Where Are We? Where Are We Headed? – A National Study of LTC Providers Update

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LTC Discussion Group
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Presentation overview

• NSLTCP design and features
• Topics covered
• Products
• Plans
• Selected findings from upcoming products
  ▪ national and state highlights
• Questions?
Monitors trends in paid, regulated LTC services

- Includes five sectors
  - adult day services centers (ADSCs) and participants
  - home health agencies and patients
  - hospices and patients
  - nursing homes and residents
  - residential care communities (RCCs) and residents
Unique study features

1. State and national estimates
2. Compare among LTC sectors at similar time (within 1-3 years)
3. Only on-going nationally representative data on adult day and residential care
4. Ability to trend over time
5. Public-use files (starting with 2018 wave)
6. Services user information—person–level and aggregated at provider-level
Example of analyses possible with aggregate data

Figure. Residential care communities by whether their 30-day hospital readmission rates are above, at, or below the average, overall and by bed size

Differences between all community bed sizes were significant at p<.05 and increase by size is statistically significant (p<.05) based on a weighted least-squares regression test. Size-specific averages for 30-day hospital readmission rates were 17.3% for all sizes, 16.7% for 4-25 beds, 16.3% for 26-50 beds, and 18.3% for more than 50 beds.

NOTES: Denominator is residential care communities that had at least one resident with a discharge from an overnight hospital stay in the past 90 days.
Source: National Study of Long-Term Care Providers, 2012  -- Caffrey et al.
Example of analyses possible with person-level data

Khatutsky et al.
How do we make this work? –
Sectors and data sources

**SECTORS**

- Hospices
- Nursing Homes
- Home Health Care Agencies
- Residential Care Communities
- Adult Day Services Centers

**DATA SOURCES**

- Administrative records – claims, assessment, regulatory data from CMS
- Multi-mode survey data

National Study of Long-Term Care Providers
Topics about providers

• **Location**—metropolitan statistical area, region, state

• **Operating characteristics**—ownership, chain, size, capacity, tenure, Medicaid, operating hours/days

• **Services offered and how**—dental, dietary/nutritional, hospice, mental health, pharmacy, podiatry, skilled nursing, transportation, dementia care, specialized services (continence management)

• **Staffing**—nursing, social work, activities; turnover, benefits, wages, training

• **Practices**—advance directives, screenings, disease management, health information technology, fall risk reduction, person-centered practices, EOL, visitor and leaving policy
Topics about services users

- **Socio-demographics**—age, race, ethnicity, sex, Medicaid
- **Health conditions (up to 34)**
- **Physical and Cognitive Functioning**—need any ADL assistance, wheelchair/scooter use, incontinence, behavioral symptoms
- **Health care use and adverse events**—advance directive, emergency department, falls and related injuries, hospitalizations and re-admissions, reason for hospitalization, receiving hospice, # medications, antipsychotics,
- **Other characteristics**—services used, length of stay, living arrangements
### 2016 NSLTCP Weighted Survey Estimates: Residential Care Communities

<table>
<thead>
<tr>
<th>QUESTION NUMBER</th>
<th>VARIABLE NAME</th>
<th>SURVEY QUESTION TEXT</th>
<th>DATA MEASURE</th>
<th>CODE CATEGORIES</th>
<th>WEIGHTED PERCENTAGES AND COUNTS</th>
<th>STANDARD ERRORS</th>
<th>COMMUNITIES ASKED/RECODED</th>
<th>ADDITIONAL NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>BEDS</td>
<td>At this residential care community, what is the number of licensed, registered, or certified residential care beds? Include both occupied and unoccupied beds. If this residential care community is licensed, registered, or certified by apartment or unit, please count the number of single-resident apartments or units as one bed each, two-bedroom apartments or units as two beds each and so forth. If none, enter &quot;0.&quot; Number of beds</td>
<td>Percent of residential care communities, by bed size categories (total number of beds in the community)</td>
<td>1 = 4-10 beds</td>
<td>45.6 (0.1)</td>
<td></td>
<td></td>
<td>Total number of residential care communities: 28,836. Collected as a continuous variable; recoded the variable to provide estimates in categories.</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 = 11 - 25 beds</td>
<td>15.3 (0.1)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>3 = 26 - 100 beds</td>
<td>31.5 (0.3)</td>
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<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4 = &gt;100 beds</td>
<td>7.7 (0.1)</td>
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<tr>
<td></td>
<td></td>
<td>Total number of beds</td>
<td>996,102</td>
<td>8,787</td>
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<tr>
<td>5</td>
<td>TOTRES</td>
<td>What is the total number of residents currently living at this residential care community? Please include residents for whom a bed is being held while in the hospital. If you have respite care residents, please include them. If none, enter &quot;0.&quot; Number of residents</td>
<td>Percent of residential care communities, by resident-size categories (total number of residents in the community)</td>
<td>1 = 1-25 residents</td>
<td>65.0 (0.3)</td>
<td></td>
<td></td>
<td>Collected as a continuous variable; recoded the variable to provide estimates in categories.</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>2 = 26 - 100 residents</td>
<td>30.7 (0.4)</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>3 = &gt;100 residents</td>
<td>4.3 (0.2)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Total number of current residents in residential care communities</td>
<td>811,451</td>
<td>8,343</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>8</td>
<td>OWNERSHIP</td>
<td>What is the type of ownership of this residential care community? Private—nonprofit; Private—for profit; Publicly traded company or limited liability company (LLC); Government—Federal, state, county, or local</td>
<td>Percent of residential care communities, by ownership type</td>
<td>1 = Not ascertained</td>
<td>2.5 (0.4)</td>
<td></td>
<td></td>
<td>Used frame information to recode 81 cases with missing data.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 = Nonprofit, government</td>
<td>18.6 (0.7)</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>2 = For profit (including publicly traded company or limited liability company)</td>
<td>78.9 (0.8)</td>
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</tbody>
</table>

**Notes:**

1. Estimate does not meet reliability or confidentiality standards.
National Study of Long-Term Care Providers

Study Results and Publications

- Reports
- National and State Estimates (Maps, Tables, and Figures)
- Journal Articles
- Presentations
Plans – add sectors

Snap Shot of LTPAC Settings

Total Number of Settings From National Study of Long-Term Care Providers (2013 – 2014)

- 420* Long-Term Care Hospitals (LTCHs)
- 1,166* Inpatient Rehabilitation Facilities (IRFs)
- 12,400* Home Health Agencies (HHAs)
- 32,000* Assisted Living & Similar Residential Care Communities

4,000 Hospices
4,800 Adult Day Services
15,600 Nursing Homes (SNFs/NHs)

In 2014, nearly 67,000 LTPAC providers served over 9 million Americans.
Plans – study name change

- NSLTCP
  - National
  - Post-acute
  - And
  - Long-Term Care
  - Study
Selected findings from upcoming products

• National and state highlights
  • Supply and use
    • Medicaid
  • Activities of daily living (ADLs)
    • Adverse events
Sectors included, 2015 and 2016

- **65,600 Providers**
- **8.3 million Services users**

<table>
<thead>
<tr>
<th>Sector</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult day</td>
<td>4,600</td>
<td>12,200</td>
</tr>
<tr>
<td>Home health</td>
<td>4,300</td>
<td>15,600</td>
</tr>
<tr>
<td>Hospice</td>
<td>286,300</td>
<td>4,455,700</td>
</tr>
<tr>
<td>Nursing home</td>
<td>1,426,000</td>
<td>1,347,600</td>
</tr>
<tr>
<td>Residential care</td>
<td>811,500</td>
<td>811,500</td>
</tr>
</tbody>
</table>

National Study of Long-Term Care Providers
Long-term care services provider capacity per 1,000 people aged 65 and over, by sector and region: United States, 2015 and 2016

SOURCE: NCHS, “Long-Term Care Providers and Services Users in the United States: 2015–2016,” Figure 3.
Use rates of nursing home residents aged 65+ per 1000 persons aged 65+, by state: United States, 2016

The national rate is 24.
Use rates of residential care residents aged 65+ per 1000 persons aged 65+, by state: United States, 2016

The national rate is 15.
Percentage of long-term care services users with Medicaid as payer source, by sector: United States, 2015 and 2016

SOURCE: NCHS, “Long-Term Care Providers and Services Users in the United States: 2015–2016,” Figure 23.
Percentage of RCC residents with Medicaid as payer source, by state: United States, 2016

The national percentage is 16.5%.
States ranged from 0% in Louisiana to 71% (CI 63.2, 79.5) in Connecticut.
Significance tested at p<0.05. Source: NCHS, National Study of Long-Term Care Providers, 2016.
Percentage of ADSC participants with Medicaid as payer source, by state: United States, 2016

The national percentage is 65.8%.
States ranged from 17% (CI 10.5, 24.1) in South Dakota to 93% (CI 88.3, 97.9) in Idaho. Significance tested at p<0.05. Source: NCHS, National Study of Long-Term Care Providers, 2016.
Percentage of long-term care services users needing any assistance with activities of daily living, by sector and activity: United States, 2015 and 2016

SOURCE: NCHS, “Long-Term Care Providers and Services Users in the United States: 2015–2016,” Figure 25.
Percentage of RCC residents needing assistance with walking, by state: United States, 2016

The national percentage is 57%.
States ranged from 31.6% (CI: 25.2, 38.1) in Connecticut to 73.3% (CI: 67.4, 79.1) in Alaska. Significance tested at p<0.05. Source: NCHS, National Study of Long-Term Care Providers, 2016.
Percentage of ADSC participants needing assistance with walking, by state: United States, 2016

The national percentage is 45.8%. States ranged from 16.4% (CI: 8.7, 24.1) in Nebraska to 79.1% (CI: 72.1, 86.1) in Alaska. Significance tested at p<0.05. Source: NCHS, National Study of Long-Term Care Providers, 2016.
Percentage of long-term care services users with overnight hospital stays, emergency department visits, and falls, by sector: United States, 2015 and 2016

- - - Data not available.

SOURCE: NCHS, "Long-Term Care Providers and Services Users in the United States: 2015–2016," Figure 26.
Percentage of RCC residents with emergency department visits, by state: United States, 2016

The national percentage is 14%.
States ranged from 7.4% (CI: 4.8, 10) in Iowa to 20% (CI: 15.5, 24.5) in New York. Significance tested at p<0.05. Source: NCHS, National Study of Long-Term Care Providers, 2016.
Percentage of ADSC participants with emergency department visits, by state: United States, 2016

The national percentage is 7%.
States ranged from 2.4% (CI: 1.2, 3.5) in Idaho to 15.8% (CI: 10, 21.5) in Louisiana.
Significance tested at p<0.05. Source: NCHS, National Study of Long-Term Care Providers, 2016.
Questions?

For questions or comments about NSLTCP, please contact us at the National Center for Health Statistics:

Email: ltcbfeedback@cdc.gov
Phone: 301-458-4747

Visit us on the web at:
http://www.cdc.gov/nchs/nsltcp.htm