



MN2030: Maintaining our Family Caregiving Workforce

Kari Benson

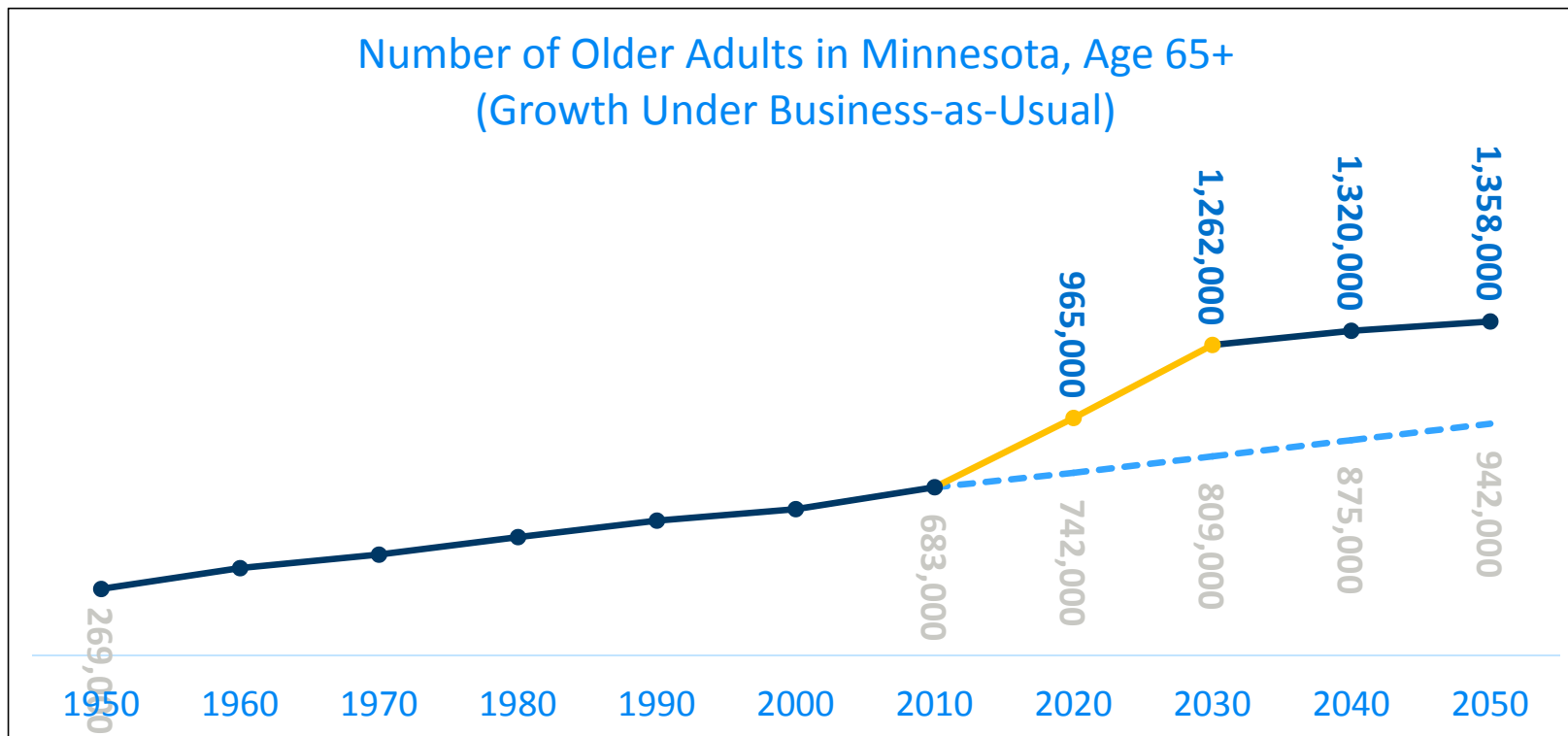
Director | Aging and Adult Services Division | MN Department of Human Services

Executive Director | MN Board on Aging

Objectives

- Minnesota's older adult population
- Minnesota's long-term services and supports system
- Supports available to family and friends who are caregiving
- Successes and lessons learned
- Opportunities for the future

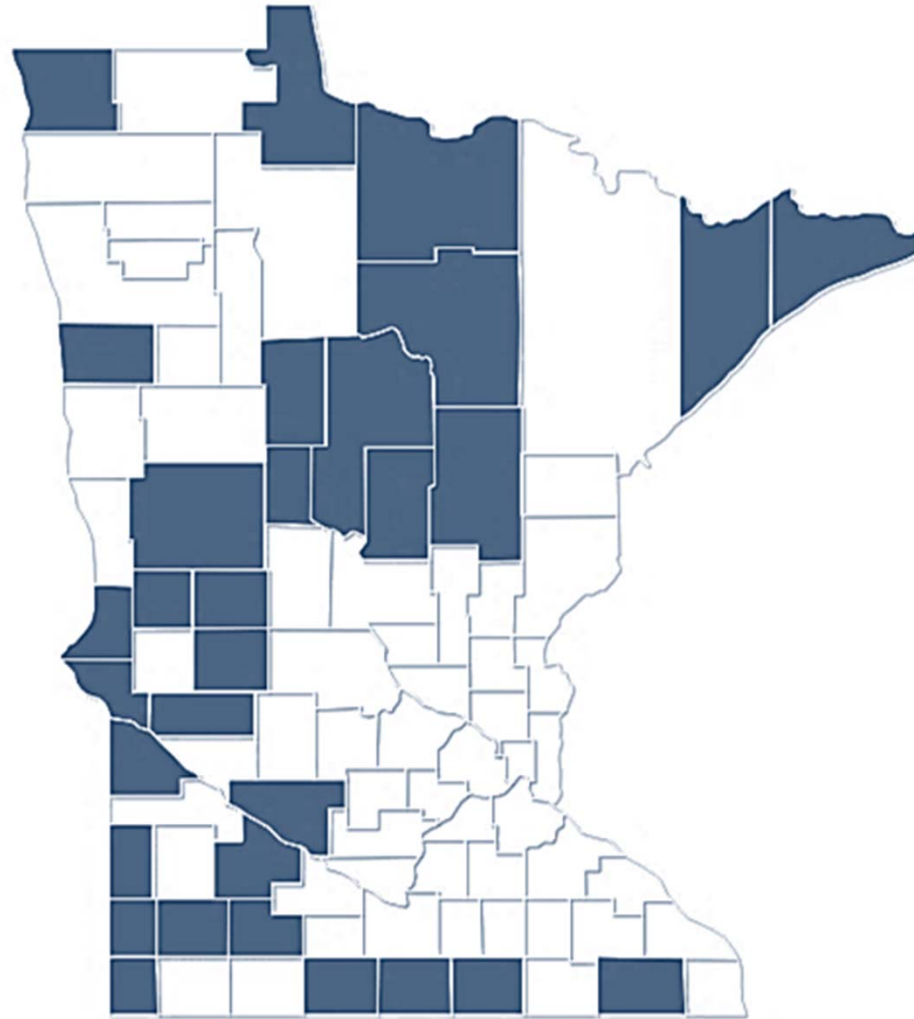
Minnesota has already begun the transition to an older state



Source: U.S. Census Bureau, State Demographer's Office

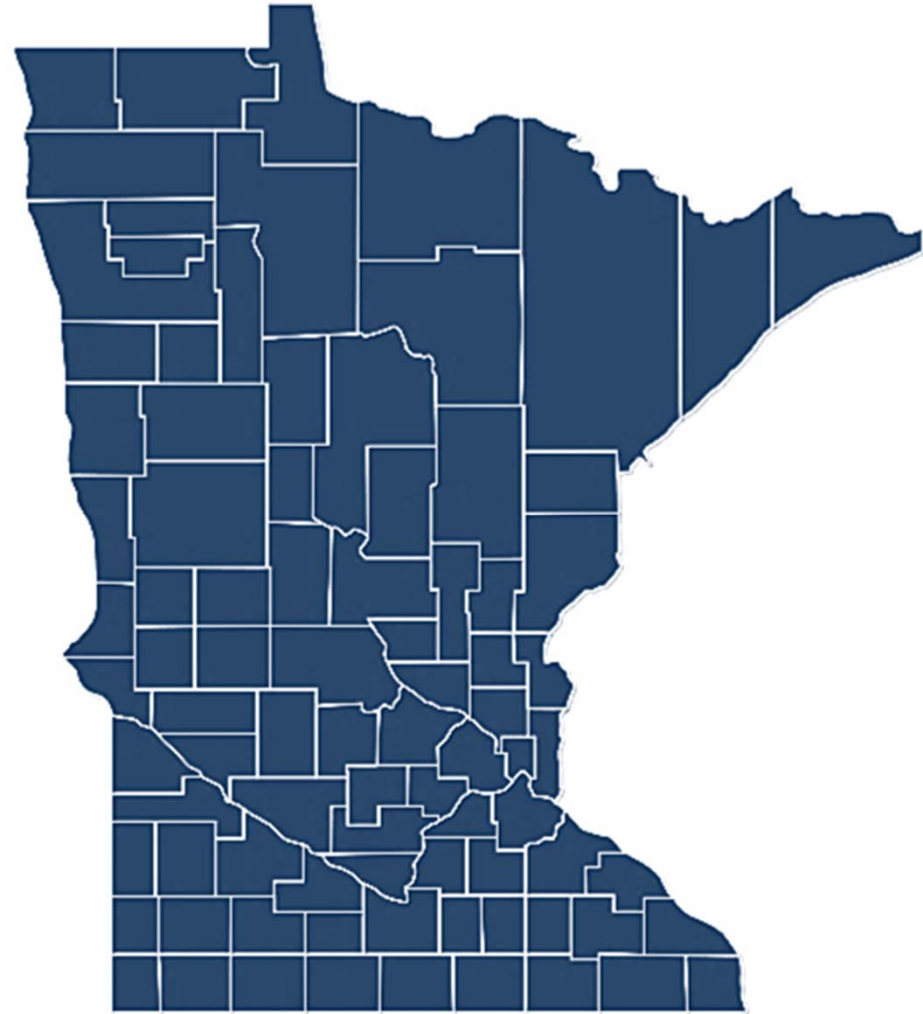
2013

Counties (31) where at least
1 in 5 residents are age
65+

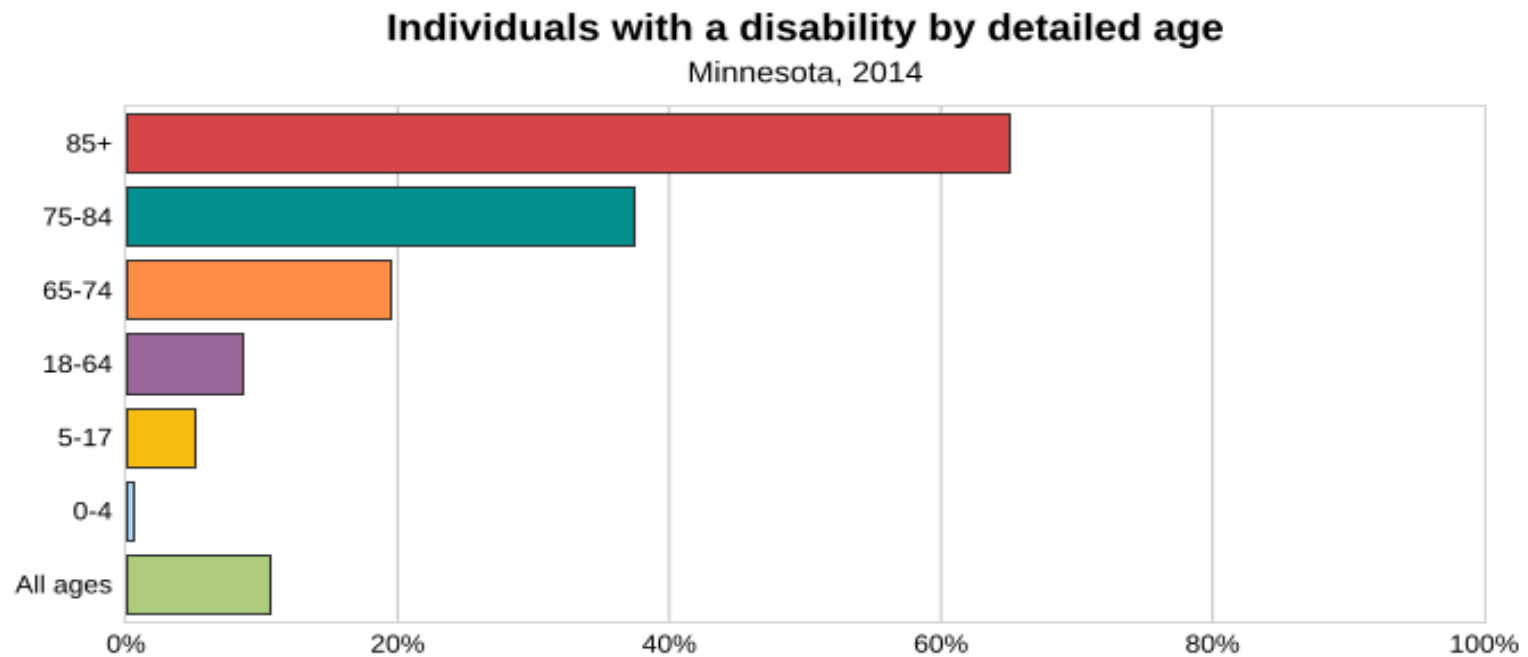


2030

Counties (87) where at least
1 in 5 residents are age
65+



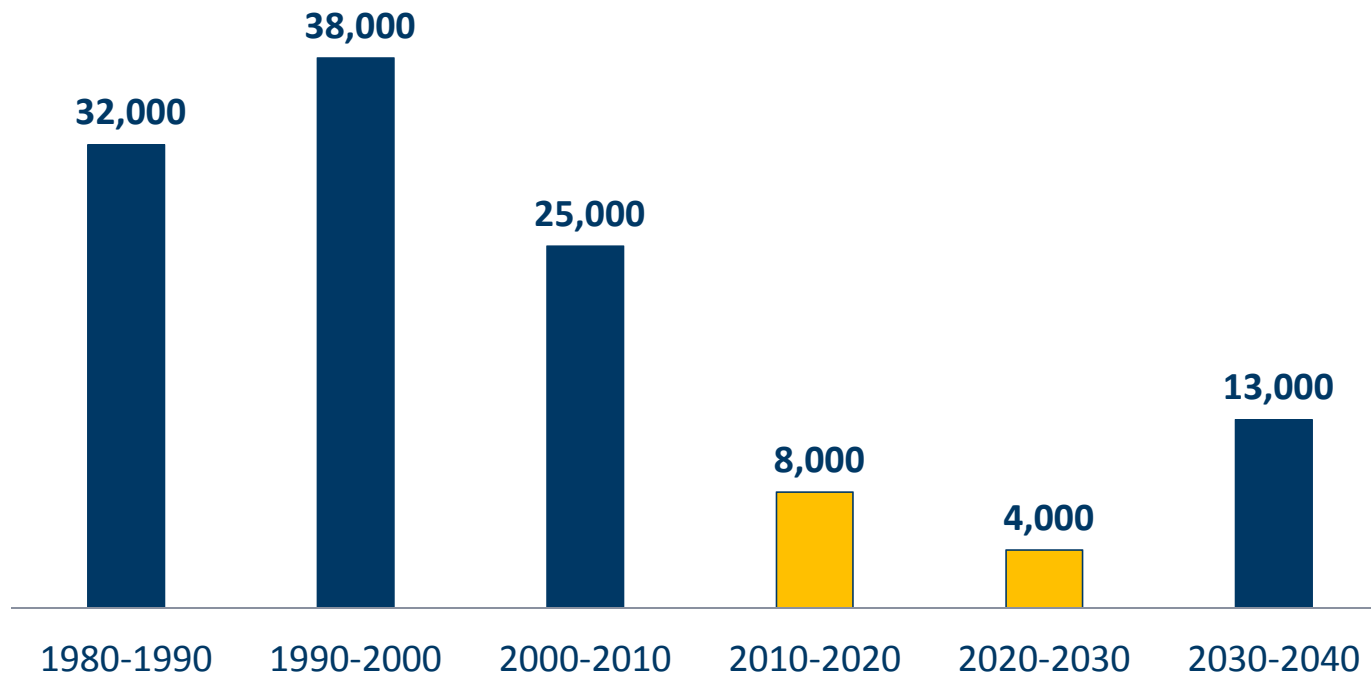
Disability rates increase with age



Source: MN Compass from U.S. Census Bureau data

Projected Growth in Labor Force

Annual Average, Ages 16+



Source: U.S. Census Bureau, Minnesota State Demographic Center Projections

Overview of MN's Long-Term Services and Supports System

Long-Term Services and Supports System for Older Adults



Home & Community-Based Services & Supports

- Older Americans Act (OAA)
 - 183,632 unduplicated individuals served throughout all of the OAA Title III services
 - Senior LinkAge Line[®], evidenced-based health promotion, chronic disease self management, caregiver support services, nutrition, assisted transportation, etc
- Essential Community Supports (ECS)
 - Started in fiscal year 2015.
 - In 2016, the program served 224 people with an average monthly benefit of \$234.
 - Total spending in FY 16 was \$624k.

Alternative Care

- Pre-Medical Assistance eligible
- Prevents, delays transitions to a nursing facility and prevents seniors from “spending down” their assets.
- Received federal match in 2014
- Avg. people per/mo: 2,574 (FY16)
- 3,831 people served (FY15)
- \$27 million in FY16; avg. cost per person/mo: \$882

Elderly Waiver

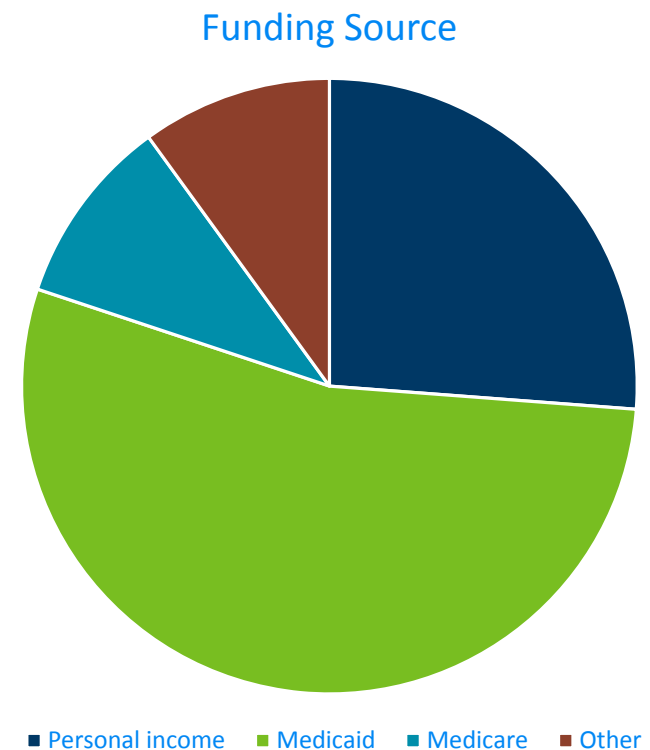
- Serves people in the community who need nursing facility level of care.
- Avg. people per/mo: 23,304 (FY16)
- 28,462 people served (FY15)
- \$401.8 million in FY16; avg. cost per person/mo: \$1,437
 - Includes both Fee for Service and Managed Care

Elderly Waiver

- Managed care plans administer majority of the EW program
- Service example:
 - Chore, companion, home-delivered meals, respite,
 - Customized living (Assisted living)
- Home care (PCA, nursing)

Nursing Facilities

- 368 licensed and Medicaid-certified nursing facilities
- 28,869 beds in use; 87.5% occupancy rate
 - Approximately 50% are single bedrooms
- \$808 million in total Medicaid spending in FY 16
- Mostly short-term, rehabilitation stays
 - 61,000 admissions per year
 - 50% of admissions discharged back to the community within 30 days
 - 65% discharged within 90 days

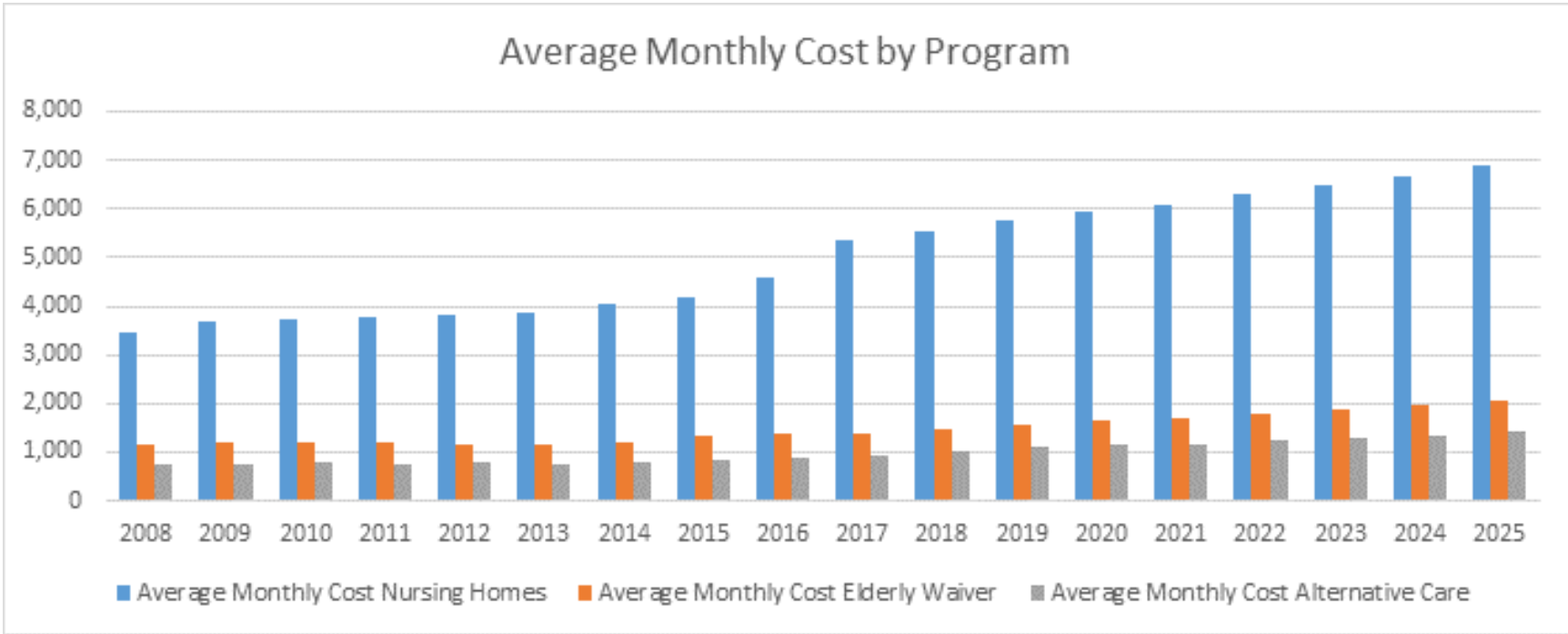


How are we doing?

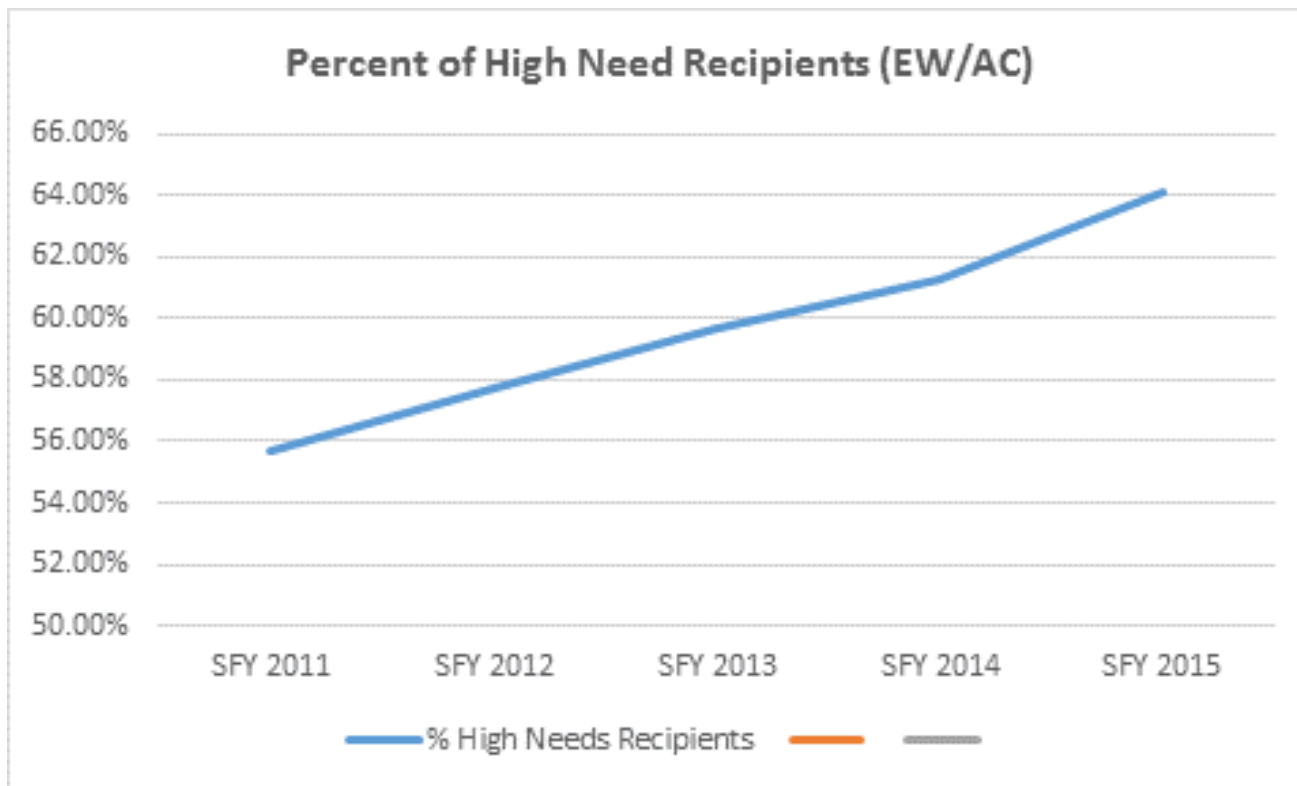
Most people prefer to live in their own home.

- Nursing home/facility costs about 2.5 times more than community-based services (waivers and home care)
- Nursing home utilization by people age 85+ has declined from 36.4% in 1984 to 12.6% in 2013
- About **75%** of older LTC recipients receive home and community-based services and account for half of LTC spending. The other half of LTC spending is for nursing facility residents, who make up **25%** of all LTC recipients.

Facility v. community care



Increasing acuity



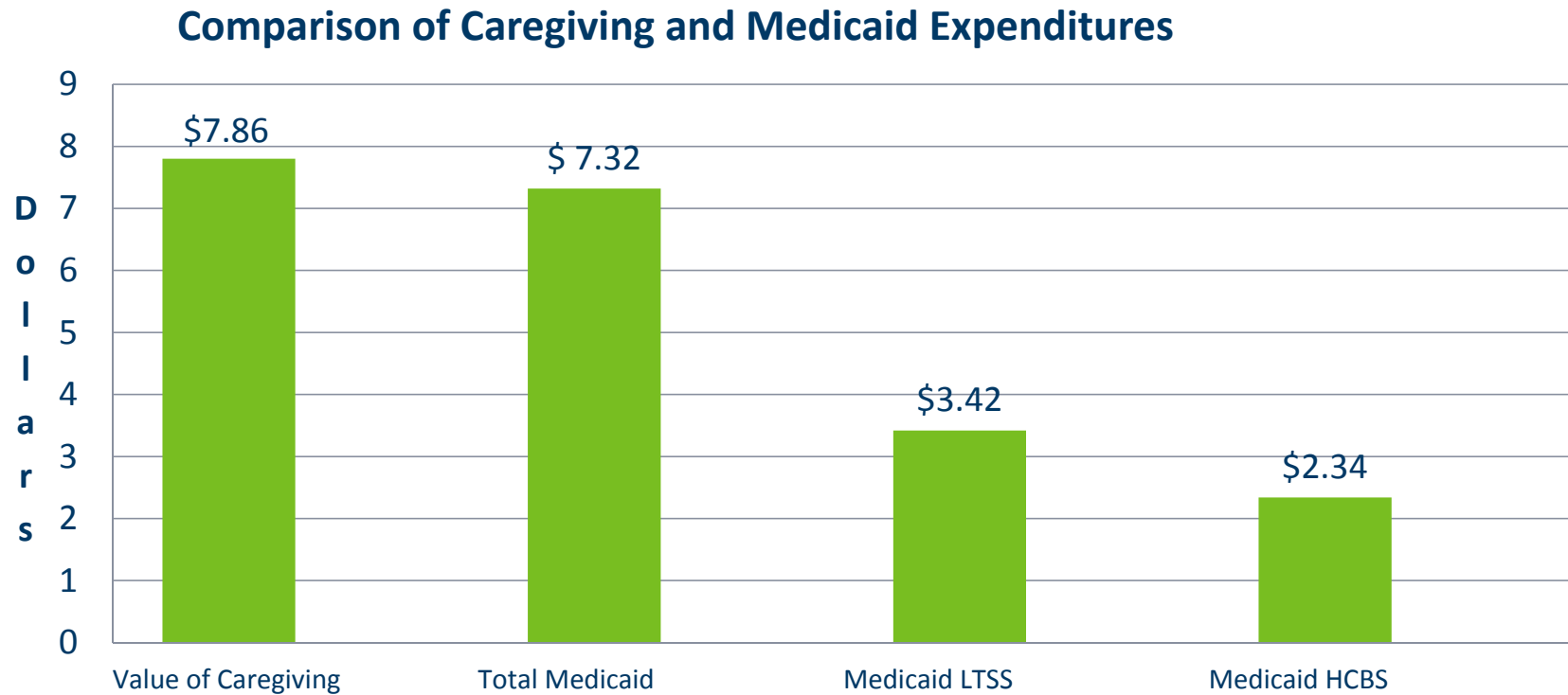
Caregivers are an Invaluable Resource

- Minnesota has 585,000 family caregivers
- Each year they provide 644 million hours of unpaid care
- The value of this unpaid care is \$7.9 billion a year
- **We cannot afford to lose them!**



Source: Valuing the Invaluable: 2015 Update, AARP with National Family Caregiver Alliance (NFCA).

Economic Value of Caregiving in Minnesota



Economic value and expenditures reported in billions of dollars. AARP Valuing the Invaluable, 2015.

Minnesota's Vision for Supporting Family Caregivers

Issue: Caregiving is becoming more complex and stressful, and the demand for caregivers will grow in future years. Family caregivers need our support.

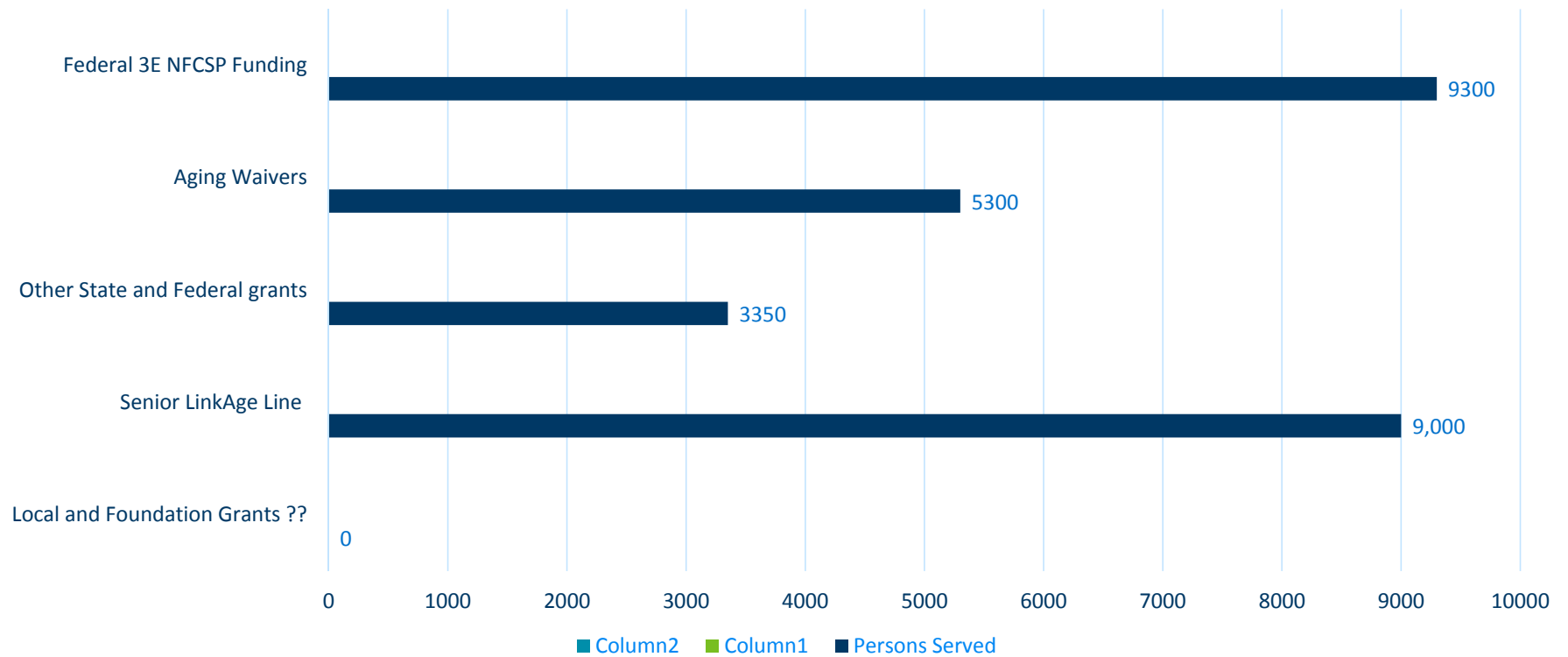
- Vision: Family caregivers will be healthy, less stressed and supported so they can remain in their roles longer



Supports available to family and friends who are caregiving

Number of MN Caregivers Served in 2016

Federal and State Funding (n = 26,950)



Caregiver Supports

- Awareness, information and assistance in accessing services
- Assessment
- Education and training
- Coaching/consultation/counseling
- Respite

***Supporting caregivers
in cultural and ethnic
communities***

Awareness, Information and Assistance

Caregiver Awareness Campaign



Information and Assistance



MINNESOTA'S LINK TO A LOCAL EXPERT

[MinnesotaHelp.info](https://www.MinnesotaHelp.info)

Assessment

Assessment

- Elderly Waiver and Alternative Care Programs: uniform assessment includes assessment of the caregiver
- Stand-alone assessment used by Caregiver Consultants working at home and community-based services provider organizations

Lessons learned:

- One size does not fit all – length/complexity of assessment needs to match the needs and situation of the caregiver

Education and Training

Education and Training

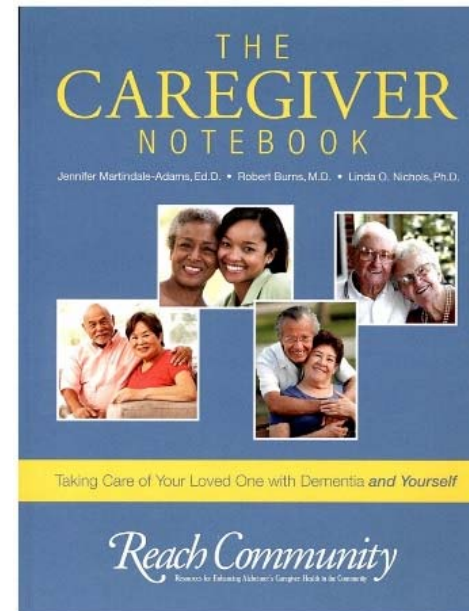


Coaching / Consultation / Counseling

Caregiver Consultation

- Minnesota has a statewide network of caregiver consultants who are specially trained and dedicated to supporting family caregivers.
- The consultant offers one-to-one support to help caregivers maintain their own well-being while caring for another person. This includes education, skills building, coaching and counseling.
- A consultant develops a plan with goals and follows up on goals.
- A consultant can provide tips for managing stress, balancing work and caregiving, finding respite and addressing memory care concerns. Consultants conduct family meetings and are dementia capable.

REACH Community



RESOURCES FOR ENHANCING ALZHEIMER'S CAREGIVER HEALTH

What is REACH Community ?



- REACH (Resources for Enhancing Caregiver Health) is an evidence based intervention used by trained caregiver consultants to support family members and others who are caring for someone with Alzheimer's disease or a related dementia.

Reach Community:

- Teaches caregivers how to reduce stress, solve problems and manage difficult behaviors
- Builds caregiver confidence and improves caregiver's ability to cope.

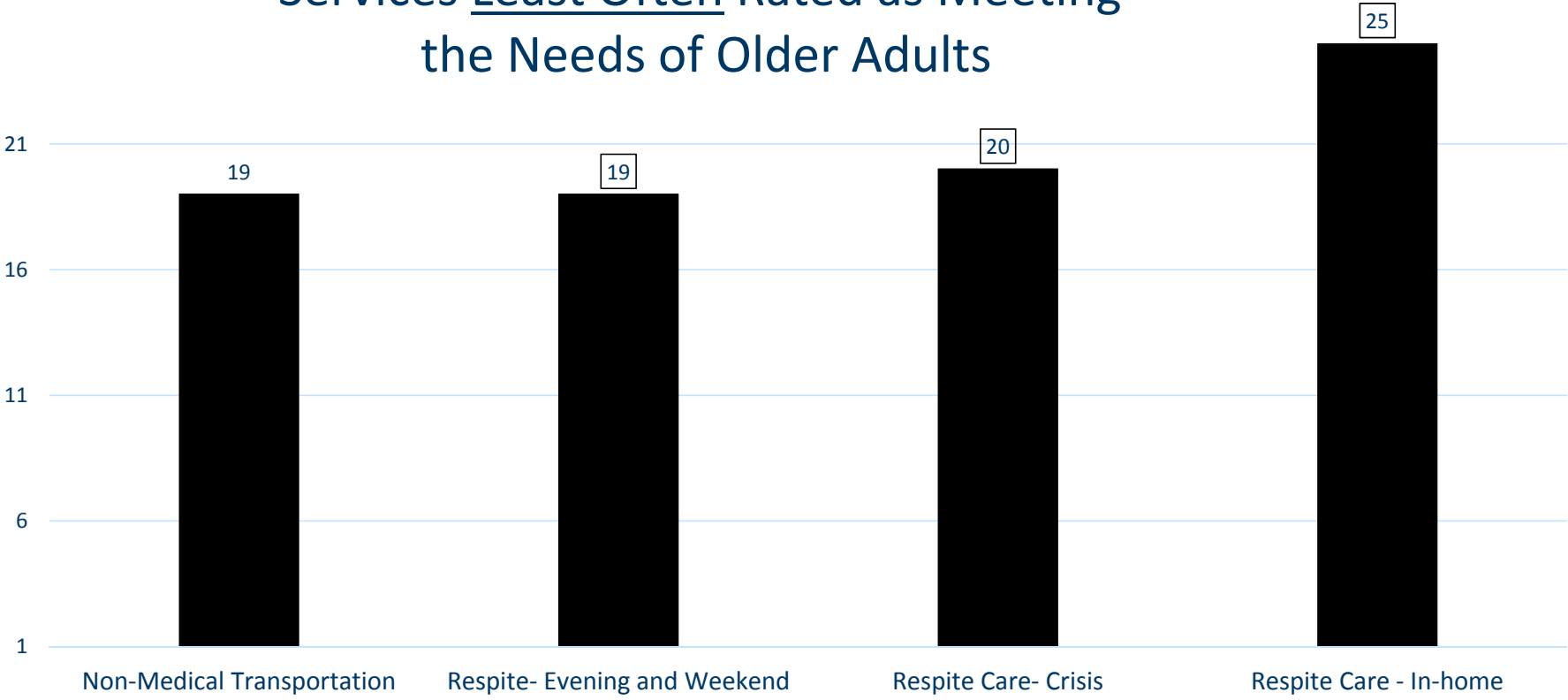
Respite

Respite Definition and Benefits

- Respite Care Services
 - Temporary, short-term care to provide family and informal caregivers with relief from caregiving responsibilities. It can be planned or emergency care
 - In-home, out-of-home, self-directed and culturally specific options
 - The family caregiver does not need to be living with the individual needing care (older adults)
- Others services that produce a respite outcome:
 - Adult day services
 - Companionship services
 - Chore/Housekeeping
 - Home modification/technology

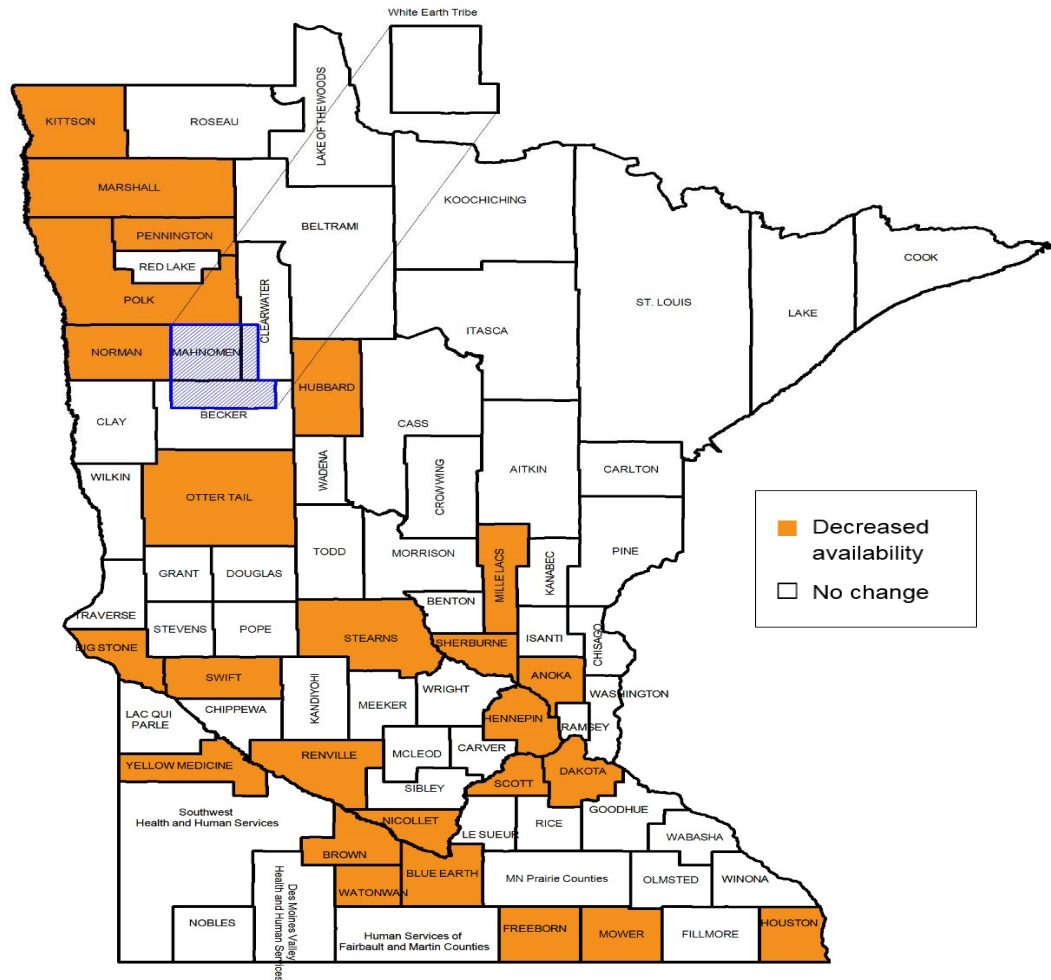
Lead Agency Survey: 2015 Gaps Analysis

Services Least Often Rated as Meeting the Needs of Older Adults



Source: MN DHS Gaps Analysis, 2015

Minnesota Counties with Decreased Availability of Respite



Source: 2015 DHS Gaps Analysis

Respite



Goal: to deliver education and support for respite companions who are supporting unpaid caregivers.

- Is a nationally recognized respite care training program
- This program is designed to support family caregivers of persons across the lifespan.
- Includes a standardized curriculum and education materials for respite workers supporting caregivers
- <http://www.RESTprogram.org>

Other Services with a Respite Outcome

- Adult day services
- Companionship services
- Chore/Housekeeping
- Home modification/technology

Health Equity

Cultural Awareness In Dementia Care

The screenshot shows a web browser window with the URL <http://rivertown-lab.com/testing/Alzheimers/Cultural/Chapter02/02-01-02.htm>. The browser's address bar and tabs are visible at the top. The main content area features the Minnesota Board on Aging logo on the left and the title "Dementia Capability Training" in orange. Below the title, it specifies "Chapter 2 Module 1: Demographics, Culture and Health Issues". A video player on the left shows a woman wearing a blue patterned headscarf. Below the video, a text box contains the following information: "This is one of the video series of Cultural Awareness in Dementia Care.", "Today's focus is: 'Tools for Your Practice When Caring for Somali elders.'", and "('Hello' spoken in Somali)". To the right of the video player, the main title "Cultural Awareness in Dementia Care:" is displayed in large black font, followed by the subtitle "Tools for Your Practice When Caring for Somali Older Adults". Below this, it identifies the module as "Chapter 2 Module 1 Demographics, Culture, and Health Issues" and the presenter as "Farhiya M Farah, Ph.D. MPH". At the bottom of the page, there is a navigation bar with buttons for "QUESTIONS", "RESOURCES", and "EXIT", along with a "2 of 12" indicator and navigation arrows.

Cultural Consultants



INTRODUCING CULTURAL CONSULTATION

Minnesota is becoming more diverse.
These cultures are at higher risk for Alzheimer's
and other chronic diseases

Cultural Consultants

- Offer expertise and professional services to providers across MN
- Help providers avoid common missteps by providing cultural insights, wisdom and experience
- Strengthen organizations to deliver person centered programs and services
- Reach into their cultural community to educate and build capacity about chronic diseases

Community-wide Approach



Minnesotans working together on the impacts of Alzheimer's



- HOME
- ABOUT ▾
- COMMUNITY RESOURCES ▾
- PROVIDER RESOURCES ▾
- RESEARCH ▾
- DEMENTIA FRIENDS

Quality Dementia Care for All

Dementia-competent health care systems promote timely diagnosis and options for care and support.

[Learn More](#)

2016 Health Care Leadership Summit



Cognitive Assessment Tutorial



Video portrays a physician administering the MoCA cognitive assessment after the patient failed the Mini-Cog. View all [video tutorials here](#).

Community Toolkit Process



Animated video illustrates the steps to help your community become dementia friendly by using the ACT on Alzheimer's® Toolkit and community engagement process. Find the [Toolkit here](#).

Thank you!

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