



ACROSS THE STATES

PROFILES OF LONG-TERM CARE
AND INDEPENDENT LIVING

DISTRICT OF COLUMBIA



by Ari Houser
Wendy Fox-Grage
Mary Jo Gibson
Public Policy Institute

EIGHTH EDITION **2009**

INTRODUCTION

Across the States 2009: Profiles of Long-Term Care and Independent Living is the eighth edition of the AARP Public Policy Institute's state long-term care reference report.

This short report provides key long-term care information for a single state. Readers may refer to the Overview section of the full report, which highlights national trends, state differences, and key indicators.

Published approximately every two years, the *Across the States* series helps to inform policy discussions among public and private sector leaders in long-term care throughout the United States. *Across the States 2009* presents comparable state-level and national data for more than 140 indicators, drawn together from a wide variety of sources into a single convenient reference. This publication presents the most up-to-date data available at the time of production, and is displayed in easy-to-use maps, graphics, tables, and state profiles.

Across the States 2009 comes in two volumes:

- A full report with an overview of key findings and trends, maps and graphs, and individual profiles for each state, the District of Columbia, Puerto Rico, the Virgin Islands, and the nation as a whole. It provides a complete picture of long-term services and supports in each state.
- An executive summary with an overview of key findings and trends, and ranking tables for each indicator, which permit readers to easily see variation among states.

Some of the indicators in *Across the States 2009* may be found in prior editions. Please exercise caution when making comparisons with information in earlier editions because of possible changes in the source or definition. Complete descriptions of all indicators, and how they may differ from previous editions, can be found in the Data Documentation section in the back of the full report. Data sources and descriptions of indicators are only found in the full report, not in the executive summary or this state-specific report.

Copies of *Across the States 2009* are available free of charge. To order, please call the AARP Public Policy Institute at (202) 434-3890 or email jgasaway@aarp.org.

The full report and executive summary are also available on the web. The most recent edition of *Across the States* can always be found at <http://www.aarp.org/acrossthestates>.

DISTRICT OF COLUMBIA

Population (thousands)	Year	State	% of Total Population	Rank	U.S.
All ages	2007	588		50	301,621
	2030	433		51	363,584
	% change	-26%		51	+21%
Age 50-64	2007	99	16.8%	47	17.8%
	2030	63	14.5%	49	16.5%
	% change	-36%		51	+12%
Age 65+	2007	70	11.9%	40	12.6%
	2030	58	13.4%	50	19.7%
	% change	-16%		51	+89%
Age 65-74	2007	36	6.1%	41	6.4%
	2030	29	6.8%	51	10.4%
	% change	-18%		51	+96%
Age 75-84	2007	23	3.9%	41	4.3%
	2030	20	4.6%	50	6.6%
	% change	-14%		51	+84%
Age 85+	2007	11	1.8%	25	1.8%
	2030	9	2.0%	47	2.6%
	% change	-17%		51	+74%

Race & Ethnicity, Age 65+

Older People of Color (%), 2007

State	Rank	U.S.
70.8%	2	19.3%

Asian/Pacific Islander

State	Rank	U.S.
2.2%	14	3.6%

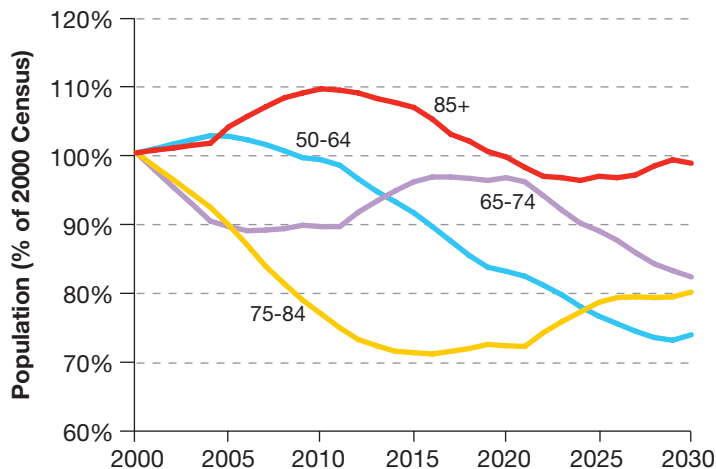
Black

State	Rank	U.S.
65.1%	1	8.7%

Hispanic

State	Rank	U.S.
3.9%	13	6.6%

Projected Growth in the Older Population in the District of Columbia as a Percentage of 2000 Census, by Age Group, 2000-2030



Note: The highest data value within each ranking is indicated by a rank of 1. For indicators in which both a total number and a ratio are given for the state value (percent of population, per person in the state, etc), the rank and U.S. values correspond to the ratio column.

POPULATION & CHARACTERISTICS

Population Characteristics	State	Rank	U.S.
Men per 100 women age 85+, 2007	41	50	48
Persons age 75+ living alone, 2007	40%	1	33%
Non-metropolitan population age 65+, 2007/2008	0%	45	20%
Bachelor level education or higher age 65+, 2007	34%	1	19%
Persons age 60+ raising grandchildren, 2007	2.4%	5	1.6%

Income & Poverty	State	Rank	U.S.
Median household income age 65+, 2007	\$39,186	4	\$32,158
At/below poverty level age 65+, 2007	13.7%	2	9.5%
At/below 200% of poverty level age 65+, 2007	33%	21	32%
At/below 300% of poverty level age 65+, 2007	43%	45	51%
Women age 75+ at/below poverty level, 2007	16%	11	13%

Disability Rates	Number (1,000s)	Percent	Rank	U.S.
Persons age 65+ with disabilities, 2007				
Sensory disability	9	14%	43	16%
Physical disability	19	29%	30	31%
Mobility disability	12	19%	10	18%
Self-care disability	8	11%	13	10%
Cognitive/mental disability	9	13%	17	12%
Any disability (one or more of the five listed above)	25	38%	34	41%
Cognitive/mental disability + any other disability	8	11%	20	11%
Persons age 18-64 with disabilities, 2007				
Any disability	41	10%	34	11%
Cognitive/mental disability + any other disability	8	2.1%	51	3.2%
Persons age 65+ with Alzheimer's disease, 2010 (projected)	9	15%	3	13%

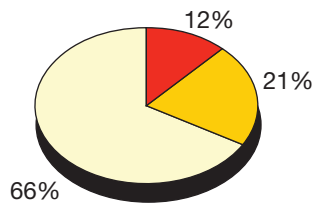
Family Caregivers	State	Rank	U.S.
Family caregivers (thousands), 2007	57		34,000
Economic value of family caregiving (millions), 2007	\$670		\$375,000
Economic value per hour, 2007	\$10.82	16	\$10.10
Ratio of the economic value of family caregiving to Medicaid long-term care spending, 2007	1.8	50	3.7

LONG-TERM CARE FINANCING

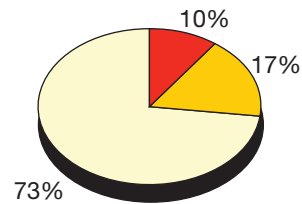
Medicaid Expenditures	State	Rank	U.S.
Total Medicaid expenditures (millions), 2007	\$1,354	40	\$311,848
Medicaid home and community-based services (HCBS) spending for older people and adults with physical disabilities, as a % of long-term care (LTC) spending, 2007 *	34%	12	27%

Medicaid Long-Term Care Spending for Older People and Adults with Physical Disabilities in the District of Columbia and the U.S., 2007

District of Columbia



United States



Percentages may not add to 100% due to rounding



Long-Term Care Expenditures by Service	Total (millions)	Per Person in the State	Rank	U.S.
Medicaid LTC expenditures for older people and adults with physical disabilities, 2007	\$261	\$443	2	\$213
Nursing facilities	\$173	\$294	4	\$156
HCBS	\$88	\$149	2	\$57
Personal care services (PCS) **	\$56	\$95	5	\$34
Aged/disabled waiver services	\$32	\$54	7	\$21
Medicaid LTC expenditures for all populations, 2007	\$378	\$642	2	\$323
Institutional services	\$258	\$439	2	\$196
HCBS	\$120	\$204	9	\$127
Waiver services (all populations)	\$64	\$109	26	\$91
Medicaid home health expenditures *	\$5	\$9	19	\$13

Expenditures Per Person Served	State	Rank	U.S.
Medicaid nursing facility expenditures per person served, 2005	\$35,399	5	\$26,096
Medicaid HCBS expenditures for older people and adults with physical disabilities per person served, 2005	\$5,143	44	\$9,459
Personal care services **	\$4,642	21	\$9,666
Aged/disabled waiver services	\$7,405	31	\$9,176
HCBS waiver services (all populations)	\$9,799	49	\$21,681

Note: The highest data value within each ranking is indicated by a rank of 1. For indicators in which both a total number and a ratio are given for the state value (percent of population, per person in the state, etc), the rank and U.S. values correspond to the ratio column.

* Medicaid LTC for older people and adults with physical disabilities include nursing facilities, PCS, aged/disabled waivers, and additional HCBS programs in a few states. Medicaid home health is no longer considered LTC, but is listed separately for comparison to earlier editions of Across the States.

** In 2007, 15 states did not report any PCS spending; the lowest possible rank for this indicator is 36. In 2005, 20 states did not report any PCS participants; the lowest possible rank for this indicator is 31.

Federal/State/Personal Contributions	State	Rank	U.S.
Federal Medical Assistance Percentage (FMAP), 2007	70.0%	7	
Medicaid personal needs allowance (per month), 2007 ***	\$70	4	\$50
State-funded HCBS for older people (millions), 2007	\$16.8	14	\$1,192.4

LONG-TERM CARE UTILIZATION

Medicare HCBS Utilization	State	Rank	U.S.
Medicare beneficiaries receiving home health services, 2006	7.9%	19	8.4%
Medicare home health visits per user, 2006	22	40	35

Medicaid HCBS Utilization	State	Per 1,000 Population	Rank	U.S.
Medicaid HCBS participants, 2005	3,306	5.7	23	6.3
Personal care services **	2,352	4	10	2.7
HCBS waiver services	954	1.6	49	3.6
Aged/disabled waiver services	521	0.9	41	2.0
Medicaid aged/disabled waiver participants per 100 beneficiaries using nursing facilities, 2005	11		46	34
Persons in assisted living/residential care covered by Medicaid or state funding, 2007	0	0.00	40	0.39
Medicaid home health participants, 2005 *	2,124	3.6	11	3.1

Nursing Facility Utilization	State	Rank	U.S.
Total nursing facility residents, 2007	2,804	49	1,440,358
Nursing facility residents per 100 age 65+, 2007	4.0	24	3.8
Nursing facility residents per 100 age 75+, 2007	8.3	24	7.8
Total nursing facility stays, 2006	5,755	49	3,176,119
Residents with Medicaid as primary payer, 2007	80%	1	64%
Residents with Medicare as primary payer, 2007	10%	43	14%
Residents with “other” as primary payer, 2007	10%	50	22%
Residents with dementia, 2007	49%	16	46%

LONG-TERM CARE COSTS

Public & Private Payment Rates	State	Rank	U.S.
Medicaid payment per day for nursing facility care, 2007	\$234	2	\$158
Medicare payment per day for nursing facility care, 2006	\$327	18	\$305
Average private pay rate per day in nursing facility, 2008	\$216	15	\$209
Average private pay rate per month in assisted living, 2008	\$4,027	5	\$3,008
Medicare reimbursement per home health visit, 2006	\$165	6	\$134
Average private pay hourly rate for home health aide, 2008	\$19	21	\$19
Medicare-certified home health aide, 2008	\$22	47	\$38
Average private pay daily rate for adult day care, 2008	\$62	17	\$59

*** 6 states used the minimum allowed PNA of \$30 per month; the lowest rank for this indicator is 46.

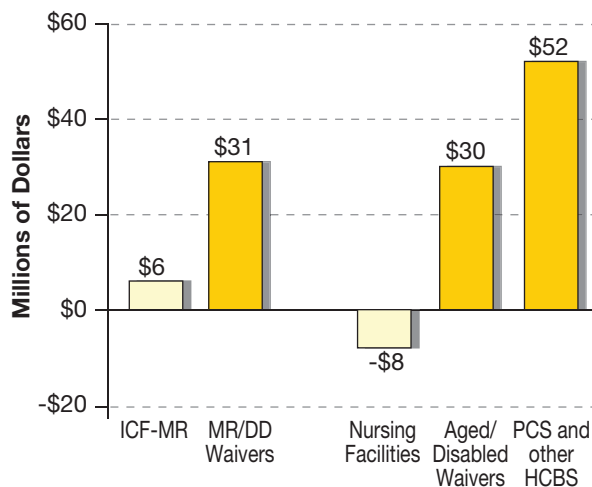
LONG-TERM CARE RESOURCES

HCBS Resources	State	Per 1,000 Age 65+	Rank	U.S.
Medicare-certified home health agencies, 2006	21	0.3	23	0.22
Adult day facilities, 2001-02	9	0.13	15	0.09
Assisted living and residential care facilities, 2007	22	0.3	44	1.0
Assisted living and residential care units, 2007	509	7	48	26
Personal and home care aides, 2007	970	14	22	16
Median hourly wage, 2007	\$9.89		15	\$8.89
Home health aides, 2007	1,210	17	26	22
Median hourly wage, 2007	\$10.43		15	\$9.62
Medicaid aged/disabled waiver waiting list, 2007	0		22	89,938

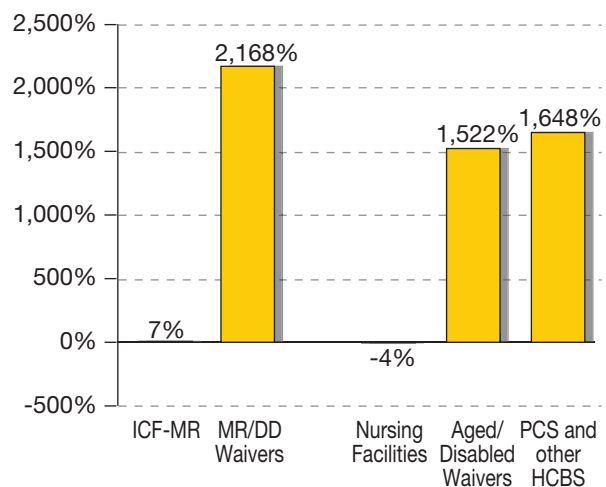
Nursing Facility Resources	State	Per 1,000 Age 65+	Rank	U.S.
Total nursing facilities, 2007	20	0.29	44	0.43
Nursing facility beds, 2007	2,982	43	29	45
Nursing facility occupancy rate, 2007	94%		2	85%

Quality & Oversight of Nursing Facilities	State	Rank	U.S.
Direct care nursing hours per patient day, 2007	4.2	5	3.7
Nursing facilities with deficiency for actual harm or jeopardy of residents, 2007	44%	1	18%
Residents with physical restraints (%), 2007	2%	44	6%
Long-term care facility beds per FTE ombudsman, 2006	879	47	2,192
Nursing facilities visited by ombudsman at least quarterly, 2006	0%	51	79%

Change in Medicaid LTC Spending, 2002–2007, by Service



Percent Change in Medicaid LTC Spending, 2002–2007, by Service



Note: The highest data value within each ranking is indicated by a rank of 1. For indicators in which both a total number and a ratio are given for the state value (percent of population, per person in the state, etc), the rank and U.S. values correspond to the ratio column.

TRENDS

Home & Community-Based Services	Year	State	Rank	U.S.
Medicaid HCBS participants, older people and adults with physical disabilities	2000	1,704		1,026,374
	2005	2,873		1,376,984
	% change	+69%	20	+34%
Medicaid aged/disabled waiver participants	2000	79		448,167
	2005	521		582,342
	% change	+559%	2	+30%
Medicare home health visits per user	2001	26	31	31
	2006	22	40	35
	% change	-15%	45	+13%

Nursing Facilities	Year	State	Rank	U.S.
Nursing facility residents	2002	2,834		1,428,117
	2007	2,804		1,440,358
	% change	-1%	30	+1%
Nursing facility beds	2002	3,114		1,671,744
	2007	2,982		1,699,494
	% change	-4%	37	+2%
Nursing facility occupancy rate	2002	91%	11	85%
	2007	94%	2	85%
	change	+3%	1	-1%

Long-Term Care Financing	Year	State	Rank	U.S.
Total Medicaid spending (millions)	2002	\$1,035		\$243,497
	2007	\$1,354		\$311,848
	% change	+31%	25	+28%
Medicaid LTC spending for older people and adults with physical disabilities (millions)	2002	\$186		\$54,261
	2007	\$261		\$64,168
	% change	+40%	10	+18%
Medicaid HCBS spending for older people and adults with physical disabilities (millions)	2002	\$5		\$10,204
	2007	\$88		\$17,188
	% change	+1,600%	1	+68%
Medicaid nursing facility spending (millions)	2002	\$181		\$44,057
	2007	\$173		\$46,980
	% change	-4%	41	+7%
Medicaid HCBS spending for older people and adults with physical disabilities, as a percentage of total LTC spending	2002	3%	46	19%
	2007	34%	12	27%
	change	+31%	1	+8%