

# ACCELERATING THE PACE OF CHANGE IN PROVIDING ALASKA'S NETWORK OF LONG-TERM SERVICES AND SUPPORTS

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AARP Government Affairs



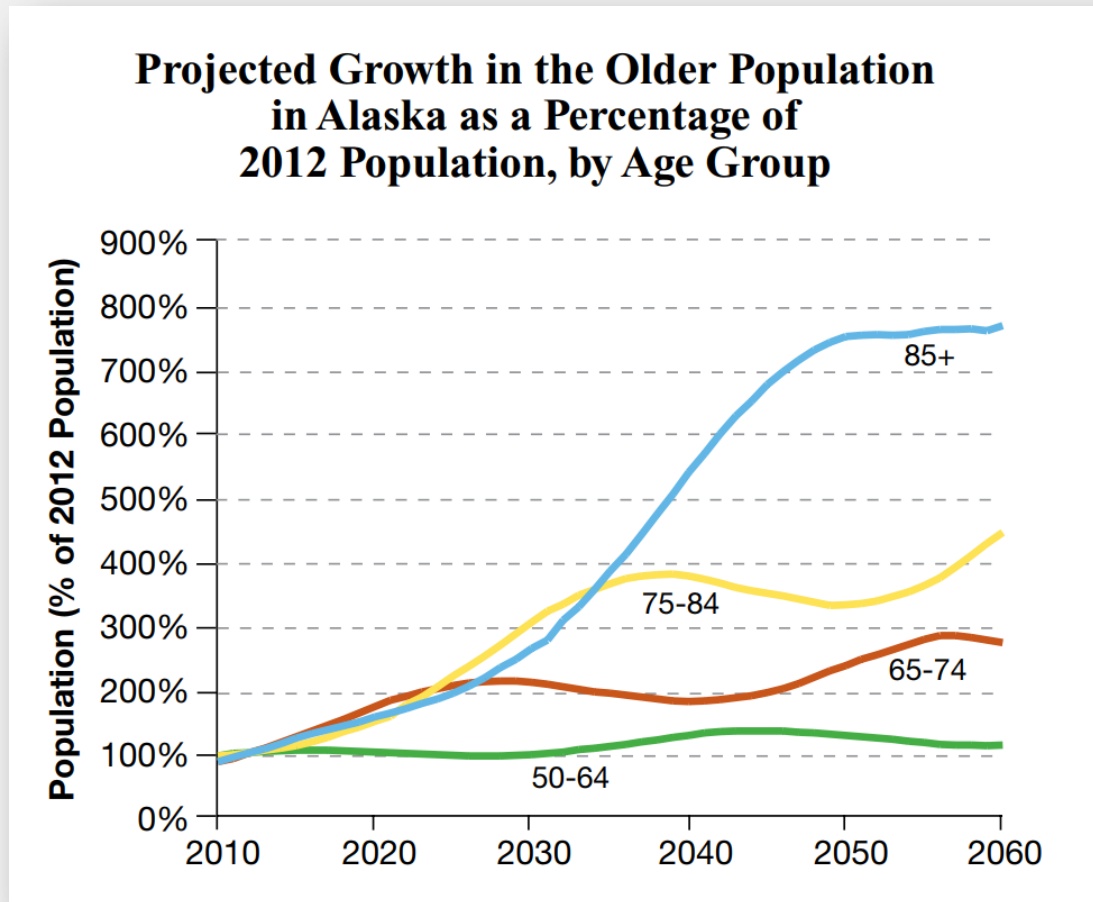
Real Possibilities

# Older Population Growth in Alaska

Population & Projections	Year	State Pop. (1,000s)	% of Total Population	Rank	U.S.	% Change from 2012	Rank	U.S.
Age 65+	2012	63	8.7%	51	13.6%			
	2032	156	16.4%	49	19.8%	+147%	1	+74%
	2050	196	19.9%	33	20.4%	+210%	1	+107%
Age 65-74	2012	41	5.6%	50	7.4%			
	2032	83	8.7%	48	10.1%	+103%	1	+64%
	2050	96	9.8%	2	9.1%	+136%	2	+69%
Age 75-84	2012	16	2.3%	51	4.2%			
	2032	55	5.8%	48	6.8%	+232%	1	+94%
	2050	55	5.5%	49	6.6%	+231%	1	+116%
Age 85+	2012	6	0.8%	51	2.0%			
	2032	18	1.9%	49	2.9%	+207%	1	+69%
	2050	45	4.6%	34	4.8%	+650%	1	+224%

**Alaska's older population is the fastest growing in the nation!**

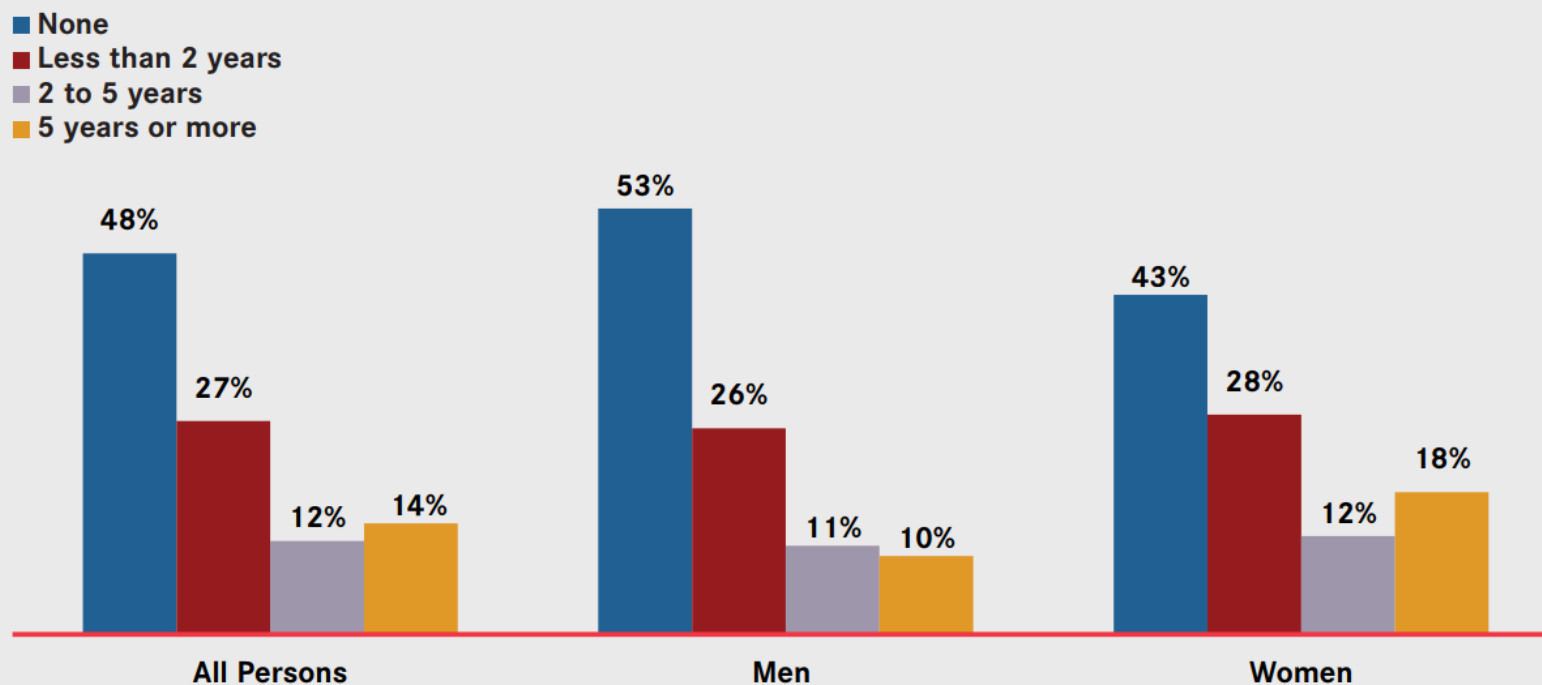
# Older Population Growth in Alaska (cont.)



Source: *Across the states: Profiles of long-term services and supports (2012)*  
AARP Public Policy Institute

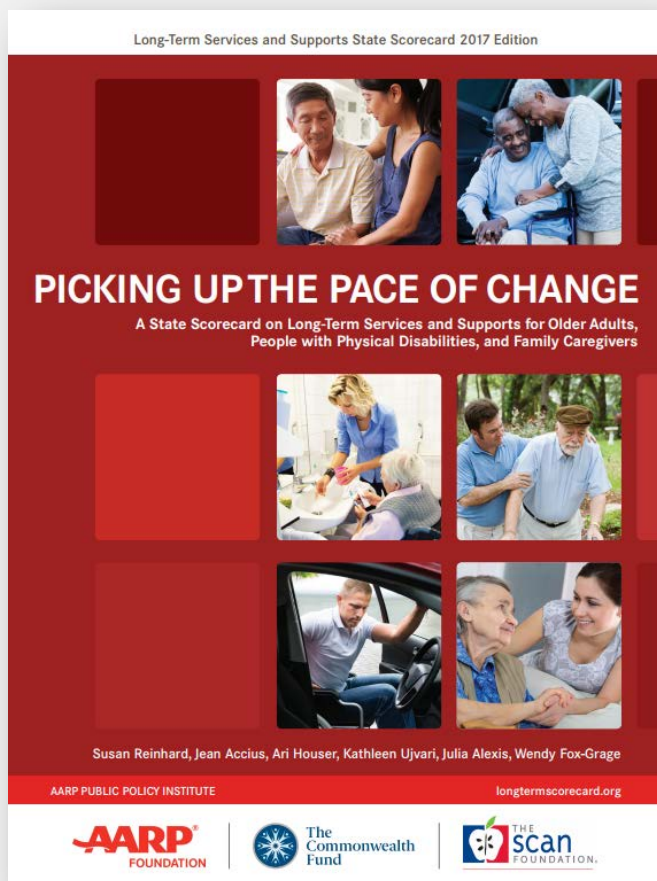
# Majority of Older People Will Need LTSS

Projected Lifetime LTSS Need for Persons Turning 65 in 2015, by Duration of Need



Source: ASPE. Long-Term Services and Supports for Older Americans. Risks and Financing Research Brief. 2015.

# LTSS Scorecard

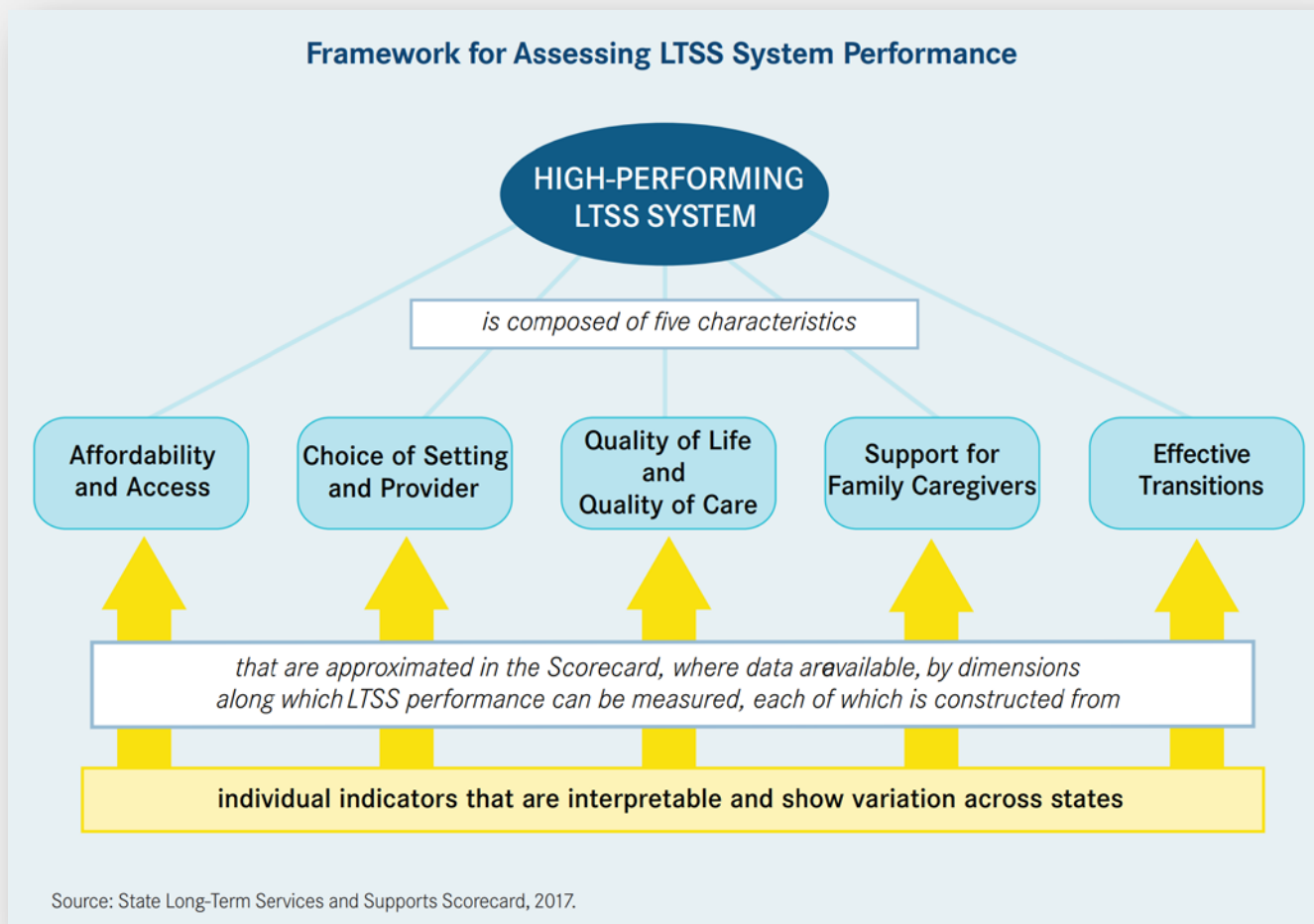


- Tracks state progress on a number of key indicators of a high-performing LTSS system
- Third edition released June 2017
- Produced in partnership with AARP, The Commonwealth Fund, and The SCAN Foundation

[www.longtermscorecard.org](http://www.longtermscorecard.org)

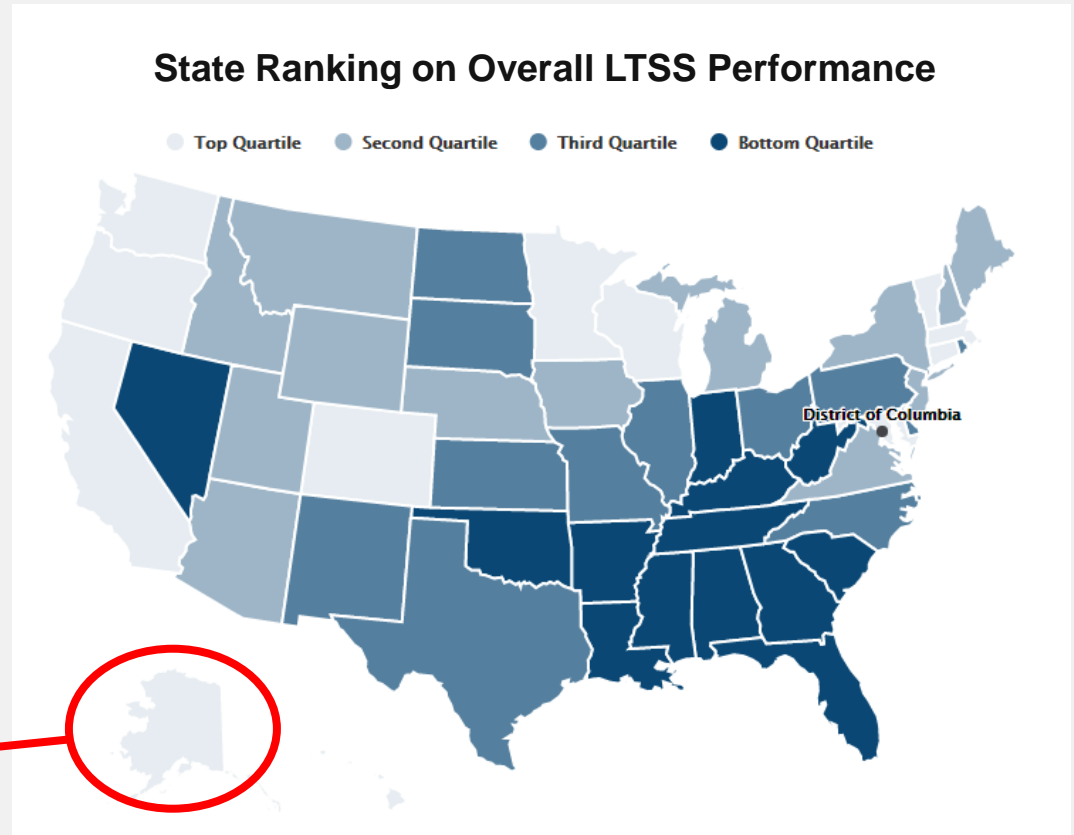
Source: *Picking Up the Pace of Change: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers* (2017)  
AARP Public Policy Institute

# LTSS Scorecard



Source: *Picking Up the Pace of Change: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers* (2017)  
AARP Public Policy Institute

# Alaska's LTSS Scorecard Performance



**Alaska ranks  
5th overall**

Source: *Picking Up the Pace of Change: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers* (2017)  
AARP Public Policy Institute

# Alaska's LTSS Scorecard Performance (cont.)

## State Rankings



Overall: **5**



Affordability and Access: **23**



Choice of Setting and Provider: **6**



Quality of Life & Quality of Care: **4**



Support for Family Caregivers: **7**



Effective Transitions: **6**

## Number of indicators for which this state ranked in the:

Top Quartile: **15**

2nd Quartile: **4**

3rd Quartile: **2**

Bottom Quartile: **3**



# Areas for Future Focus



## Lower Rankings

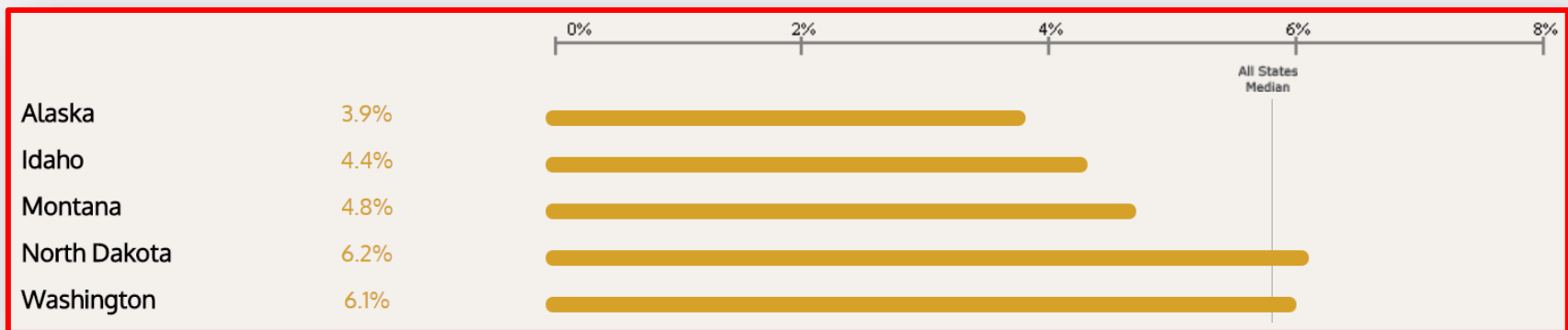
- Nursing home affordability **51<sup>st</sup>**
- Subsidized housing opportunities **50<sup>th</sup>**
- Long-term care insurance policies in effect **49<sup>th</sup>**
- ADRC/No Wrong Door functionality **39<sup>th</sup>**
- Supporting working caregivers **20<sup>th</sup>**

Source: *Picking Up the Pace of Change: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers* (2017)  
AARP Public Policy Institute

# Areas for Future Focus

- **Subsidized Housing Opportunities**

- Older people and people with disabilities are disproportionate users of subsidized housing.
- New Scorecard indicator measures the number of subsidized housing opportunities compared to overall housing units in a state.
- Alaska ranks 50<sup>th</sup>.



Source: *Picking Up the Pace of Change: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers* (2017)

AARP Public Policy Institute <sup>10</sup>

# Areas for Future Focus



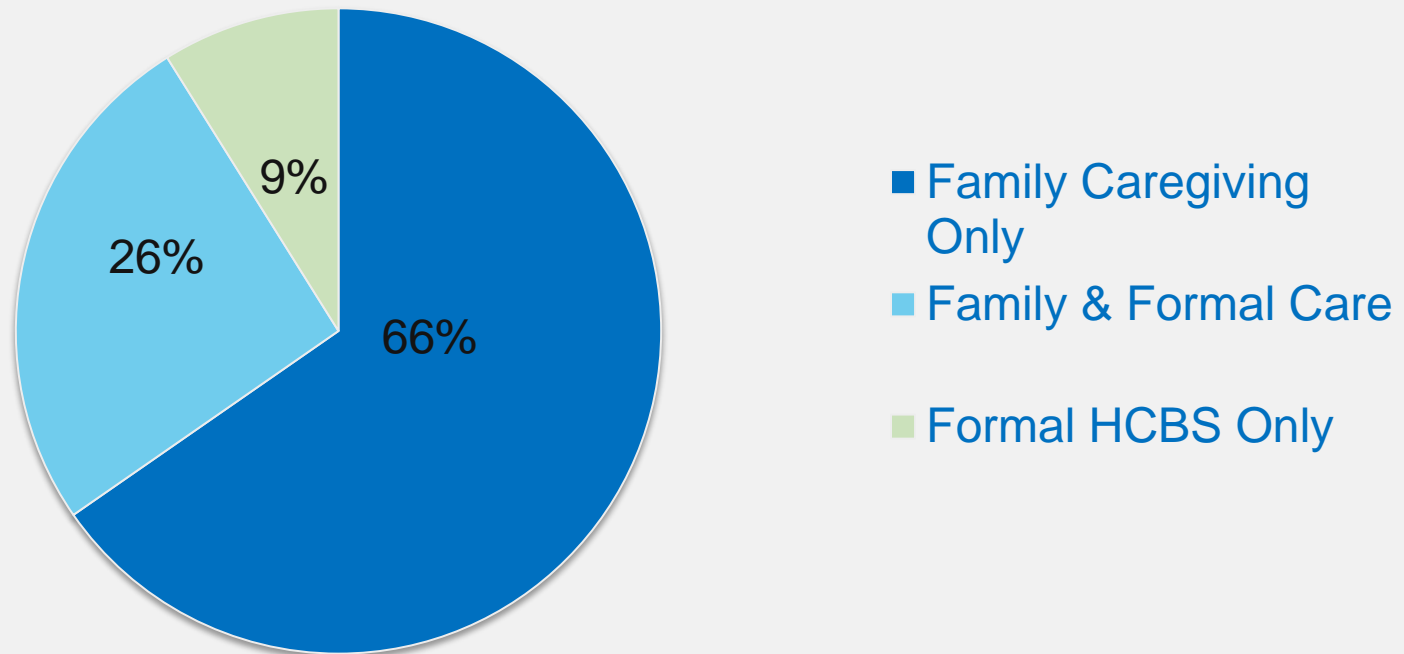
- **Assisted Living/Pioneer Homes** – Availability in Alaska is decreasing as the state continues to struggle with funding and quality.
- **Aging and Disability Resources Centers (ADRCs)** – Publicly-sponsored entities that help people find and access LTSS options. One area where Alaska can improve is streamlining eligibility for public programs.

*Source: Picking Up the Pace of Change: A State Scorecard on Long-Term Services and Supports for Older Adults, People with Physical Disabilities, and Family Caregivers (2017)*

*AARP Public Policy Institute* 11

# Family Caregivers: The Backbone of the LTSS System

## Distribution of Older Adults (65+) Receiving LTSS in the Community, by Type of Care



Source: P. Doty (2010). The evolving balance of formal and informal, institutional and non-institutional long-term care for older Americans: A thirty-year perspective. *Public Policy & Aging Report*, 20 (1):3-9.

# Family Caregiving in Alaska

84,900 Family Caregivers



in **Alaska**



**79**  
Million Hours

Unpaid  
Family  
Care

**\$15.05** economic  
value per hour



total  
economic value **\$1.2 billion**

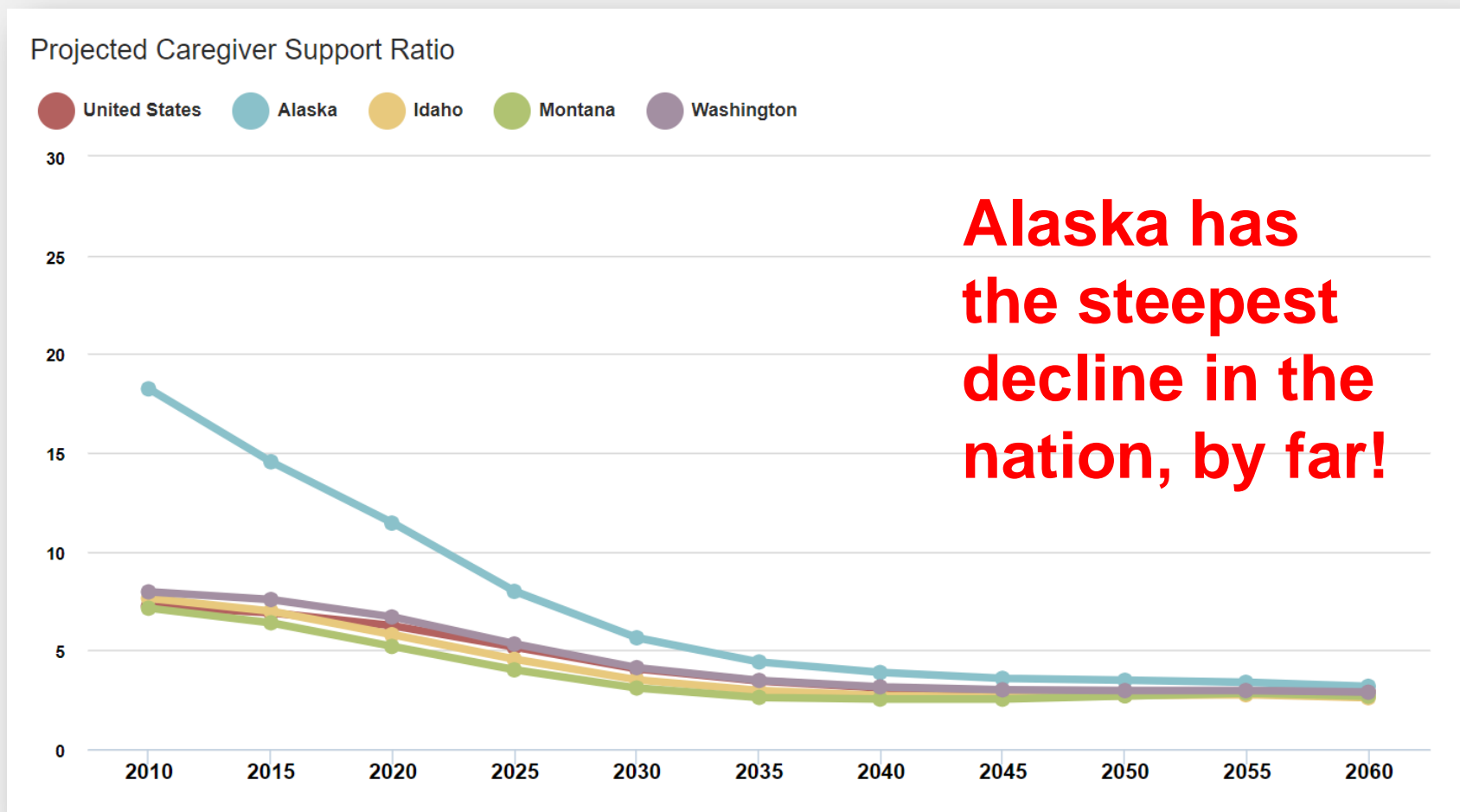
**AARP**® Real  
Possibilities

[aarp.org/valuing](http://aarp.org/valuing)

2013

Source: *Valuing the Invaluable: 2015 Update - Undeniable Progress, but Big Gaps Remain (2015)*  
AARP Public Policy Institute

# Caregiver Support Ratio in Alaska



Source: *The Aging of the Baby Boom and the Growing Care Gap: A Look at Future Declines in the Availability of Family Caregivers* (2013), AARP Public Policy Institute

# AARP Alaska's Recent LTSS/Caregiving Work

**2017** – Helped eliminate millions of dollars in proposed HCBS and senior safety net cuts from the budget.

**2016** – Helped pass the CARE Act to support caregivers as their loved ones transition home from the hospital.



# CARE Act: What's Next?

- Broad education and outreach campaign to inform consumers, hospitals, and other stakeholders.
- Efforts to ensure state implementation and oversight.
- Researching hospital processes and best practices.
- Creating caregiver learning materials.

## Wallet Cards



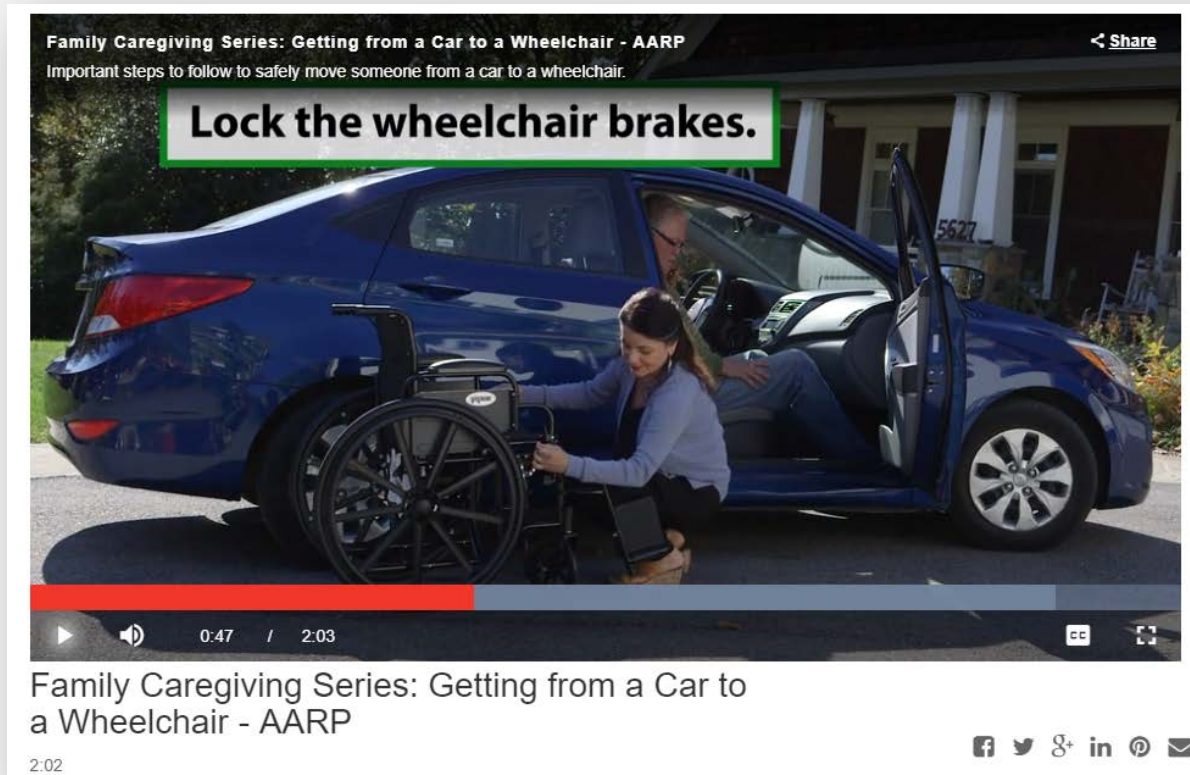
## Training Videos



(Available at: [www.aarp.org/nolongeralone](http://www.aarp.org/nolongeralone))



# Home Alone Alliance Video Series

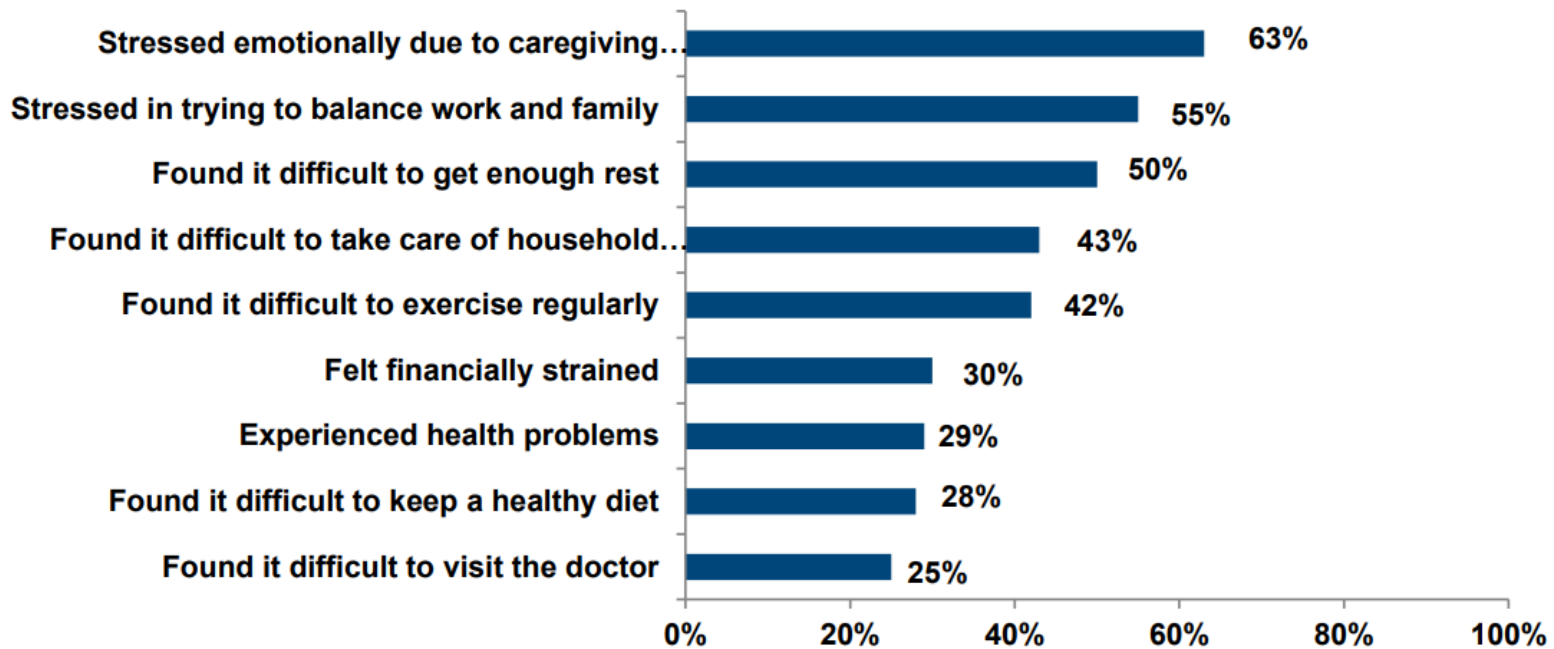


<http://videos.aarp.org/detail/video/5327147805001/family-caregiving-series:-getting-from-a-car-to-a-wheelchair---aarp>

**For more videos, visit: [www.aarp.org/nolongeralone](http://www.aarp.org/nolongeralone)**

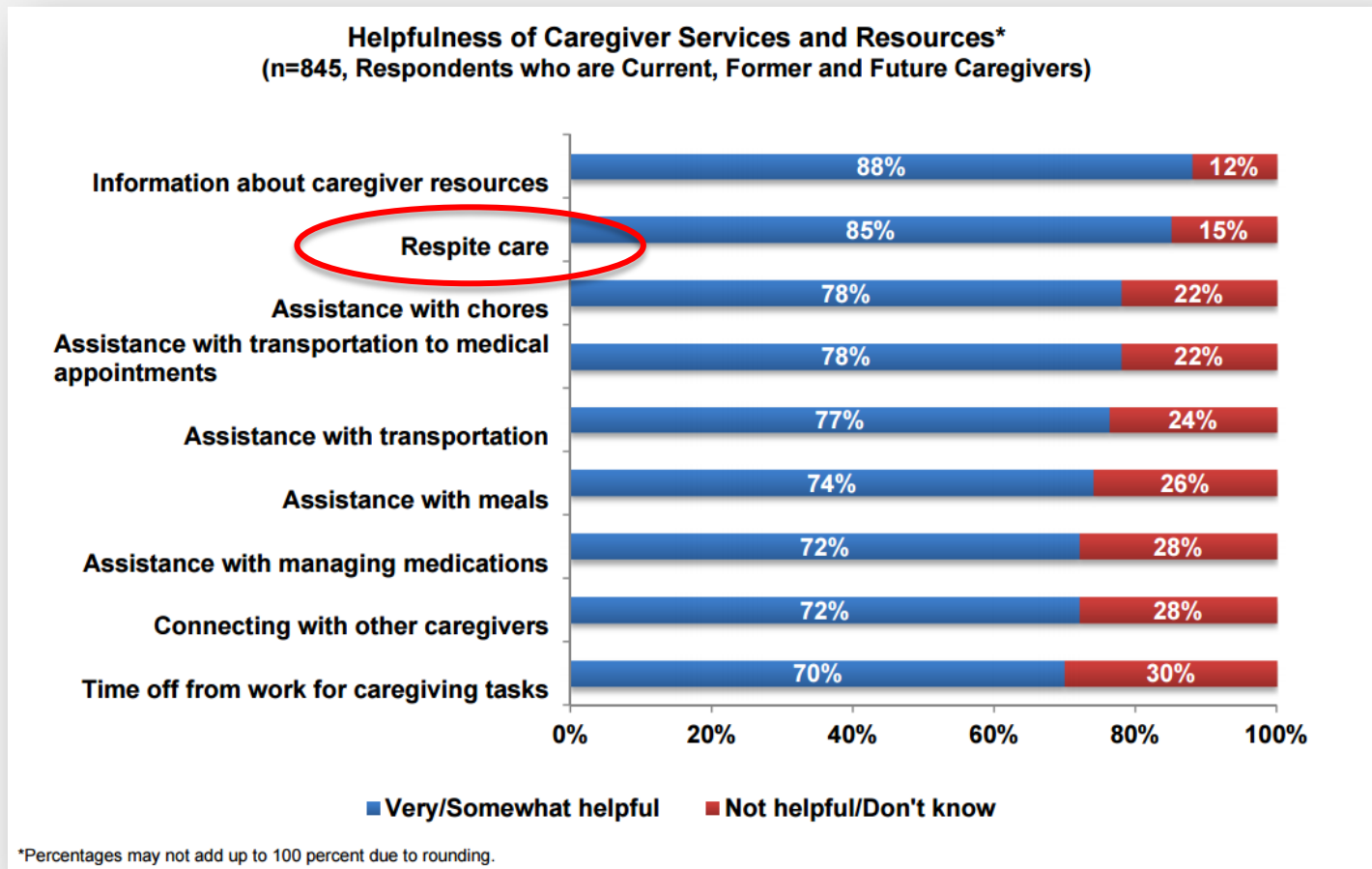
# Caregiver Stress is Real

**Experiences of Alaska Caregivers Age 45-Plus\***  
(n=397, Respondents Who Are Current or Past Caregivers)



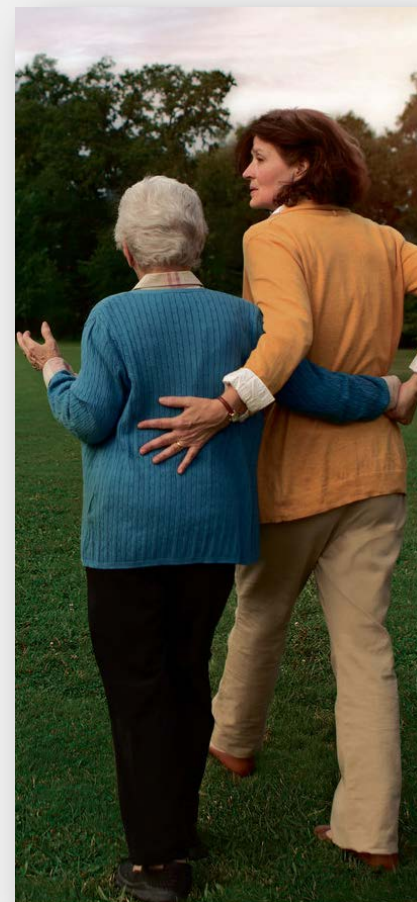
\*Graph shows respondents who responded "yes" to each type of stressor.

# Respite Care Among Most Helpful



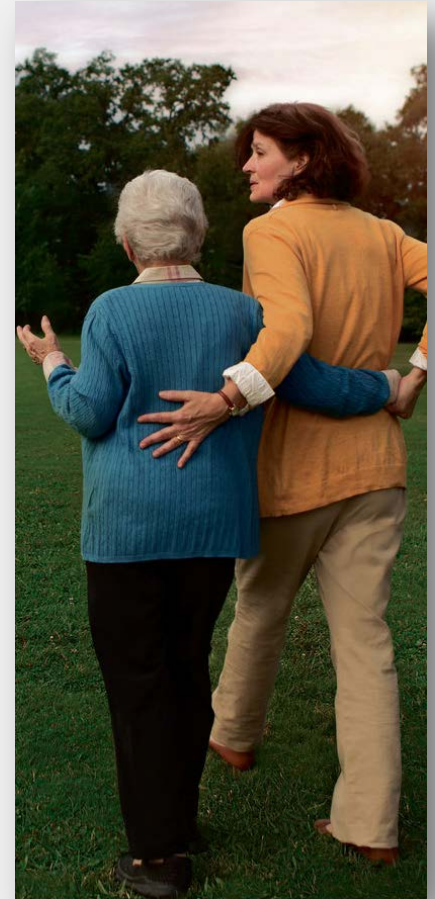
# A Respite Waiver Concept - RELIEF

- **RELIEF** (Respite: Living Independently, Energizing Families)
  - Extend Medicaid eligibility for a targeted set of respite and care coordination for family caregivers
  - Eligibility up to 400% of poverty (64% of the U.S. have incomes under this level)
  - States with state-funded programs could use that as match
  - States could use a sliding fee scale so that families could “buy-in” to services
  - Some elements of this proposal already approved in Washington state



## RELIEF in Alaska

- Alaska has already expanded HCBS options through programs like Money Follows the Person, Balancing Incentive Payments Program, Community First Choice Option, and expanding eligibility under the “special income rule.”
- RELIEF could help divert those “at risk” of institutionalization from eventually needing full Medicaid benefits, and help the state get federal matching funds for state-funded respite and HCBS programs already in use.



# Technology and Caregiving

- Using technology to deliver virtual medical, health, and education services.
- Helps increase access, especially in rural areas.
- Family caregivers also benefit by bringing health services home, being involved virtually, remote monitoring or getting their own care.
- Alaska has led the way in some aspects of telehealth and can still improve in others.



*The Jetsons*  
1963

# Alaska's Telehealth Report Cards

Coverage & Reimbursement :

**B**

Physician Practice Standards & Licensure:

**B**

But plenty of areas to improve:

Private Insurance

**C**

State Employee Health Plan

**F**

Licensure & Out-of-State Practice

**C**

50 State Telemedicine Gaps Analysis:  
Physician Practice Standards & Licensure

50 State Telemedicine Gaps Analysis:  
Coverage & Reimbursement

## Telemedicine in Alaska



PARITY:		GAPS:
Private Insurance	C	<b>Progress</b> <ul style="list-style-type: none"> <li>AK enacted a partial parity law in 2016 covering mental health services.<sup>15</sup></li> <li>2016 legislation enacted authorizes Medicaid to expand the use of telehealth for primary care, behavioral health, and urgent care.<sup>16</sup></li> </ul>
Medicaid <sup>18-24</sup>	B	
State Employee Health Plan	F	
MEDICAID SERVICE COVERAGE & CONDITIONS OF PAYMENT:		
Patient Setting	A	<b>Medicaid</b> <ul style="list-style-type: none"> <li>Telemedicine coverage under the Medicaid plan is broad and the least restrictive compared to other states. However not all benefits are covered when using telemedicine, thus leaving out services including dental and ocular care.</li> <li>AK Medicaid will cover services when delivered using dedicated audio conferencing system.</li> <li>School-based services are covered when provided via telemedicine: audiology, behavioral health, nursing, occupational therapy, physical therapy, and speech-language therapy.<sup>17</sup></li> <li>No additional telepresenter or informed consent requirements from Medicaid or other state licensing boards.</li> </ul>
Eligible Technologies	A	
Distance or Geography Restrictions	A	
Eligible Providers	B	
Physician-provided Services	A	
Mental/behavioral Health Services <sup>25-26</sup>	A	
Rehabilitation <sup>27</sup>	A	
Home Health <sup>28</sup>	A	
Informed Consent	A	
Telepresenter	A	
INNOVATIVE PAYMENT OR SERVICE DELIVERY MODELS:		
State-wide Network		
Medicaid Managed Care	N/A	
Medicare-Medicaid Dual Eligibles		
Health Home		
HCBS Waiver		
Corrections		
Other		

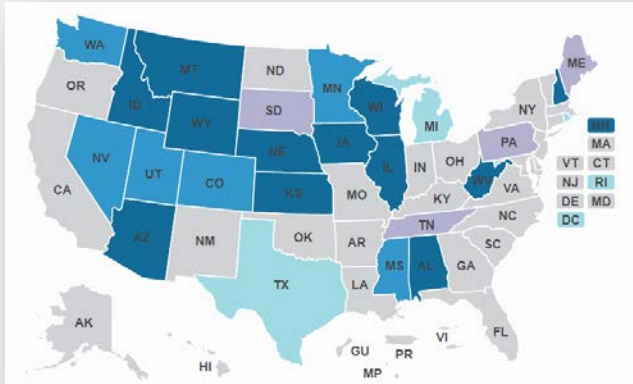
American Telemedicine Association 2017 | Page 30



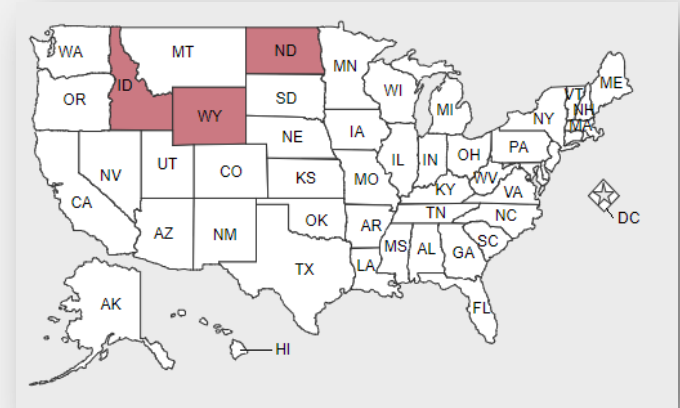


# Telehealth – Licensure Compacts

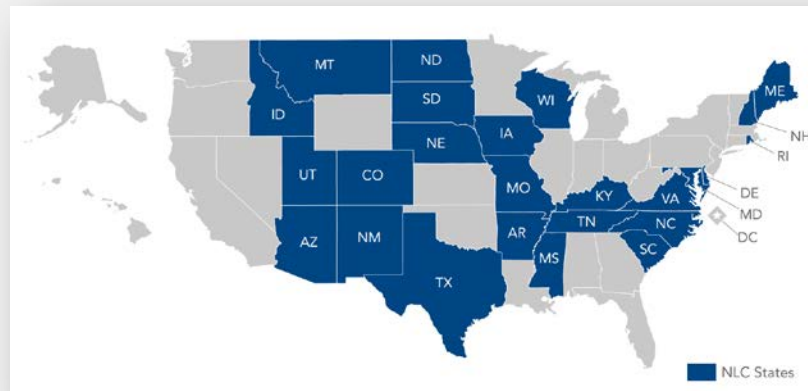
Three licensure compacts Alaska can join to improve telehealth access:



**Physicians**



**APRNs**



**Nurses**

# Telehealth Helps Caregivers Themselves

Recently, researchers at the University of Washington looked at 65 different studies over the years about the benefits of telehealth on family caregivers. They found:



- Less time spent, less wear and tear
- Better mental health: less anxiety, depression, stress (e.g., psychosocial therapy through telehealth technology)
- Improved caregiving knowledge and skills and higher satisfaction/confidence in their caregiving roles
- Better physical health

# Other Areas of AARP State Caregiving Advocacy

## Caregiver Support and Education

- CARE Act
- CARE Act Implementation

## Workplace Flexibility

- Paid and Unpaid Leave
- FMLA expansion
- WORC, ELECT
- Paid Sick Leave
- Respite Care
- RELIEF

## Expanded Options for Care

- Telehealth
- APRN Scope of Practice
- Nurse Delegation
- Registries

## Home and Community Based Services (HCBS)

- MLTSS
- Quality across settings
- Antipsychotics
- Improve/protect program/funding
- Navigation

## Financial and Legal Solutions

- Guardianship
- Caregiver Tax Credit
- WINGS
- Uniform Power of Attorney Act

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