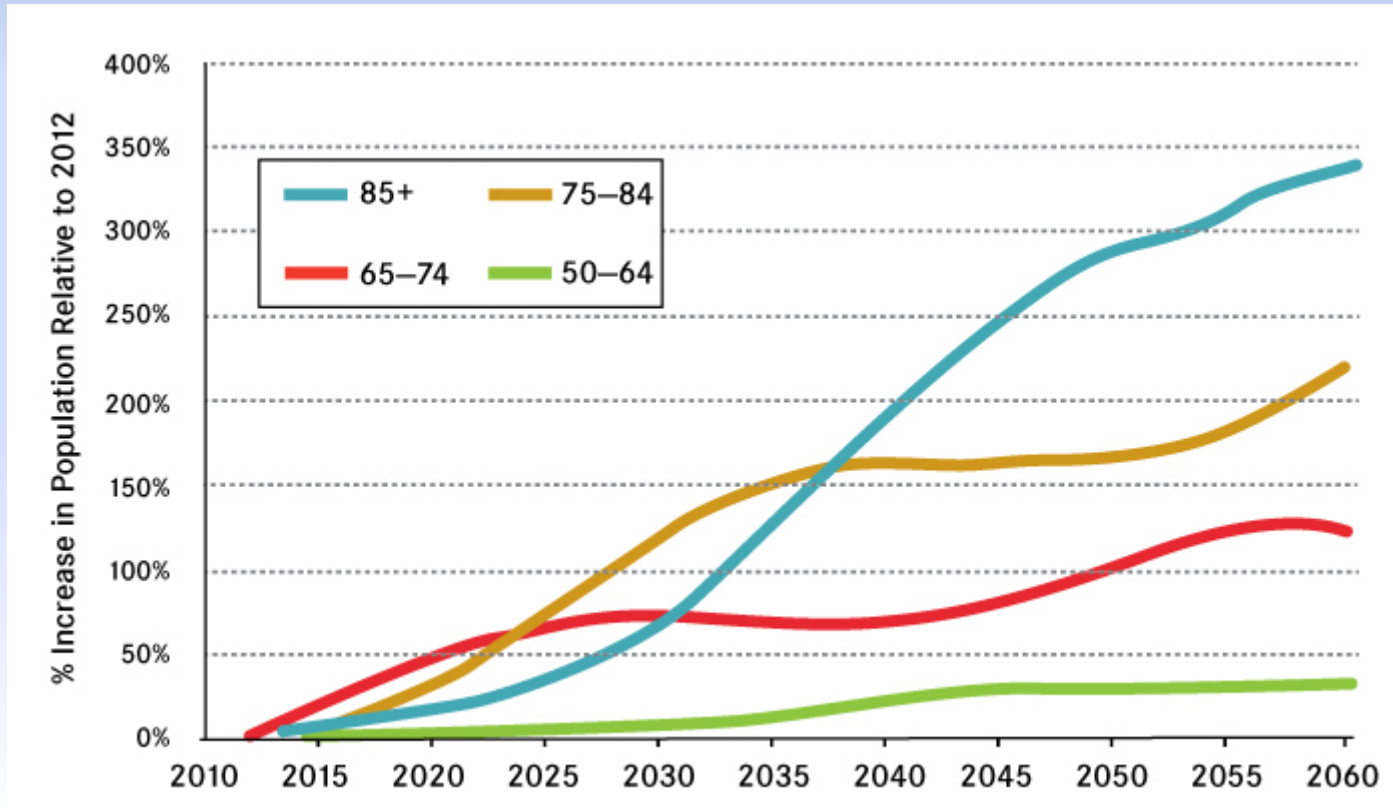


Creating the “Next Generation” System of Care: Long-Term Services and Supports Initiative of the Medicaid Transformation Project Demonstration

Unprecedented demand for LTSS

Projected Growth of Older Population in WA State as % of 2012 Population



Caregiving: Impacts on family

- In Washington State, approximately 80% of the care statewide is provided by family members and other unpaid caregivers
- Unpaid caregiving has an economic impact on families:
 - Loss of earning potential
 - Decreased savings for retirement
 - Impacts on ability to provide for their own children's needs
 - Increased health care costs due to stress and burden
- If just one-fifth of unpaid caregivers stopped providing care, it would double the cost of long-term services and supports in Washington

Support for Family Caregivers: Interrupting the Path to Medicaid

Over 850,000 Washington State citizens are unpaid family caregivers and provide care equal to **5 times** the Medicaid LTSS budget. They allow family members to remain at home for as long as possible.

- The path to Medicaid is common and predictable:
 - STEP ONE:** Someone has a need for care
 - STEP TWO:** Family caregivers become exhausted
 - STEP THREE:** Out of pocket spending exhausts resources
 - STEP FOUR:** Medicaid
- We **can help** families delay the point at which they must turn to Medicaid
- They benefit, and the state budget benefits

The LTSS System of the Future Must:

- Provide effective services for individuals before they spend down to Medicaid
- Provide effective supports to unpaid family caregivers
- Promote the right service at the right time and place
- Have the capacity to meet the needs of the population
- Strategically target LTSS Medicaid investments to slow the growth rate of public expenditures

The 1115 Waiver will allow us to Sustain and Continue LTSS Innovation

- Allow individuals to choose to have benefits wrapped around their unpaid caregiver as an alternative to traditional Medicaid benefits of personal care or nursing home care
- Provide effective services for individuals before they spend down to Medicaid
- Strategically target LTSS Medicaid investments to slow the growth rate of public expenditures

Two New Choices

Medicaid Alternative Care (MAC)

- A new option designed to support unpaid caregivers in continuing to provide quality care

Tailored Supports for Older Adults (TSOA)

- A new eligibility group to support individuals who need LTSS and are at risk of spending down to impoverishment

Building on what works

- State Family Caregiver Support Program
 - Successful 17 year old program
 - Documented success with the model
 - Existing infrastructure & provider network
- Trained and certified staff
- TCARE and GetCare systems
- Network of locally contracted providers

Washington's History of Caregiver Support

- 
- **1989** - State Respite Care Services
 - **2000** - State Family Caregiver Support Program (FCSP)
 - **2001** - Title III E OAA, National FCSP
 - **2007/2008** - Increased funding, mandate for evidence-based caregiver assessment, statewide survey (BRFSS)
 - **2009** - Family Caregiver-TCARE® Assessment
 - **2010** - Rosalynn Carter Leadership in Caregiving Award
 - **2012-13** - FCSP expansion
 - **2017** – 1115 Medicaid Waiver – Caregiver Initiative

Does the Family Caregiver Support Program make a difference?

In 2007 WA State Legislature mandated development of evidence-based caregiver assessment and referral tool. (RCW 74.41)



The use of Tailored Caregiver Assessment & Referral (**TCARE[®]**) offers a consistent, consultative model across the state, allowing caregivers to make informed choices and provides accurate data for decision-making.

Family Caregiver Support Program Expansion 2012 and 2013

- Expansion was to avoid serving caregivers “too little, too late”.
- Caregivers served with new funding were to have a somewhat lower (but still high) level of caregiving stress, burden, or depression.
 - Before program expansion, state funding was \$6.3 million. In SFY 2012, program expanded by \$3.4 million, to serve 1500 new caregivers with in-depth services (e.g. assessment/care plan, ongoing services – respite care, in-home consultation series, etc.).
 - In SFY 2013, program expanded by \$1.5 million, to serve 750 new caregivers.

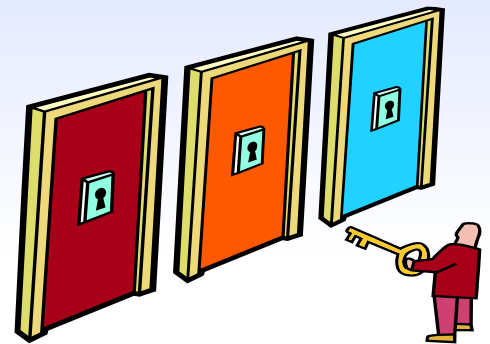


Family Caregiver Support Program

Outcomes for both Caregivers and Care Receivers

When caregivers access support earlier in their caregiver journey, before they are experiencing the highest levels of stress and burden:

- There is a statistically significant delay in the use of Medicaid long term services and support (LTSS) for the care receiver
- Caregiver's well-being is improved



FCSP Improves Outcomes for Family Caregivers

Majority of caregivers (84%) show significant improvements on key outcomes



Over a 6-month period, caregivers who receive ongoing support show statistically significant improvements in:

- Stress burden
- Relationship burden
- Objective burden
- Depression
- Comfort with caregiving role

Spousal caregivers also show a decreased “intention to place”

Characteristics of Family Caregivers We Serve

- **61%** over age 60
- **24%** ended their employment due to caregiving responsibilities
- **59%** provided care for a minimum of two years (**29%** provided care for 5 or more years)
- **75%** spend at least 40 hours a week caregiving
- **53%** caring for individuals with Alzheimer's Disease or dementia (another 32% caring for individuals with memory/cognitive problems)
- **82%** are coping with challenging behaviors of care receivers



Demonstration Outcomes

- Serve 7,000ish people...5 years...
- Cost neutral
- Evaluation
- Ask legislature for 50% funding when demonstration is concluded

Medicaid Alternative Care (MAC)

A new choice designed to support unpaid caregivers in continuing to provide quality care

| | |
|-----------------|--|
| | |
| Age limit | 55+ |
| Estate Recovery | Waived for services provided under the MAC benefit. |
| Cost sharing | No |
| Resources | Must meet Medicaid requirements. Spousal impoverishment protections will apply to this population so potentially higher resource limits for married couples. |
| Income | Medicaid Eligible |
| | No specific income level. <i>Applicant must be eligible for CN (categorically needy) or ABP (alternate benefit plan).</i> |
| Dyad: | Married couple that doesn't want to worry about estate recovery and participation yet needs supports to remain at home. |

Tailored Supports for Older Adults: Delay Spend Down to Medicaid

A new eligibility group to support individuals who need LTSS and are at risk of spending down to impoverishment

| | |
|-----------------|---|
| Age limit | 55+ |
| Income | 300% Federal Benefit Rate (\$2,199 based on 2016 standards). Calculated only on the applicant's income, even if the applicant is married. |
| Cost sharing | No |
| Estate recovery | Waived for services provided under the TSOA benefit. |
| Resources | Asset limit of: - \$53,100 for a single individual - \$53,100 plus \$54,726 for a spouse not receiving services |
| Individual: | A person who lives alone yet needs some personal care to remain living at home. |

Proposed Benefit packages: MAC & TSOA

- **Caregiver Assistance Services:** Services that take the place of those typically performed by unpaid caregiver.
- **Training and Education:** Assist caregivers with gaining skills and knowledge to care for recipient.
- **Specialized Medical Equipment & supplies:** Goods and supplies needed by the care receiver.
- **Health Maintenance & Therapies:** Clinical or therapeutic services for caregiver to remain in role or care receiver to remain in home.
- **Personal Assistance Services:** Supports involving the labor of another person to help recipient (TSOA only).

Caregiver Assistance Services

- take the place of those typically performed by the unpaid caregiver
- Services to decrease the burden of the unpaid caregiver and/or provide the caregiver with short-term relief in providing care to the participant.
- Includes:
 - Household tasks, respite, essential shopping, home delivered meals, home safety evaluations.

Training, Education & Consultation

- Services for the participant or caregiver to promote the participant's ability to live and participate in the community;
- Services for the unpaid family caregiver to learn or enhance caregiving, safety and coping skills
- Includes:
 - training on health issues, supported decision-making, skill development, support groups...

Specialized Equipment and Supplies

- Specialized equipment and supplies are items needed for participant and/or caregiver health and safety.
- Includes:
 - Devices to assist with mobility, assistive technology, adaptive equipment
 - Personal Emergency Response Systems (PERS)
 - Durable Medical Equipment

Health Maintenance & Therapy Supports

- Services that assist the participant to remain in their home or the caregiver to remain in their caregiving role and provide high quality care.
- Services to prevent further deterioration, improve or maintaining current level of functioning of the participant and reducing the stress and level of burden experienced by the caregiver
- Includes:
 - Evidence based health and exercise programs, massage, individual and family counseling, wellness education

Personal Assistance Services (only in TSOA)

- To be used instead of Caregiver Assistance when the participant is not supporting an unpaid caregiver.
- Supports involving the labor of another person to help waiver participants carry out everyday activities they are unable to perform independently.
- Services may be provided in the person's home or to access community resources.
- Includes:
 - Personal Care services
 - Adult Day Services
 - Nurse Delegation

Benefit Levels

- Step One: Eligibility screening, demographics yields \$250 once in lifetime benefit
- Step Two: Eligibility screening, demographics, TCARE[®] Screen yields \$500/year (minus whatever spent at step one) benefit
- Step Three: Above plus TCARE[®] Screen score that leads to full TCARE[®] assessment yields average of \$550/month up to \$3,300 in 6 months (dyad) OR \$550 month capped (TSOA individual)

How to Access

- MAC/TSOA may be accessed through either the Area Agency on Aging or the Home & Community Services front door.
- HCS provides initial eligibility screen, and confirms final functional and financial eligibility.
- AAA provides initial eligibility screen, screen, assessment, care plan, authorization and follow up.
- Warm Hand Off to support communication between AAA and HCS.

Questions?

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