

# LONG-TERM SERVICES AND SUPPORTS

for people with disabilities and adults 65 or older

The number of people in Colorado who need Long-Term Services and Supports (LTSS) is growing, and many people rely on Health First Colorado (Colorado's Medicaid program) to pay for that care. The way we provide LTSS and measure its quality is changing too.

## LTSS: Fast Facts

1

LTSS can be in the home, community-based, or in an institutional setting.

2

Medicare does not pay for LTSS.

3

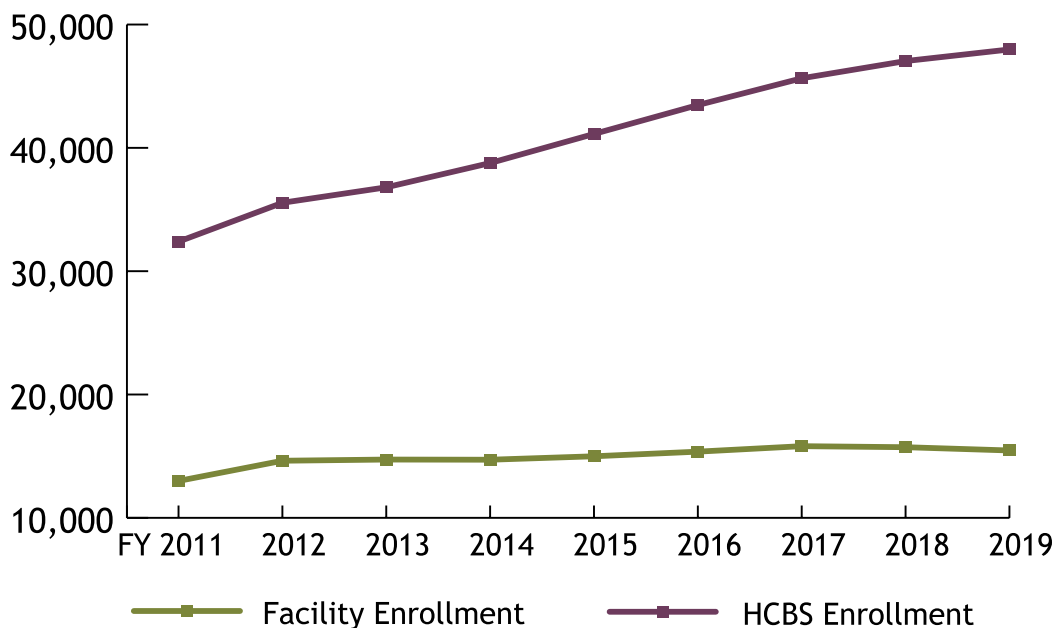
Between 2015 and 2030, the number of older adults in Colorado will grow by nearly 70%.<sup>1</sup>

4

An estimated 70% of people 65 or older will need LTSS at some point in their lives.<sup>2</sup>

## Health First Colorado is increasingly providing LTSS in members' homes and communities.<sup>3</sup>

Members Receiving Home and Community-Based Services (HCBS) and Institutional Care for Fiscal Years 2011-2019



LTSS helps Health First Colorado members and their families with daily living activities including, but not limited to:



Bathing



Dressing



Transportation



Medication Management



Food Preparation



Supported Employment

## Person-Centeredness



The Department continues to focus on person-centeredness, so our members who receive LTSS:

- are integrated in their communities
- can choose how they get support
- are empowered to meet their personal goals

## Measuring Quality<sup>4</sup>

- ➕ Colorado participates in multiple National Core Indicators surveys, which measure LTSS quality and person-centeredness over time and compares results across states. Among Colorado respondents:

**74%**  
Colorado

**Intellectual and Developmental Disabilities (IDD)** - Able to go out and do the things s/he likes to do in the community as often as s/he wants:  
US = 79%

**56%**  
Colorado

**Aging and Disability Survey (AD)** - Proportion of people who get to do the things they enjoy outside of their home as much as they want to:  
US = 63%

**88%** **83%**  
IDD AD

Respondents, in general, like where they're living.  
IDD US = 89%  
AD US = 82%

**91%** **94%**  
IDD AD

Respondents feel the people who are paid to help them treat them with respect.  
IDD US = 91%  
AD US = 91%

1 State Demography Office: <https://demography.dola.colorado.gov/>

2 [longtermcare.acl.gov/the-basics/who-needs-care.html](https://longtermcare.acl.gov/the-basics/who-needs-care.html)

3 Colorado Medicaid Management Information System (MMIS).

4 National Core Indicators and National Core Indicators - Aging and Disability, 2017-18 reports, [www.nationalcoreindicators.org/survey-reports/2019/](http://www.nationalcoreindicators.org/survey-reports/2019/)