

# Long Term Services and Supports (LTSS) Across Maine's Continuum of Care and the People Served

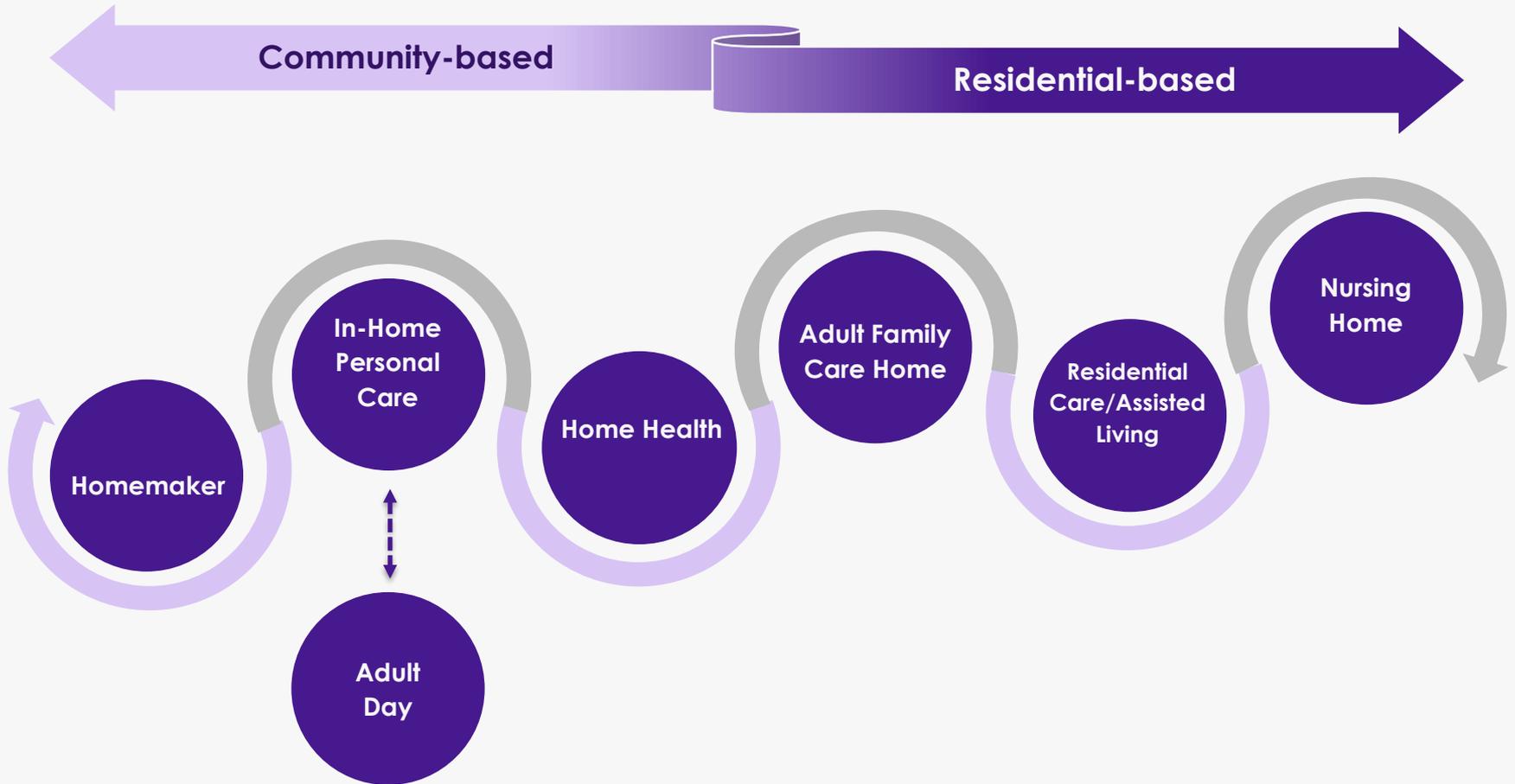
Presented to the Maine Cabinet on Aging  
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# Background

- DHHS OADS has engaged the USM Cutler Institute to develop a baseline assessment of LTSS service delivery capacity across the continuum in Maine.
- The assessment covers the period before, during, and after the COVID-19 pandemic, 2019-2023.
- As part of that work, a profile of older adults and individuals who use LTSS in Maine is being presented today.
- The full report, including county-level service delivery, is in review and will be available later this year.

# The “LTSS Continuum of Care”



# Statewide demographics affecting the publicly funded LTSS system

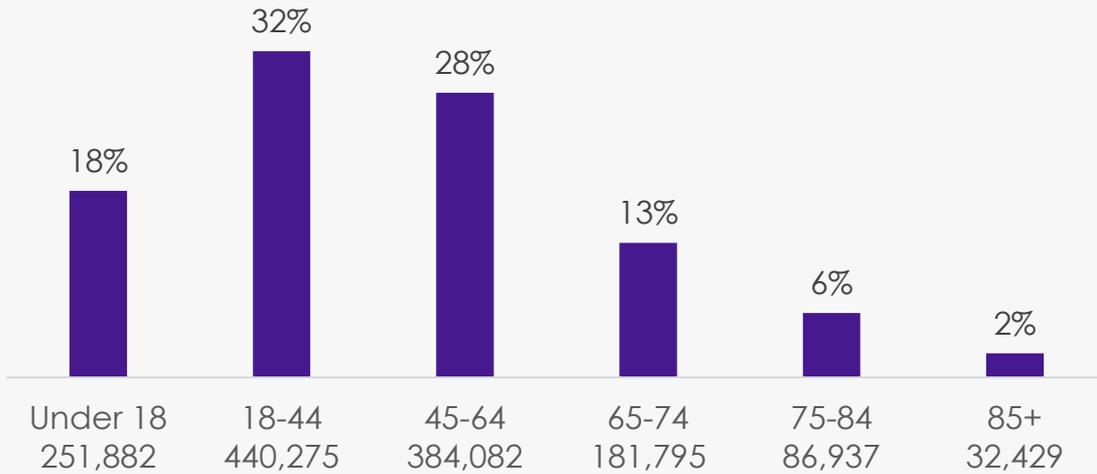
 Age and age structure

 Age and disability

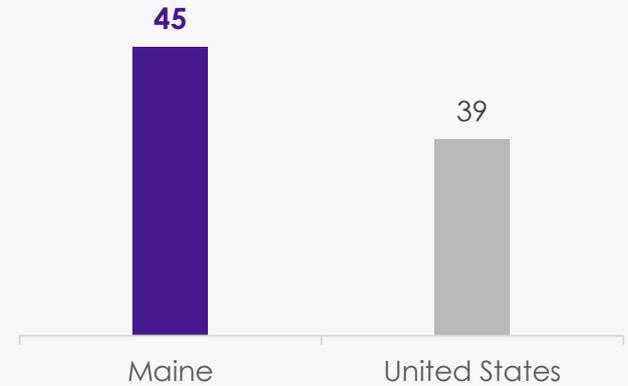
 Age and income

# Age and age structure

Maine's total population: 1,377,400



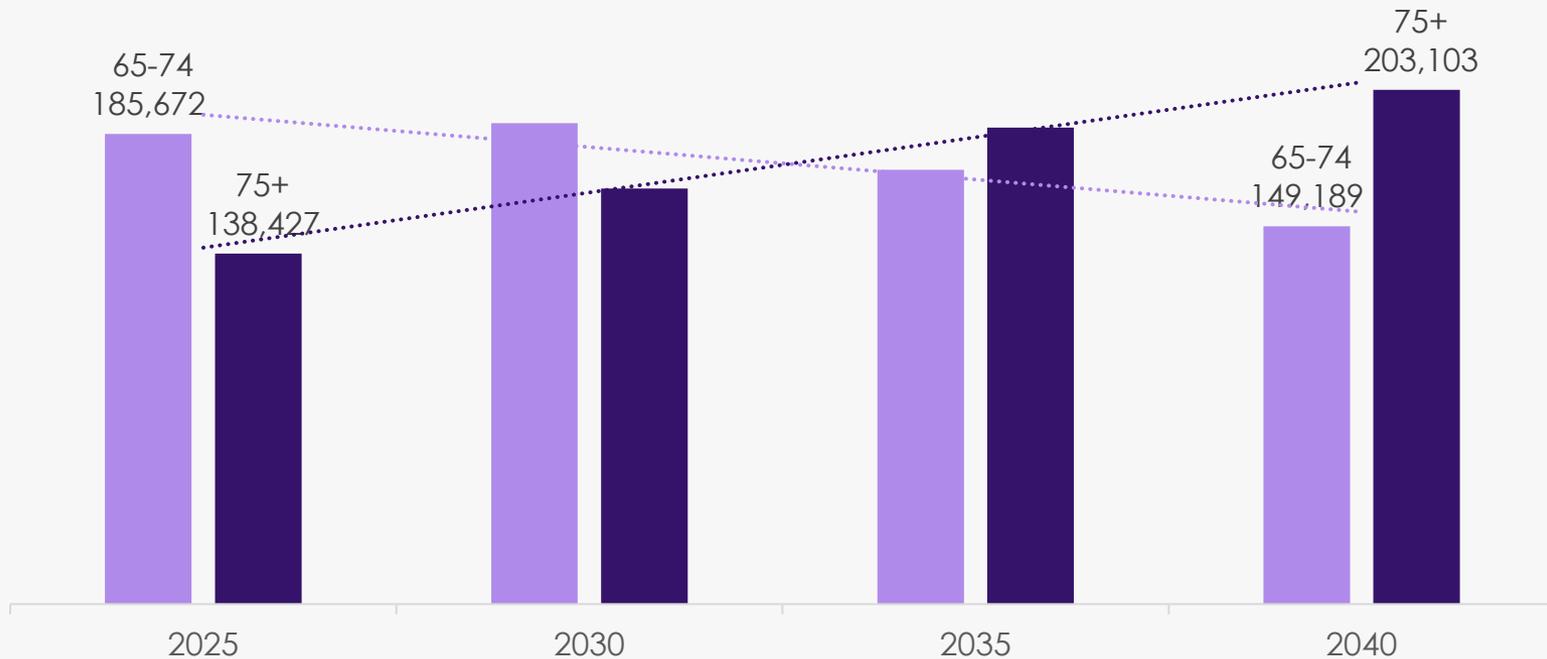
Median Age, Maine and US



**2.89** younger adults per one adult 65+

# Age projection

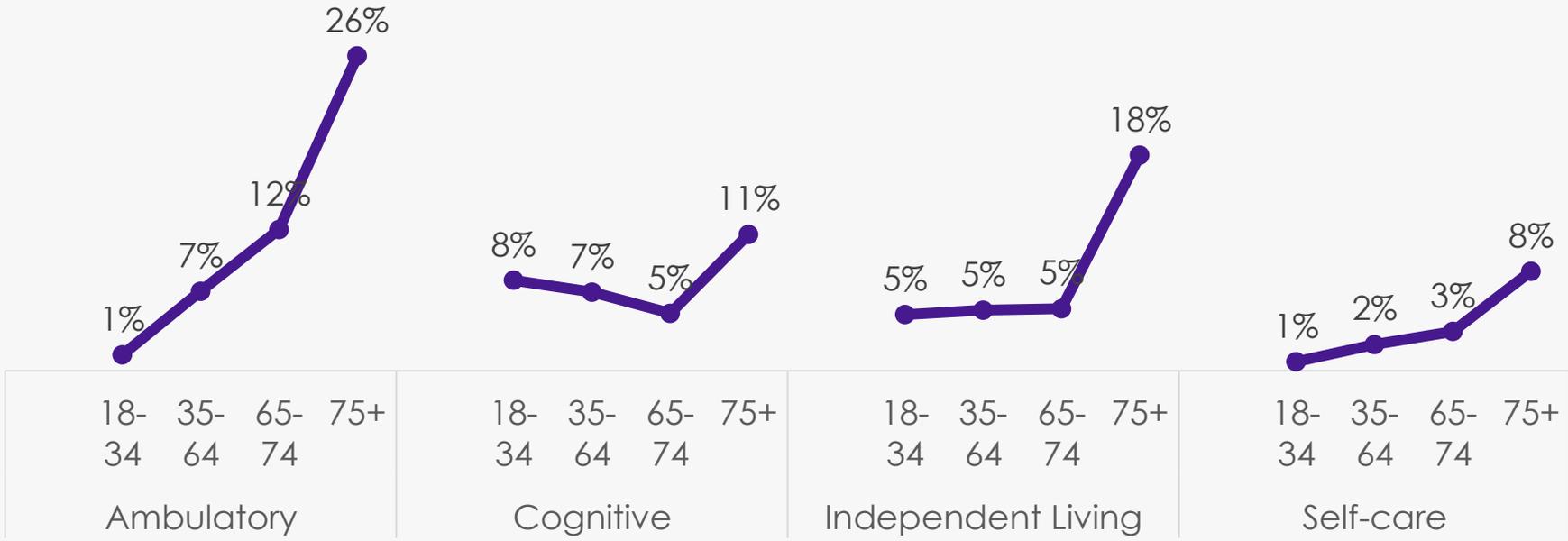
The projected number of older adults in Maine, 2025-2040



Source: Hauer, M., & Center for International Earth Science Information Network - CIESIN - Columbia University. 2021. Georeferenced U.S. County-Level Population Projections, Total and by Sex, Race, and Age, Based on the SSPs, 2020-2100. Palisades, New York: NASA Socioeconomic Data and Applications Center (SEDAC). <https://doi.org/10.7927/dv72-s254>. Accessed July 10, 2024.

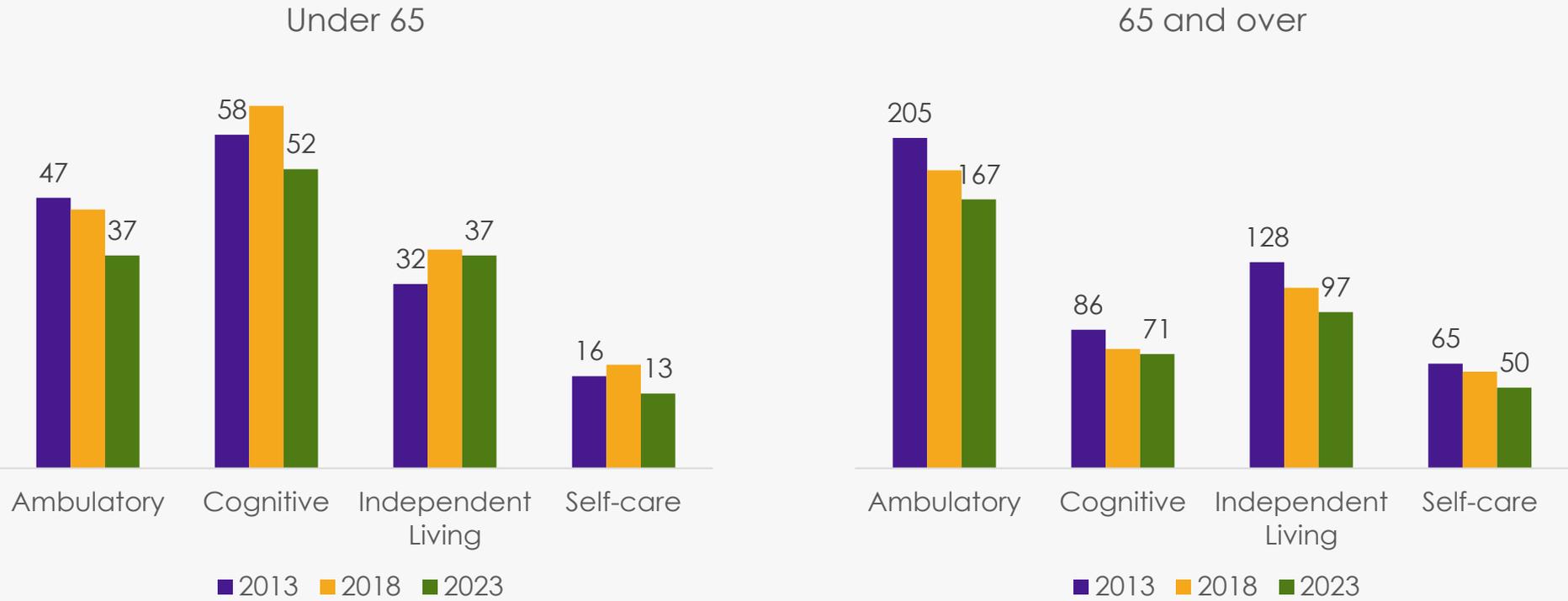
# Age and disability

Percentage of Maine adults with a disability



Source: American Community Survey 2023 5-Year Estimates, available at <https://data.census.gov/>

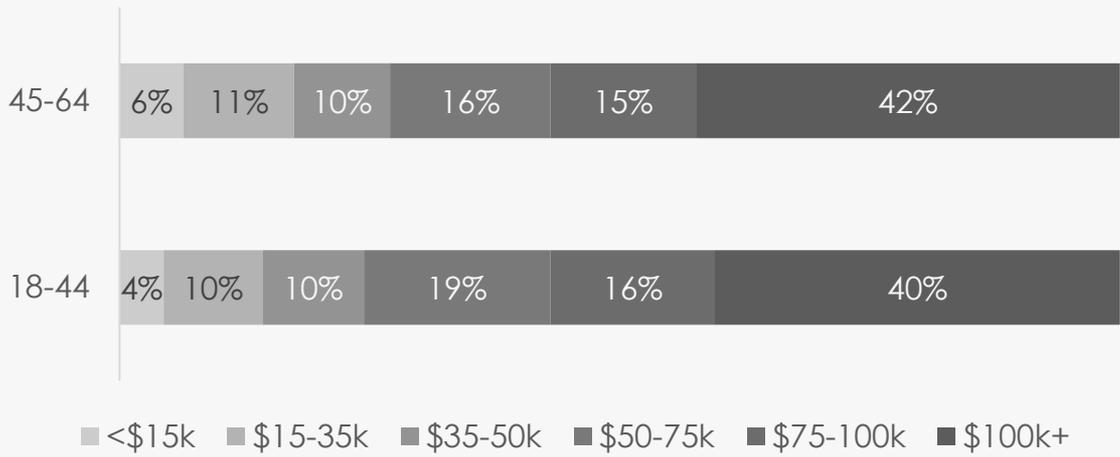
# Age and disability rates per 1,000 population over time



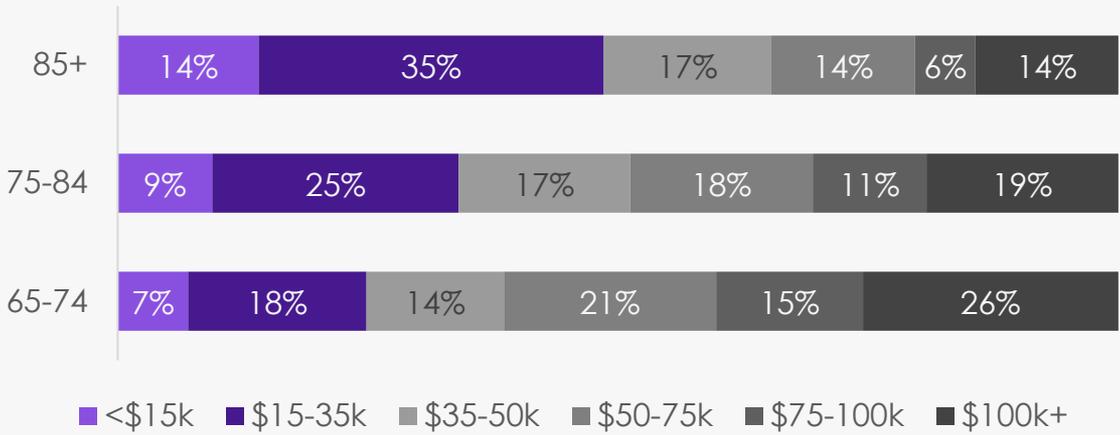
Source: American Community Survey 2013, 2018, and 2023 5-Year Estimates, available at <https://data.census.gov/>

# Age and income

Household income, younger adults



Household income, older adults



Source: American Community Survey 2023 5-Year Estimates, available at <https://data.census.gov/>

# Cost of private-pay LTSS in Maine

Service	Private-Pay Monthly Median Costs
<b>Homemaker (assumes 20 hours/week)</b>	\$4,100
<b>Home health aide (assumes 20 hours/week)</b>	\$4,100
<b>Assisted living (one bedroom)</b>	\$7,988
<b>Nursing home (private room)</b>	\$13,885

Source: Genworth Cost of Care Survey, December 2024. -<https://www.carescout.com/cost-of-care>. Accessed February 10, 2025.

Source: American Community Survey 2023 5-Year Estimates, available at <https://data.census.gov/>

# Publicly funded LTSS services in the report

MaineCare Community-Based LTSS	PSS	Aide (CNA)	RN and Therapy
<b>Section 12 Consumer Directed Attendant</b>	X		
<b>Section 19 HCBS Waiver</b>	X	X	X
<b>Section 40 Home Health</b>		X	X
<b>Section 96 Private Duty Nursing</b>	X	X	X

## Residential LTSS

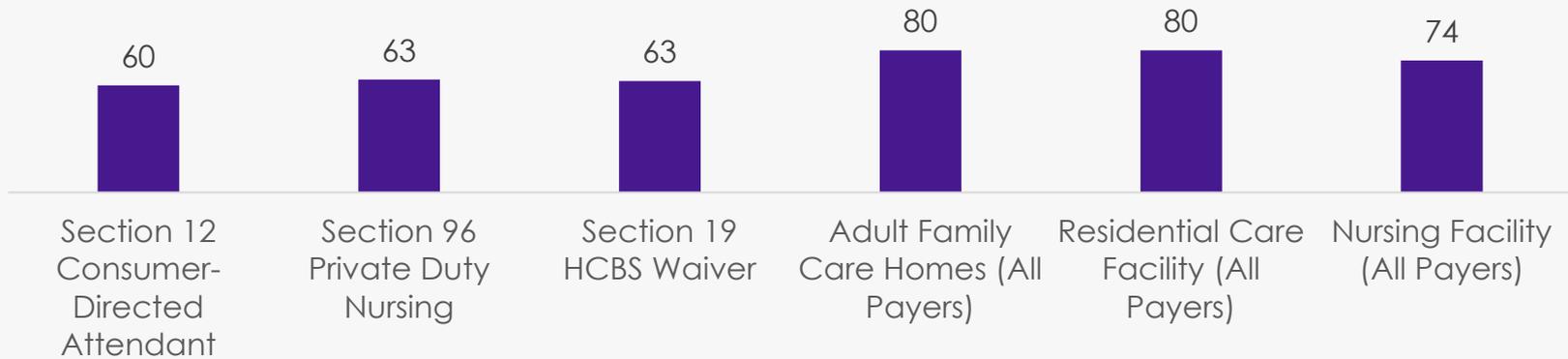
**Adult Family Care Homes**

**Private Non-Medical Institutions – Appendix C**

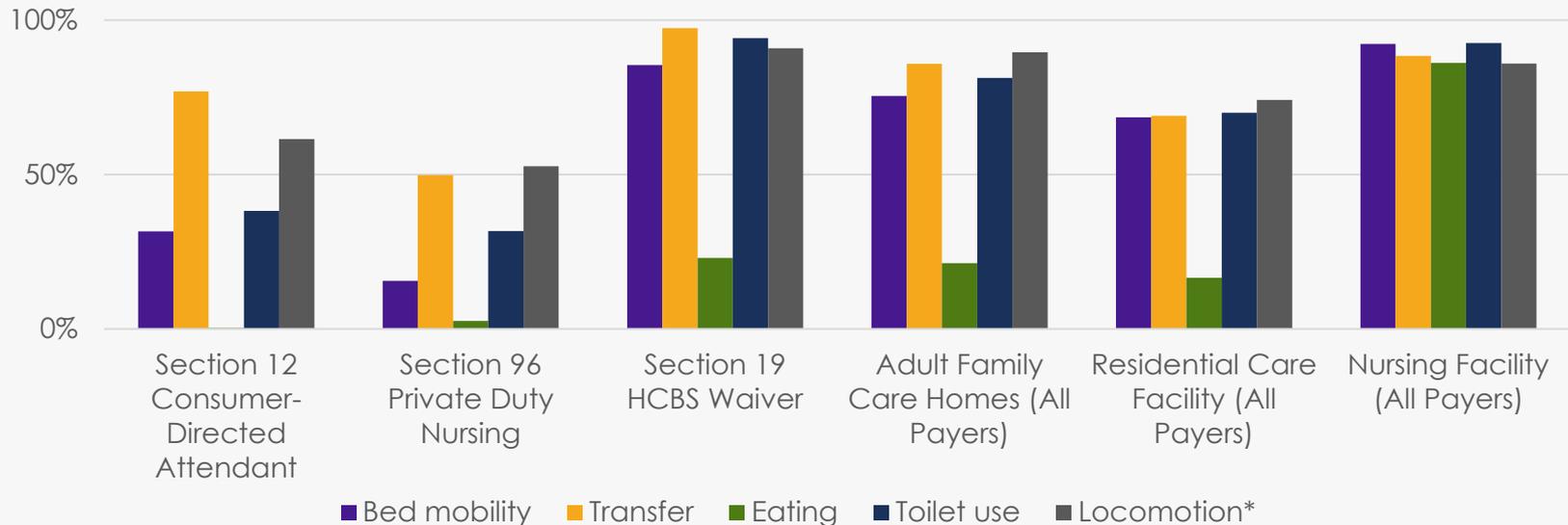
**Nursing Homes**

# Publicly funded LTSS user characteristics

Average age of users by LTSS setting



Percentage of users with ADL needs by LTSS setting



Source: Sections 12, 19, and 96 data are from MED assessments of members with active care plans as of December 31, 2023. Adult Family Care Home, PNMI-C, and Nursing Facility data are from MDS-RCA and MDS assessments as of July 1, 2024.

# Parting thoughts

- The number of individuals reaching 65 years has nearly peaked, but the number who are 75 and older is increasing sharply.
- The large projected increase in those 75 and older will increase demand for LTSS but may be partially offset by declining disability rates among older adults in Maine.
- The ADL needs of individuals in the Section 19 Home and Community Based waiver program are similar to those in residential care and nursing homes, but the average age of Section 19 participants is lower.
- A distinguishing ADL need of individuals in nursing homes is assistance with eating. Other ADL needs are similar to those in Section 19 and residential care.