National Study of Long Term Care Providers: An Essential Resource for Effective Advocacy of Adult Day Services

Vincent Rome, MPH Jessica P. Lendon, PHD National Center for Health Statistics, Centers for Disease Control and Prevention

National Adult Day Services Association Conference, 2018

Acknowledgements

- Directors and staff of participating adult day services centers
- NADSA Board of Directors
- Representatives of NADSA's state affiliates
- NCHS Colleagues
- RTI NSLTCP Team

Thank you!

Learning Objectives

- 1. To obtain an overview of the NSLTCP ADS survey and content fielded in 2016 and how to access data.
- To learn about key policy-relevant characteristics of ADS providers and participants, including new content collected in 2016, that are essential for comparing with other types of LTSS
- 3. Learn about how providers and policy-makers have used NSLTCP findings for advocacy
- 4. Learn about changes to the 2018 survey design

2016 Adult Day Services Center Survey

National Study of Long-Term Care Providers

National Health Care Surveys



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICE: Centers for Disease Control and Prevention National Center for Health Statistics

Overview

- Sponsored by CDC's National Center for Health Statistics
- Integrated biennial initiative to monitor trends in paid, regulated long-term care
- Includes five sectors
 - adult day services centers and participants
 - home health agencies and patients
 - hospices and patients
 - nursing homes and residents
 - residential care communities and residents



Primary Study Goals

- 1. Estimate supply and use of paid, regulated long-term care services
- 2. Estimate key policy-relevant characteristics of providers and service users, and practices of providers
- 3. Produce national and state-level estimates, where possible
- 4. Compare within and between sectors
- 5. Examine trends over time

Provider Association Supporters





National Hospice and Palliative Care Organization



2016 Survey Eligibility Criteria

- Licensed or certified by State specifically to provide adult day services, or accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), or authorized or otherwise set up to participate in Medicaid, or part of a program of All-Inclusive Care for the Elderly (PACE);
- One or more average daily attendance of participants based on a typical week; and
- One or more participants enrolled at the center at the location at the time of the survey.



National Study of Long-Term Care Providers

<u>CDC</u> > <u>NCHS</u> > <u>National Study of Long-Term Care Providers</u>

Questionnaires, Datasets, and Related Documentation

- Questionnaires
 - In 2016, there are two versions of the Adult Day Services Center Questionnaire and the Residential Care Community
 Questionnaire—version A and version B. NCHS uses two versions of the questionnaire for each sector in order to increase content
 without increasing burden for respondents. For each sector there are a set of core items common to both versions of the questionnaire;
 NCHS intends to produce both state and national estimates for these items. For each sector there is a subset of items that are unique to
 each version; NCHS intends to produce only national estimates for these items. Respondents are randomly assigned to one version of the
 questionnaire to produce accurate estimates.
 - Adult Day Services Center A 1/2 [PDF 496 KB]
 - Adult Day Services Center B 1/2 [PDF 459 KB]

Information Collected about Centers

- **Operating characteristics**—ownership, chain status, capacity, Medicaid certification, specializations, revenue sources, <u>model</u> <u>type (medical, social)</u>
- **Services offered**—dietary/nutritional, hospice, mental health, pharmacy, skilled nursing, social work, therapeutic, transportation
- **Staffing**—employee and contract nursing, social work, activities staff
- Practices—advance directives documentation/education, health information and electronic health records technology, <u>fall risk</u> assessment and reduction interventions

Information Collected about Participants

Socio-demographics—age, race, ethnicity, sex, Medicaid use Health conditions—e.g., Alzheimer's, cardiovascular disease, depression, hypertension, asthma, arthritis, developmental disability, diabetes, etc.

- **Physical functioning**—need any assistance with bathing, dressing, eating, toileting, transferring, and walking/locomotion
- Health care use and adverse events—emergency department use, falls and <u>related injuries</u>, hospitalizations and <u>re-hospitalizations</u>, <u>receiving hospice</u>

Other characteristics—living arrangements, advance directives on <u>file</u>

Accessing NSLTCP Results, 2012-2016

Findings from the 2016 Survey

National Center for Health Statistics

National Study of Long-Term Care Providers

About NSLTCP

What's New

Questionnaires, Datasets, and Related Documentation

| | Study Results and Publications | - |
|---|---|---|
| | Residential Care Community Participants | - |
| | Adult Day Services Center Participants | - |
| | Long-Term Care Listserv | |
| | Contact Us | |
| | | |
| 1 | Related Sites | |
| | Related Sites Surveys and Data Collection Systems | |
| | Surveys and Data Collection | |

Care Survey

National Study of Long-Term Care Providers

CDC > NCHS

National Study of Long-Term Care Providers



The biennial National Study of Long-Term Care Providers (NSLTCP) monitors trends in the supply, provision, and use of the major sectors of paid, regulated long-term care services. NSLTCP uses survey data on the residential care community and adult day services sectors, and administrative data on the home health, nursing home, and hospice sectors. The vision for NSLTCP is to offer reliable, accurate, relevant and timely national and state statistical information to support and inform long-term care services policy, research and practice.

What's New

- 2018 NSLTCP Adult Day Services Center Participant Portal (7/2018)
- 2018 NSLTCP Residential Care Community Participant Portal (7/2018)
- 2018 NSLTCP Adult Day Services Center FAQs (7/2018)
- 2018 NSLTCP Residential Care Community FAQs (7/2018)
- Estimates and confidence intervals on use of electronic health records and health information exchange among adult day services centers and residential care communities
 [PDF – 148 KB] (7/2018)
- QuickStats: Percentage of Residential Care Communities That Use Electronic Health Records, by Census Region — United States, 2016 (6/2018)
- QuickStats: Percentage Distribution of Long-Term Care Staffing Hours, by Staff Member Type and Sector — United States 2016 (5/2018)

http://www.cdc.gov/nchs/nsltcp.htm

Study Results and Publications

National Center for Health Statistics

National Study of Long-Term Care Providers

About NSLTCP

What's New

Questionnaires, Datasets, and Related Documentation

Study Results and Publications

Reports

National and State Estimates (Maps, Tables, and Figures)

Journal Articles

Presentations

Residential Care Community Participants

Adult Day Services Center Participants

Long-Term Care Listserv

Contact Us

Related Sites



National Study of Long-Term Care Providers

<u>CDC</u> > <u>NCHS</u> > <u>National Study of Long-Term Care Providers</u>

Study Results and Publications



- <u>Reports</u>
- National and State Estimates (Maps, Tables, and Figures)
- Journal Articles
- Presentations



https://www.cdc.gov/nchs/nsltcp/nsltcp_products.htm

Published Results from the 2016 Survey

NCHS Reports

- Variation in Adult Day Services Center Participant Characteristics, by Center Ownership (Data Brief No. 296)
- Advance directive documentation among adult day services centers and use among participants, by region and center characteristics (NHSR No. 117)

Quickstats

- Percentage Distribution of Adult Day Services Centers, by Type of Service
- Percentage Distribution of Long-Term Care Staffing Hours, by Staff Member Type and Sector
- Percentage Distribution of Adult Day Services Center Participants, by Place of Residence

Tables

- Estimates and confidence intervals on use of electronic health records and health information exchange among adult day services centers and residential care communities
- State estimates and standard errors for Data Brief No. 296
- 2016 NSLTCP Weighted Survey Estimates: Adult Day Services Center

Reports in Progress Using 2016 Data

- 2015-2016 NSLTCP Overview Report, state tables, and U.S. maps
- Service Provision, Number of Chronic Conditions, and 90-Day Hospitalizations in Adult Day Services Centers
- Advance directives state policies, center practices, and participant prevalence in adult day services centers
- Adult Day Services Models of Care



National Study of Long-Term Care Providers

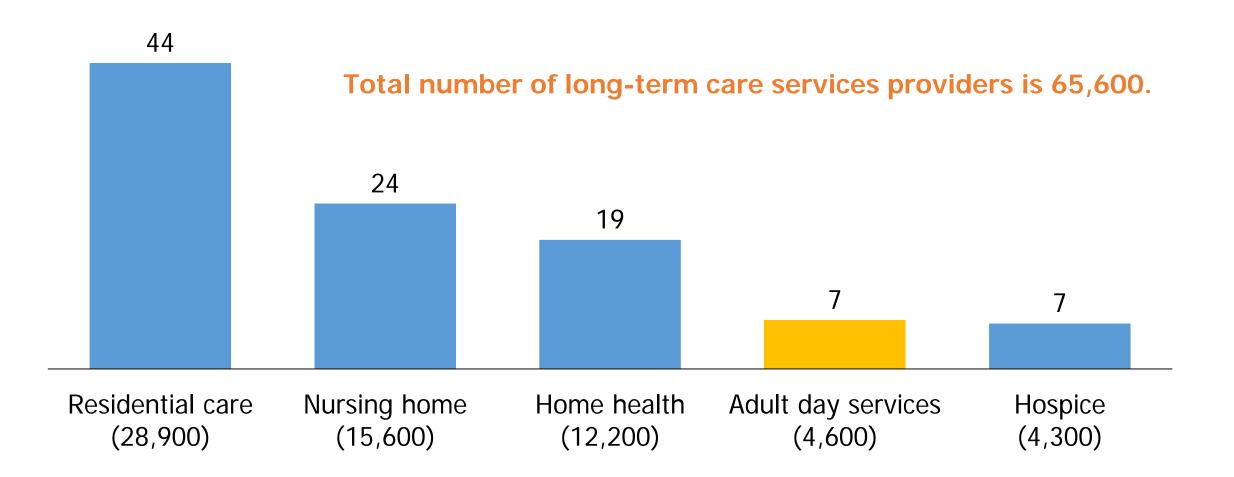
2016 NSLTCP ADS Center Characteristics

Supply and Capacity of Adult Day Services

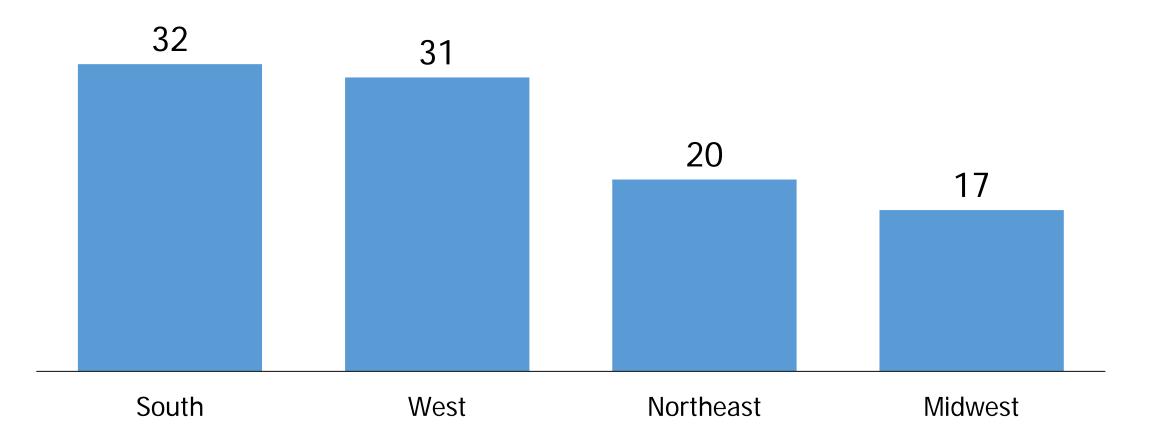
- 4,600 centers in 2016
- 298,400 participants served
- Average **42** participants attending daily



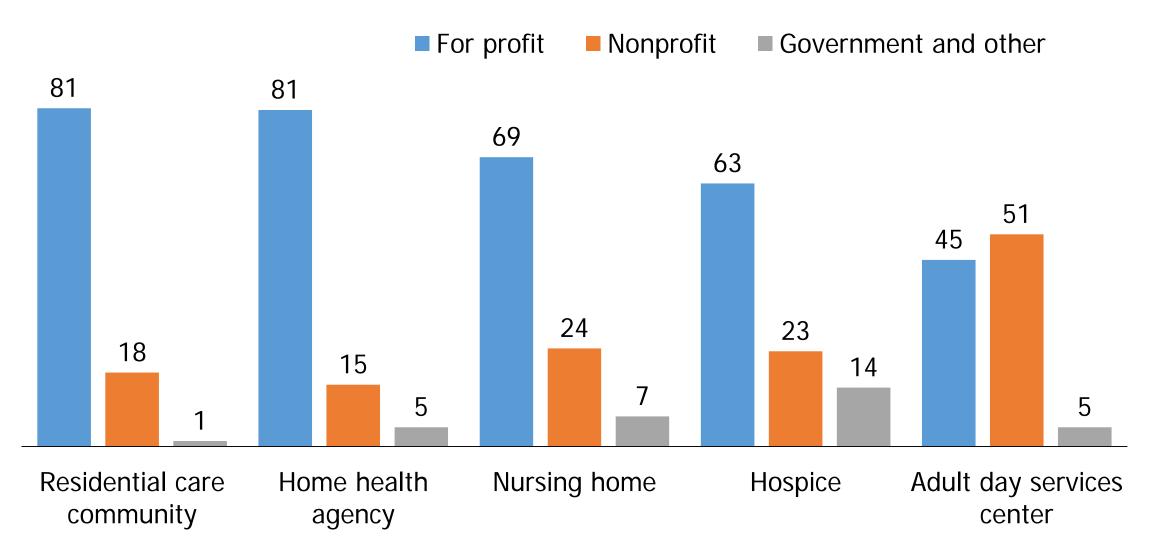
Percentage of Long-Term Care Services Providers, by Sector



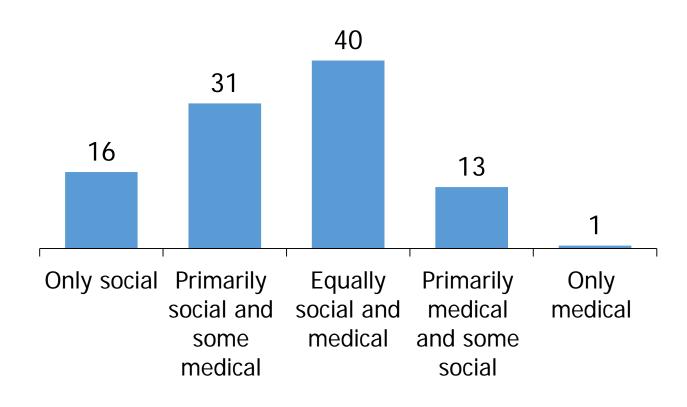
Percentage of Adult Day Centers, by US Region



Percentage of Providers, by Profit Status



Percentage of ADS Centers, by Model Type

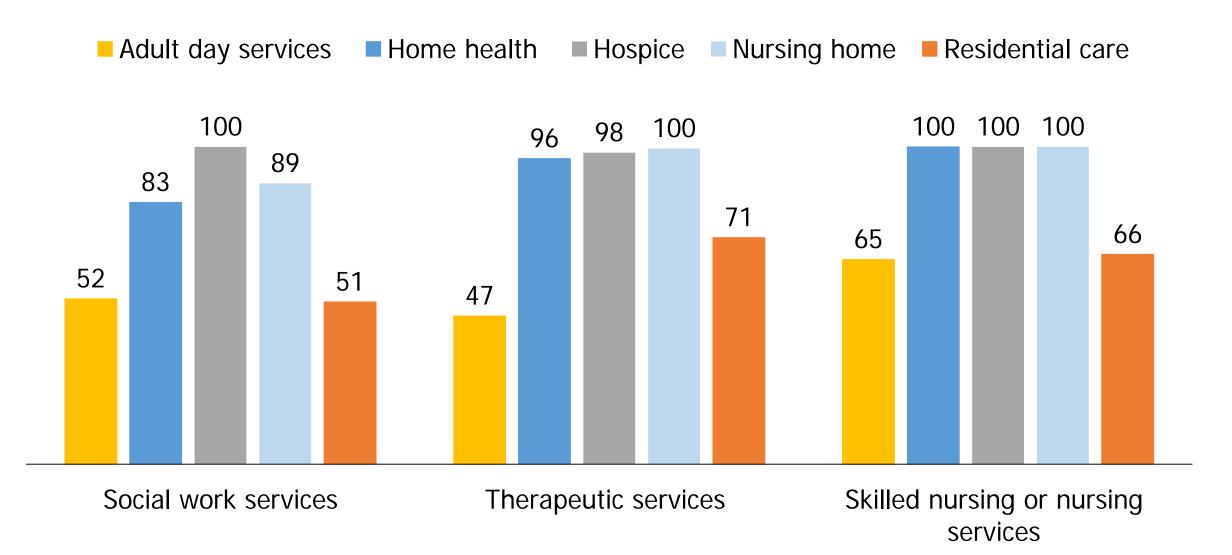


Which one of the following best describes the participant needs that the services of this center are designed to meet?

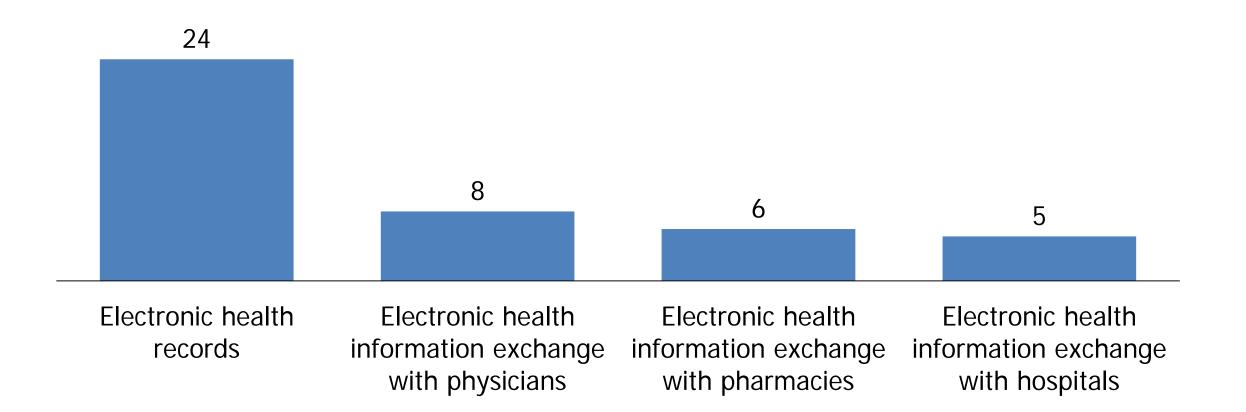
- a. ONLY social/recreation needs--NO health/medical needs;
- b. b. PRIMARILY social/recreational needs and SOME health/medical needs;
- c. c. EQUALLY social/recreational and health/medical needs;
- d. d. PRIMARILY health/medical needs and SOME social/recreational needs;
- e. e. ONLY health/medical needs--NO social/recreational needs

SOURCE: NCHS, *Quickstats: Percentage distribution of adult day services centers, by type of service United States, 2016.* <u>https://www.cdc.gov/mmwr/volumes/67/wr/mm6732a8.htm?s_cid=mm6732a8_e</u>

Percentage of Providers, by Services Provision

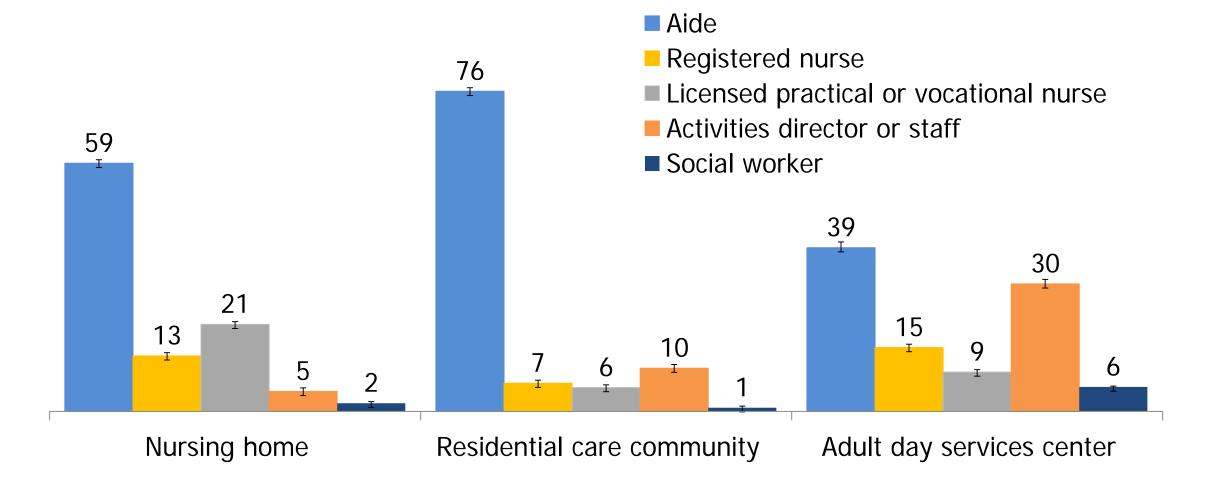


Percentage of ADS Centers Using Electronic Health Records and Health Information Exchange

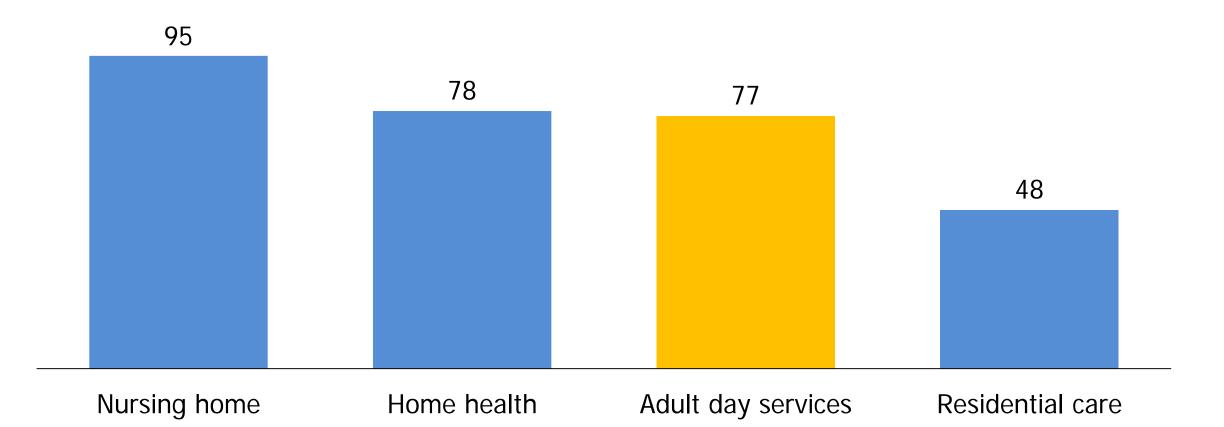


SOURCE: NCHS, Tables on Use of Electronic Health Records and Health Information Exchange among Adult Day Services Centers and Residential Care Communities from the 2016 National Study of Long-Term Care Providers. https://www.cdc.gov/nchs/data/nsltcp/EHR-HIE-use-among-adsc-rcc-2016.pdf

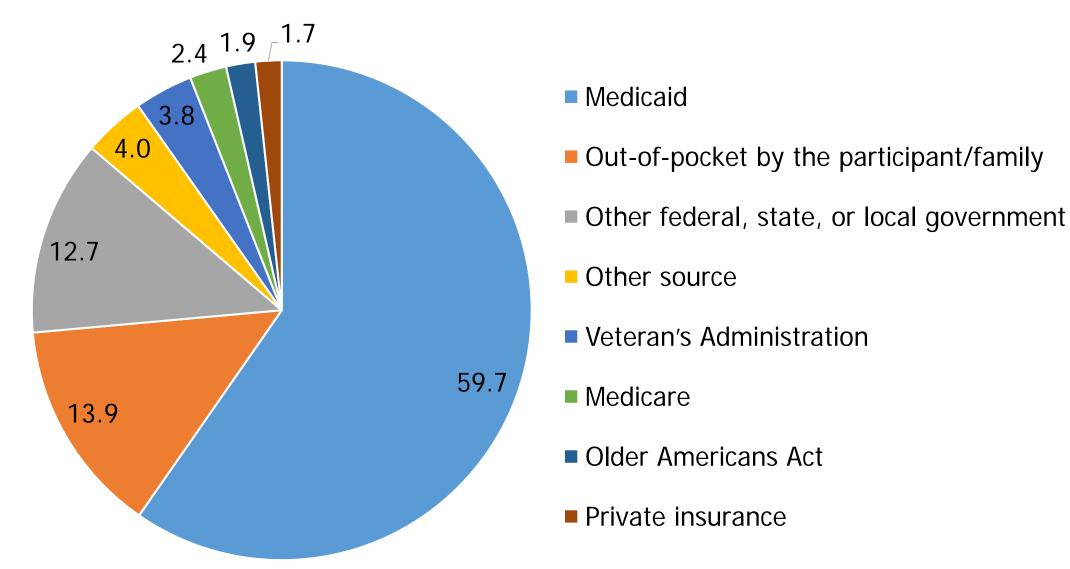
Distribution of Long-Term Care Staffing Hours, by Staff Member Type and Sector



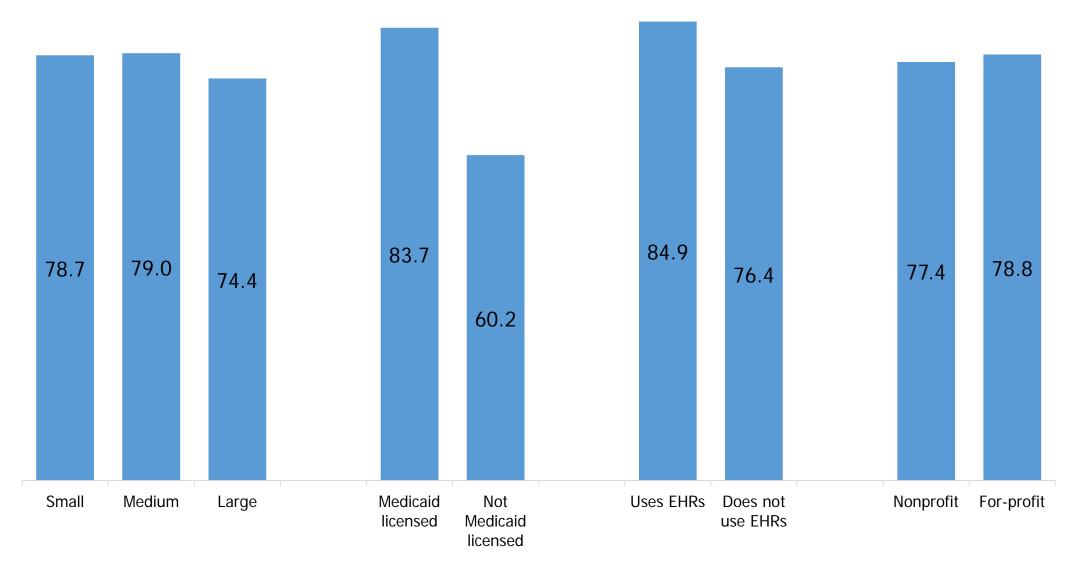
Percentage of Providers that are Medicaid-Certified



Percentage of Revenue From Paid Participant Fees



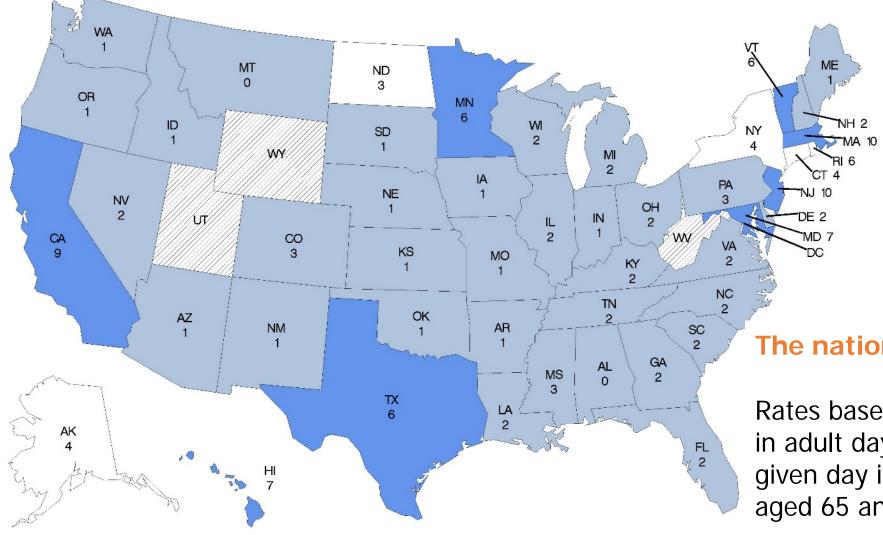
NOTES: Estimates may not sum to 100 because of rounding. Medicaid includes revenue from a Medicaid state plan, Medicaid waiver, Medicaid managed care, or California regional center. SOURCE: NCHS, National Study of Long-Term Care Providers, 2016. Percentage of adult day services centers that maintain documentation participants' advance directives, by center characteristics



SOURCE: NCHS, Advance Directive Documentation Among Adult Day Services Centers and Use Among Participants, by Region and Center Characteristics, 2016. National Health Statistics Reports; no 117.

2016 Participant Characteristics

Use rate of ADSC participants aged 65 and over: US, 2016



The national rate is 4 per 1,000.

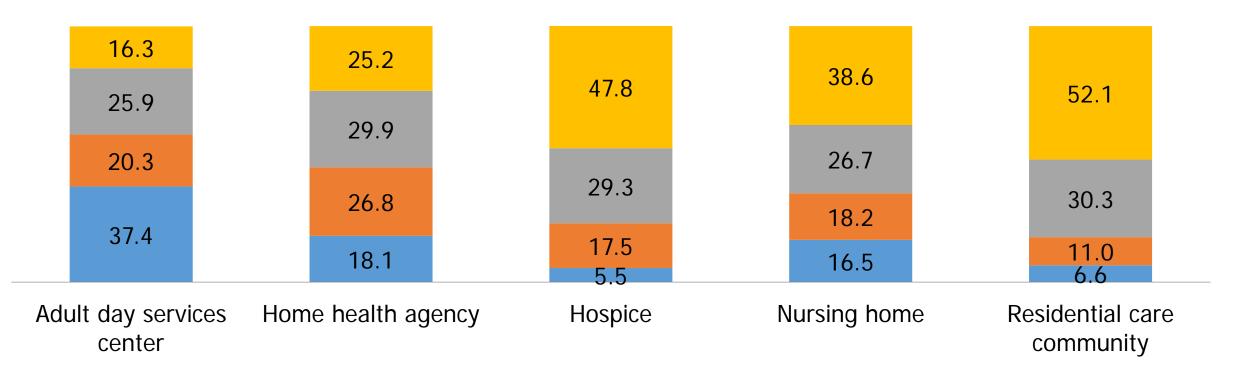
Rates based on participants enrolled in adult day services centers on any given day in 2016 per 1,000 persons aged 65 and over.



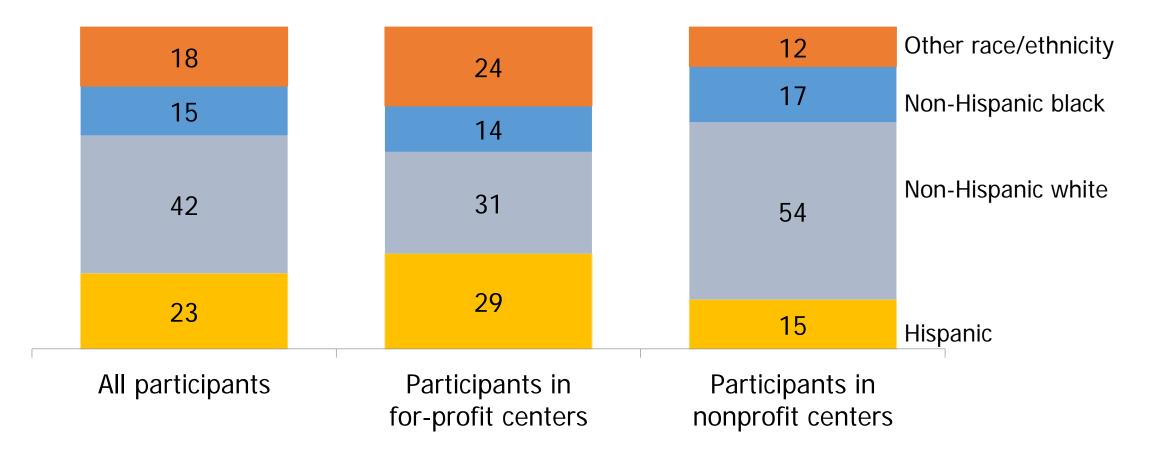
Statistically significantly lower than national estimate Not statistically significantly different from national estimate Statistically significantly higher than national estimate Estimate does not meet reliability or confidentiality standards

Percent Distribution of Users' Age, by Provider Type

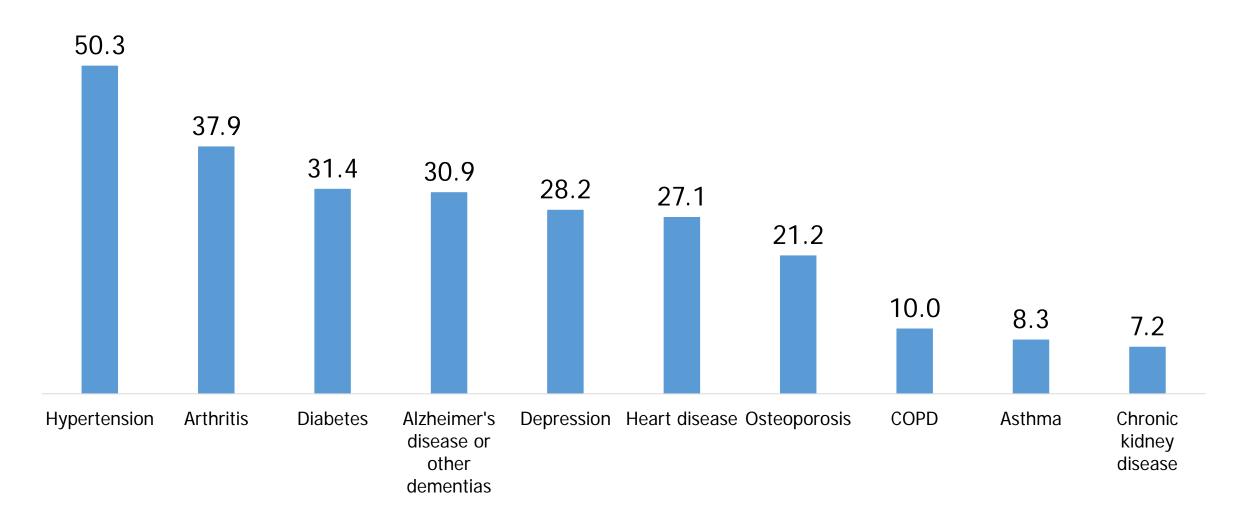
■ Under 65 ■ 65 - 74 ■ 75 - 84 ■ 85 and over



Percentage of Participants, by Race/Ethnicity and Ownership Type

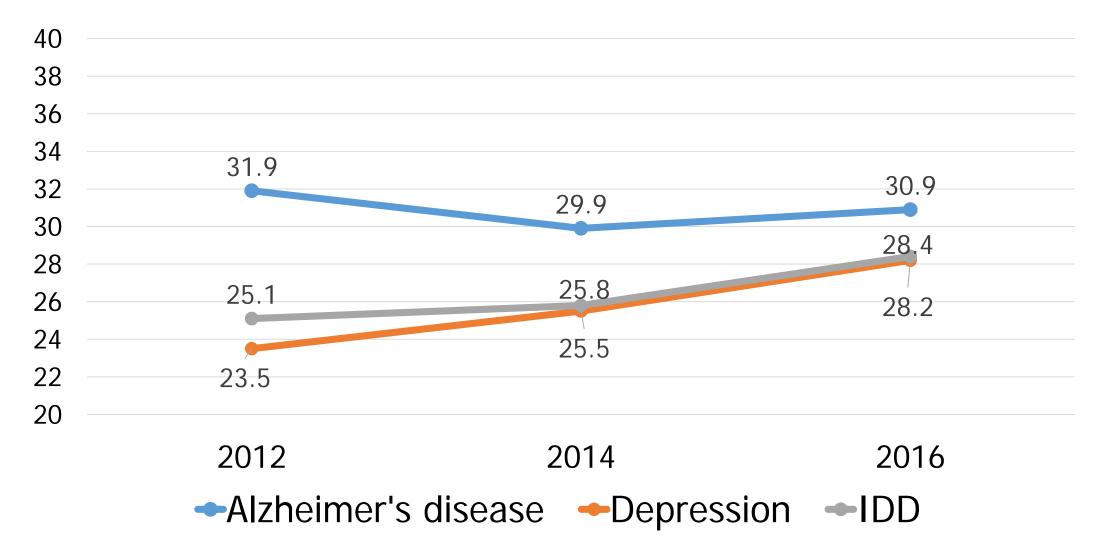


10 most common health conditions



SOURCE: NCHS, National Study of Long-Term Care Providers, 2016. Weighted Survey Estimates: Adult Day Services Center. https://www.cdc.gov/nchs/data/nsltcp/2016_NSLTCP_ADSC_Weighted_Estimates.pdf.

Select health conditions in 2012, 2014, and 2016



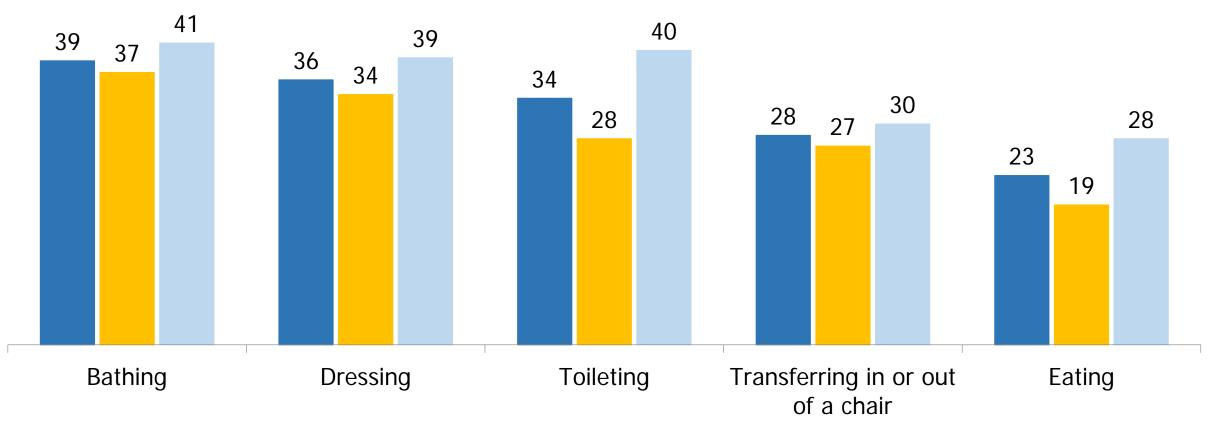
SOURCE: NCHS, 2012, 2014, 2016 National Study of Long-Term Care Providers. Weighted Survey Estimates: Adult Day Services Centers. https://www.cdc.gov/nchs/nsltcp/nsltcp_webtables.htm

Participants Needing Assistance with Physical Limitations, by Ownership Type



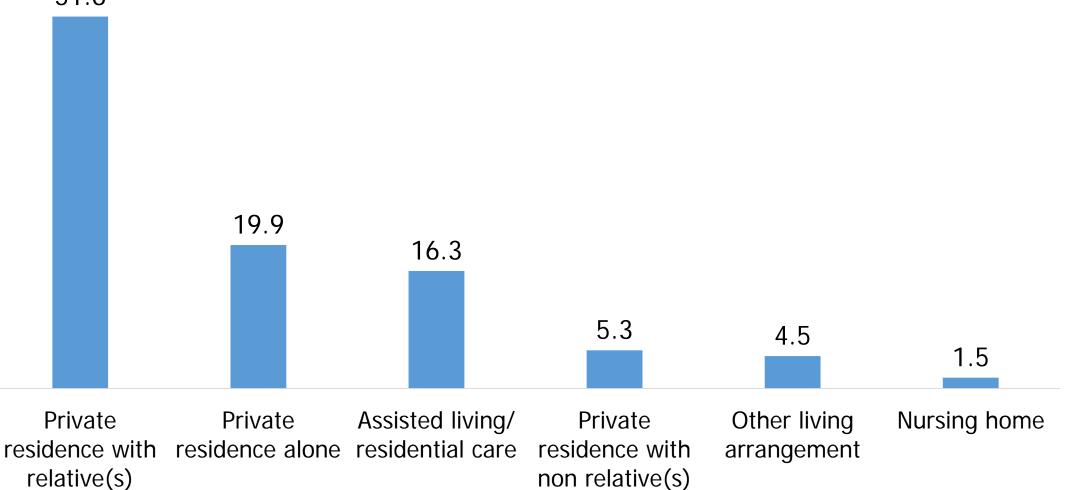
Participants in for-profit centers

Participants in nonprofit centers



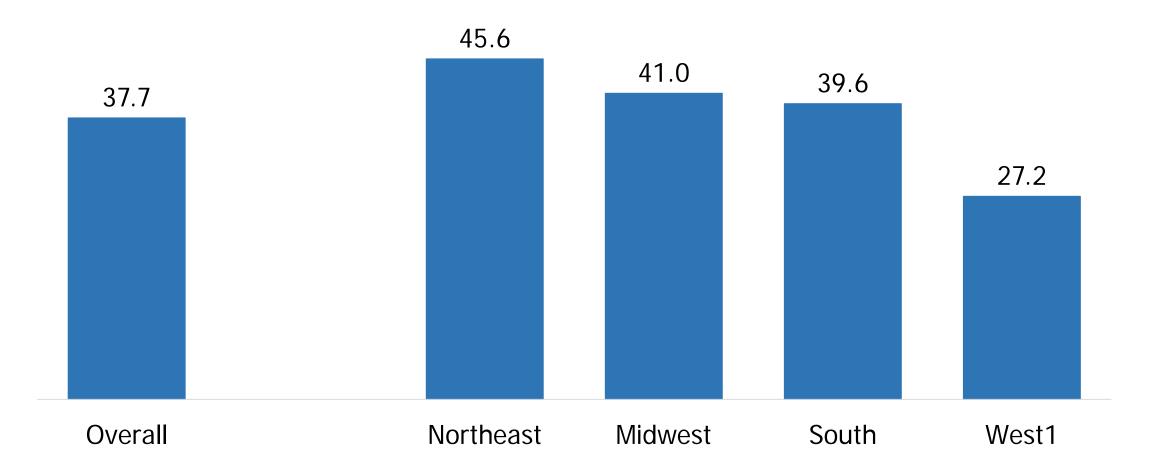
Percentage of Participants, by Place of Residence





SOURCE: NCHS, *Quickstats: Percentage distribution* of adult day services center participants by place of residence†--National Study of Long-Term Care Providers, United States, 2016.* https://www.cdc.gov/mmwr/volumes/67/wr/mm6702a9.htm?s_cid=mm6702a9_e

Percentage of Participants with Advance Directives, Overall and by US Region



SOURCE: NCHS, Advance Directive Documentation Among Adult Day Services Centers and Use Among Participants, by Region and Center Characteristics, 2016. National Health Statistics Reports; no 117.

Using NSLTCP Data for Advocacy

How Can NSLTCP Findings Help With Planning to Meet The Needs of Your Participants?

- Provides performance benchmarks for your center and other centers across your state and nation
- Internal planning:
 - Addressing chronic conditions and unmet needs
 - Measure of frailty in center and sector across states and nation
 - Consider evidenced-based interventions and programs
 - Measure of center payer-mix and participant resources
 - Identify changes in conditions and services over time
- Meeting state reporting requirements
- Communicate with public and policymakers regarding services

Using NSLTCP Findings For Promotion of Adult Day Services Within States and Nationally

- Increases the visibility of the sector among policymakers and the public
- State-level, cross-sector comparisons provide basis for including adult day services in national and state-specific definitions of LTSS and post-acute care
- Provide evidence of the viability of the adult day services sector in meeting the needs of a diverse set of participants

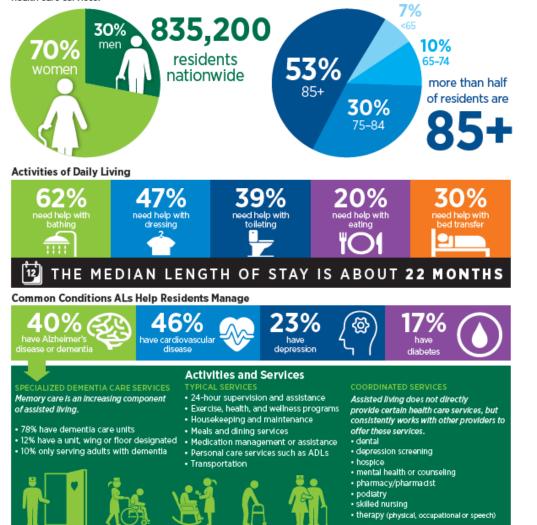
Assisted Living: A Growing Aspect of Long Term Care



Assisted living communities serve individuals who need help with every day activities and some health care services but do not require 24-hour skilled nursing care services for extended periods of time. These communities offer a unique mix of companionship, independence, privacy, and security in a home-like setting. The philosophy of assisted living is built on the concept of delivering person-centered care and services to each individual resident.

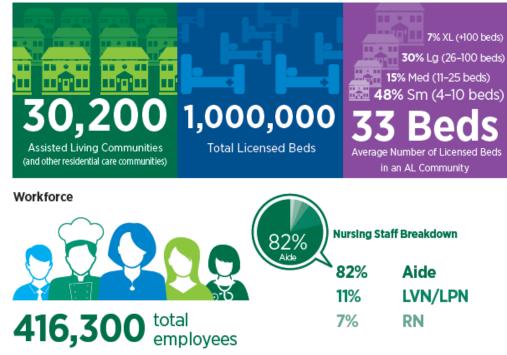
Residents

Assisted living communities serve the oldest old who need help with some **activities of daily living (ADLs)** and health care services.









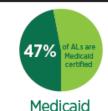
95% OF COMMUNITIES HAVE A LICENSED NURSE AVAILABLE 24-7

Paying for Care

\$43,200

Average Yearly Cost

This is **less** than the average cost for homemaker services (\$44,616) or a home health aide (\$45,760). The majority of assisted living residents use some form of private funds to pay for care.



A little more than 15% of residents

services. Medicaid does not pay for

room and board costs. Each state

varies on whether it covers assisted

rely on Medicaid to pay for daily



Medicare

But many residents are Medicare beneficiaries, making Medicare issues (hospitalizations, medications, therapy services, etc.) important to assisted living providers.

1201L STREET NW | WASHINGTON, DC 20005 | 202,942,4444 | www.pcal.org 🖸 @ahcancal f 4/2hcancal

livina services.

STATE ASSISTED LIVING **PROFILE**



PENNSYLVANIA



- 60% are over the age of 85.
- 36% have Alzheimer's disease or other form of dementia.

Providers

- 900: The number of assisted living communities
- 60,500: The number of beds or licensed max capacity

Workforce

 19,742: The number of nursing FTEs (nurses, LPNs/LVNs*, and personal care aides, certified nurse assistants, home health aides, home care aides, personal care assistants, and medication technicians or medication aides) working in assisted living communities.



OUR MISSION

Founded in 1990, Argentum (previously named Assisted Living Federation of America) serves as the voice for operators of senior living communities and the seniors and families those communities serve. Members of Argentum exemplify the principles of choice, dignity, and independence for seniors. To support these principles and to enhance quality of life for seniors, Argentum influences public policy, promotes business excellence, and ensures an informed public.

WHAT IS ASSISTED LIVING?

Assisted Living is a home and community based setting for older adults combining housing, supportive services and health care as needed. Individuals who choose assisted living enjoy an independent lifestyle with assistance customized to meet each resident' needs and benefits that enrich their lives.

Assisted Living promotes independence, purpose and dignity for each resident and encourages the involvement of a resident's family and finends. Staff is available to meet both schedule and unscheduled needs. Communities typically offer dining, social and wellness activities, and personal care service. There are currently 30,200 communities in the United States with more than 835,200 residents calling assisted living home.

OUR IMPERATIVES



WORKFORCE DEVELOPMENT

Growing a workforce of trained professionals to serve America's older adults

Adding **347,000 new jobs** by 2025, senior living employment will exceed **1.1 million**.



`@)

QUALITY CARE

Nurturing environments that enhance the quality of life for senior living residents

75% of senior living residents currently are diagnosed with at least two chronic conditions.

OPERATIONAL EXCELLENCE

Improving the senior living business through innovation and technology

17.4% of residential care communities used electronic health records for purposes other than billing or accounting.

CONSUMER CHOICE

Promoting strategies for financing long term care services and supports

A 65 year old today will incur \$138,100 in future lifetime expenses for severe long-term needs. 15% of those 65 year olds will incur more than \$250,000.



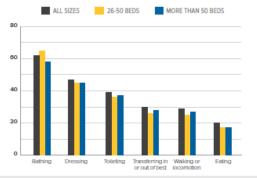
MEMORY CARE

Enhancing awareness and best practices for the care of residents with dementia

By 2050, Alzheimer's and other dementias is projected to cost the nation \$226 billion.



Need for assistance with selected activities of daily living among residential care residents, by community size: United States, 2014

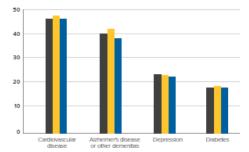


TOTAL RESIDENTS: COMMUNITIES: 30,200

Majority of residents (53%) were aged 85 & over

Selected diagnosed medical conditions among residential care residents, by community size: United States, 2014





SOURCE: CDC/NCHS, National Study of Long-Term Care Providers, 2014

What to Expect from the 2018 Adult Day Services Center Survey

The Dawn of a New Design



Sample versus Census



Two Survey Components

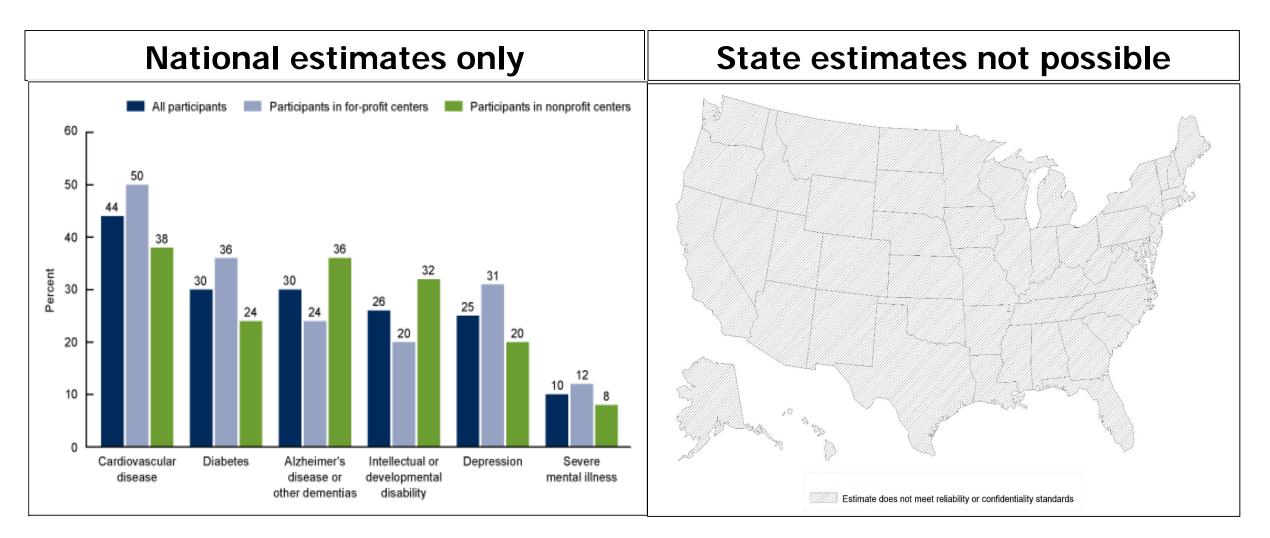
Provider Questionnaire

- Randomly selected sample of 1,650 centers throughout the US
- Organizational characteristics of centers and some participant characteristics
- Completed by web or by mail

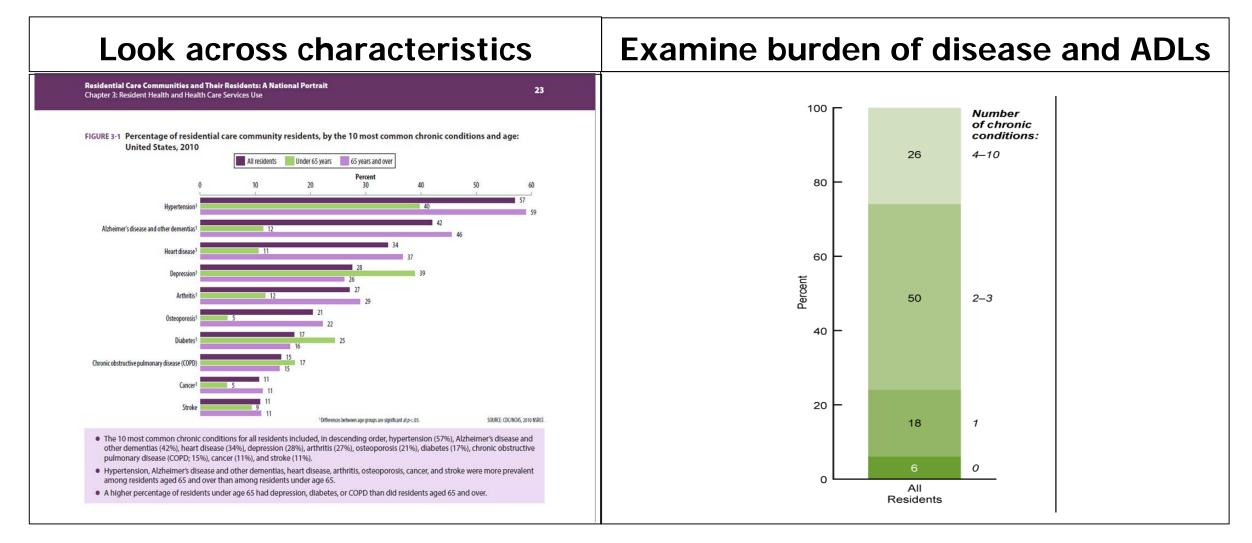
Services User Questionnaire

- Randomly selected sample of 2 participants from centers that submit a provider questionnaire
- Must be completed by telephone only

Geographic Detail



Information about Participants



Information about Centers

- More thorough review of key organizational characteristics, such as the center's...
 - Hours of operation
 - Screening and assessment tools
 - Computerized capabilities and use of electronic health records/health information exchange
 - Staffing
 - Person-centered care practices

Survey Respondent Burden

| 2018 | 2012, 2014, & 2016 |
|--|--|
| 15 minutes telephone call to screen for eligibility and set future appointment for participant sampling and data collection 30 minutes provider questionnaire 30 minutes services user questionnaire Tasks are easier to complete because we are not asking providers to aggregate information about participants | 45-60 minutes provider questionnaire Tasks are more difficult to complete because we are asking providers to aggregate information about participants |

If selected to participate in 2018, your center will be contacted by NCHS to:

Read important information about the survey

- Contact method: By mail (USPS)
- Purpose: Provide information about data collection; ethical and confidentiality issues; examples of NSLTCP publications; letters of support from organizations that provide services to adult day services centers

Screen for Eligibility and Schedule Appointment to Complete the Services User Component

- Contact method: Telephone call
- Purpose: Determine survey eligibility and schedule a follow-up call to complete the services user sampling and questionnaire.

Complete the Provider Questionnaire

- Contact method: Email or by mail (USPS)
- Purpose: Complete the provider questionnaire.

Prepare Information for Services User Sampling and Questionnaire

- Contact method: Email or by mail (USPS)
- Purpose: Prepare a list of participants and access showcards to assist with completing the services user sampling and questionnaire.

Complete Services User Sampling and Questionnaire

- Contact method: Telephone call
- Purpose: Sample two participants and complete a services user questionnaire for each of them.

Accessing the 2018 data

- Public Use Files
- Published reports and tables
- Restricted data files



ADSC Survey Participant Portal

| What's New | |
|--|---|
| Questionnaires, Datasets, and Related Documentation | Welcome Adult Day Services Center NSLTCP Participants f |
| Study Results and + Publications | |
| Residential Care Community + Participants | Your Adult Day Services Center is Important to Us! The most reliable information comes directly from providers like you. In order for policy makers to make solid, evidence-based decisions about long-term |
| Adult Day Services Center – Participants | care in the U.S., it is essential that we collect data from the 1,650 adult day services centers invited to participate in the 2018 National Study of Long-Term Care Providers (NSLTCP). Your adult day services center was randomly selected to represent not only your adult day services center, but also other |
| Adult Day Services Center FAQs | comparable adult day services centers across the United States. Without your help, it may be impossible to make accurate estimates about the amount and types of care provided to participants in adult day services centers like yours. |
| Long-Term Care Listserv | |
| Contact Us | What's in it for your Adult Day Services Center? |
| Related Sites | Data for Comparisons: NSLTCP data will provide benchmarks, which will allow you to compare your center with other centers like your own. National Estimates: By participating, you will contribute to a more complete and accurate picture of the provision and use of adult day services centers |
| Surveys and Data Collection Systems | and services in this country, which will inform long-term care policies and planning. Visit the <u>NSLTCP Study Results and Publications page</u> for examples of how NSLTCP data have been used to produce national estimates of adult day services centers and participants. |
| National Nursing Home Survey | Survey participant materials: |
| National Home and Hospice | Survey participant materials. |

http://www.cdc.gov/nchs/nsltcp/adsc_participants.htm

Survey Participant Resources

Survey participant materials:

- What to expect from the 2018 Adult Day Services Center Survey 178 (PDF 178 KB)
- Letter from NCHS Director with FAQ's 1/28 [PDF 42 KB]
- Provider and Services User Questionnaires
 - The adult day services center provider questionnaire collects information about the organizational characteristics of centers, the services they offer, their staffing profile, and the demographic and functional status profile of participants.
 - Adult Day Services Center Provider Questionnaire 1 MB
 - In 2018, NSLTCP will for the first time also collect information about individual services users, or center participants. The services user telephone
 interview will collect information about the demographics, health and functional status, and service utilization of two randomly sampled adult day
 services center participants.
 - Adult Day Services Center Services User Questionnaire 152 KB
 - Adult Day Services Center Services User Questionnaire Showcards 160 KB
- Ethics Review Board (ERB) Letter 1 [PDF 51 KB]
- Adult Day Services Centers Letter of Support 15 (PDF 75 KB)
- Adult Day Services Center Participant Data Brief
- <u>Strictly Confidential Brochure</u> 1 [PDF 245 KB]

http://www.cdc.gov/nchs/nsltcp/adsc_participants.htm

Adult Day Services Center NSLTCP FAQs

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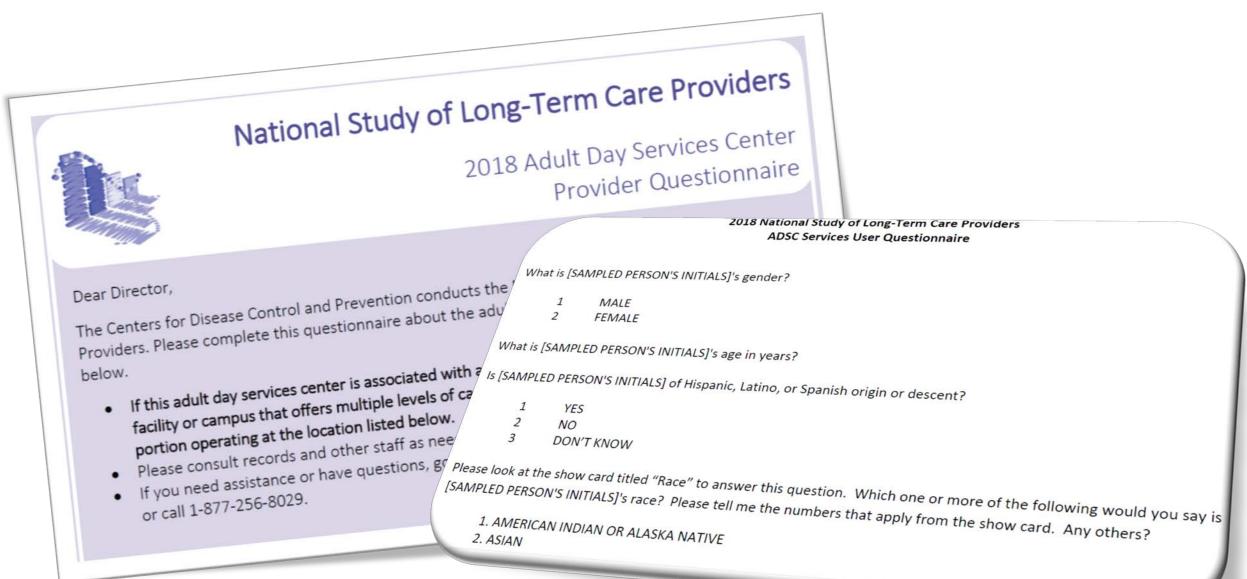
| ADSC NSLTCP Frequently | y |
|------------------------|---|
| Asked Questions | |

HTML Version https://www.cdc.gov/nchs/nsltcp/adsc_faqs.htm

PDF Document https://www.cdc.gov/nchs/data/nsltcp/FAQs_ADSC.pdf

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Importance of Completing Your 2018 ADS Provider and User Questionnaires



If you are selected to participate in the 2018 NSLTCP, **please complete** your adult day services provider and services user questionnaires as soon as possible and make your voices heard!

If you need assistance with completing the survey, call the NSLTCP survey team at 1-877-256-8029.



This and other presentations can be downloaded at no cost from the following website:

http://www.cdc.gov/nchs/nsltcp/nsltcp_presentations.htm

National Study of Long-Term Care Providers

National Health Care Surveys



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Centers for Disease Control and Prevention National Center for Health Statistics For questions or comments about NSLTCP, please contact the Long-Term Care Statistics Branch at National Center for Health Statistics (NCHS):

Email: ltcsbfeedback@cdc.gov

Phone: 301-458-4747

Visit us on the web at:

http://www.cdc.gov/nchs/nsltcp.htm