

## Overview of Home Care in New York State

New York State has the most comprehensive Home and Community-Based Care (HCBS) services in the United States. HCBS encompasses extensive medical and supportive assistance, and without access to these services, countless vulnerable New Yorkers would need to be institutionalized in nursing homes and assisted living facilities. The emotional trauma a person experiences leaving their cherished home can be overwhelming, and the financial cost of long-term care impacts all New Yorkers.

A crucial component to reducing long-term care costs and delivering healthier and happier results is paid caregivers in the home. We must leverage this impact because without their assistance, HCBS recipients would not enjoy the quality of life and the dignity of independence we often take for granted.

### ***“The Players” (Provider and Payor Basics)***

The New York State Association of Health Care Providers (HCP) is a trade association supporting the HCBS industry. Our provider members primarily operate Licensed Home Care Services Agencies (LHCSA) that deliver personal care in the home. LHCSAs are unique to New York State and are heavily regulated and overseen by the New York State Department of Health. Other states have less stringent requirements for personal care providers.

HCP also supports other state-regulated HCBS providers, including Certified Home Health Agencies (CHHA), who offer personal care and home health aides, along with more clinical services such as wound care and speech therapy. In addition, Consumer Directed Personal Assistant Program (CDPAP) Fiscal Intermediaries (FI) are among our members and allow beneficiaries the autonomy to choose and train their caregiver/s.

The vast majority of HCBS recipients are Medicaid beneficiaries. In NYS, Managed Long-Term Care (MLTC) plans (insurance plans) work within the Medicaid system to oversee and administer the financial aspects for those needing long-term care support in the home. Many New Yorkers are served through Medicaid funding in the Traumatic Brain Injury (TBI) or Nursing Home Transition and Diversion (NHTD) programs. These individuals are especially at risk for institutionalization if not for the availability of HCBS.

Still more New Yorkers are served by other government-funded programs (e.g., Program of All-Inclusive Care of the Elderly/PACE, Expanded In-home Services for the Elderly/EISEP) or private insurance. Only a minority are self-paying.

### ***The Home Care Impact***

Home care workers provide a wide range of assistance for persons with disabilities and chronic conditions. These services enable them to accomplish activities of daily living or instrumental activities of daily living. Activities of daily living (ADL) are the most basic tasks, such as walking and eating. Instrumental ADLs are more complex tasks like cooking, medication management, and

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housekeeping. Home health aides may also assist with medical equipment, supplies and devices used in the home.

[NYS Department of Health guidelines for providing personal care services](#) and home health aide services define the activities these aides may perform. These tasks range from light housekeeping and hygiene assistance to helping with specialized equipment and medications. Home health workers often spend more time with their patients than any other provider type and do so in the most intimate setting: the home – the care setting of choice for most New Yorkers. As a result, they often develop special bonds with those in their care.

Equally important, these essential workers may assist clients in their communities, allowing patients to maintain societal involvement by reducing the challenges presented by their disability, weakness, or impairment. These challenges represent simple day-to-day life for most of us – eating in a restaurant, managing appointments, and attending social or religious gatherings. ***Without assistance, HCBS recipients and their families would not enjoy the quality of life and the simple dignity of independence that is often taken for granted.***

## ***Economic Impacts***

Keeping people in their communities makes economic sense. CMS estimates over \$200 billion will be needed for home care by 2028, representing a 73% increase from 2020. However, this figure is far lower for home care than in other settings, as shown by multiple data sources.

However, we must look beyond the cost of care and realize the benefits of home care on the state's economy. Home care workers represent the largest portion of the NYS health care labor market. The industry also directly supports public and private transportation commerce, as workers travel from one home to the next.

When policies and funding do not adequately support the home care industry, family members must step into the caregiving role. The state's economy suffers as a result of both job loss and qualified caregivers working "off the books". Both significantly impact tax revenue and local spending.

Additionally, when we can maintain people at home and in their communities, they can funnel money back into that community. For example, home care patients buy from their local markets and shopping centers. They order pizza and use maintenance services. These more subtle economic impacts of home care are difficult to measure but no less important when considering why the industry warrants adequate public support.

## ***Societal Impacts***

Over and above the dollars and sense (!) of home care, there are social impacts of keeping New Yorkers healthy at home. The most immediate is the health benefit of easing loneliness for those that are homebound. Improved individual health translates to improved public health.

Additionally, the positive results of individual participation in one's community go far beyond the unmistakable aspects of personal fulfillment and quality of life. Religious, social, and support groups, and even civic activism are all more accessible to someone at home than those in institutional settings. This personal involvement benefits society as a whole.

Finally, it is proven that paid caregivers take burdens off family members, allowing them to contribute to society through their jobs and community involvement, educational engagement, and helping to maintain family relationships.