



ACROSS THE STATES

PROFILES OF LONG-TERM SERVICES
AND SUPPORTS

MAINE



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NINTH EDITION **2012**

INTRODUCTION

Across the States 2012: Profiles of Long-Term Services and Supports is the ninth edition of the AARP Public Policy Institute's state long-term services and supports reference report.

This short report provides key long-term services and supports information for a single state. Complete data for all states are contained in the full report and executive summary.

Published for the past 18 years, the *Across the States* series was developed to help inform policy discussions among public and private sector leaders in long-term services and supports throughout the United States. *Across the States 2012* presents comparable state-level and national data for more than 140 indicators, drawn together from a wide variety of sources into a single reference. This publication presents up-to-date data and is displayed in easy-to-use maps, graphics, tables, and state profiles.

Across the States 2012 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, and the nation as a whole. The full report provides a comprehensive 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, such as percentage of Medicaid long-term services and supports spending for older people and adults with physical disabilities going to home and community-based services. This permits readers to easily see variations among states.

Some of the indicators in *Across the States 2012* may be found in prior editions. Please exercise caution when making comparisons with information in earlier editions due to 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.

Additional indicators on health care spending, health status, and health care utilization for the age 50+ population can be found in another AARP Public Policy Institute report, *Quick Health Facts 2010: Selected State Data on Older Americans*.

Copies of *Across the States 2012* are available free of charge. To order, please call the AARP Public Policy Institute at (202) 434-3890 or email jgasaway@aarp.org.

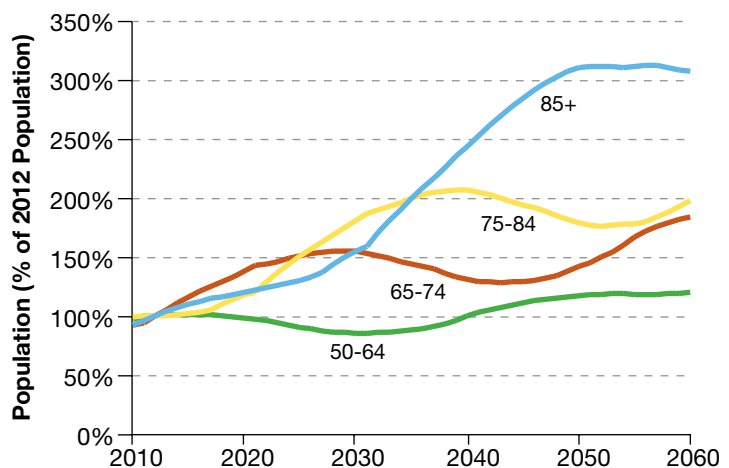
The full report and executive summary are also available on the web. The most recent edition of *Across the States* can be found at <http://www.aarp.org/acrossthestates>.

MAINE

Population & Projections	Year	State Pop. (1,000s)	% of Total Population	Rank	U.S.	% Change from 2012	Rank	U.S.
All ages	2012	1,332		41	315,311			
	2032	1,582		41	376,660	+19%	27	+19%
	2050	1,827		40	434,447	+37%	25	+38%
Age 50-64	2012	307	23.1%	2	19.2%			
	2032	263	16.6%	13	16.4%	-14%	48	+2%
	2050	359	19.6%	3	16.6%	+17%	28	+19%
Age 65+	2012	223	16.8%	2	13.6%			
	2032	371	23.4%	3	19.8%	+66%	30	+74%
	2050	397	21.7%	8	20.4%	+78%	42	+107%
Age 65-74	2012	121	9.1%	2	7.4%			
	2032	183	11.6%	5	10.1%	+51%	35	+64%
	2050	172	9.4%	13	9.1%	+42%	44	+69%
Age 75-84	2012	69	5.2%	2	4.2%			
	2032	132	8.3%	2	6.8%	+90%	25	+94%
	2050	124	6.8%	11	6.6%	+79%	41	+116%
Age 85+	2012	33	2.4%	8	2.0%			
	2032	56	3.5%	3	2.9%	+71%	26	+69%
	2050	101	5.5%	6	4.8%	+211%	24	+224%

Older People of Color (%), 2010		
State	Rank	U.S.
1.6%	51	20.1%
Asian/Pacific Islander		
State	Rank	U.S.
0.2%	49	3.6%
Black		
State	Rank	U.S.
0.2%	47	8.5%
Hispanic		
State	Rank	U.S.
0.5%	51	6.9%

Projected Growth in the Older Population in Maine as a Percentage of 2012 Population, by Age Group



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

Living Arrangements	State	Rank	U.S.
Men per 100 women age 85+, 2010	47	23	48
People age 75+ living alone, 2010	33%	35	34%
People age 60+ with grandchildren in household, 2010	2.4%	45	5.5%
People age 60+ responsible for raising grandchildren, 2010	0.7%	46	1.6%
Percent of age 65+ households with someone under 18, 2010	3.7%	43	7.0%

Income & Poverty	State	Rank	U.S.
Median household income age 65+, 2010	\$30,644	44	\$34,381
At/below poverty level age 65+, 2010	9.5%	19	9.0%
At/below 250% of poverty level age 65+, 2010	47%	8	42%
Women age 75+ at/below poverty level, 2010	11.2%	29	12.2%
Women age 75+ at/below 250% of poverty level, 2010	60%	8	54%
Bachelor level education or higher age 65+, 2010	21%	21	21%

Disability Rates	Number (1,000s)	Percent	Rank	U.S.
People age 65+ with disabilities, 2010				
Self-care difficulty	14	6.7%	43	8.8%
Cognitive difficulty	20	9.8%	18	9.5%
Any disability	78	38%	14	37%
People age 18-64 with disabilities, 2010				
Self-care difficulty	16	1.9%	19	1.8%
Cognitive difficulty	48	5.8%	5	4.2%
Any disability	104	12.4%	9	10.0%

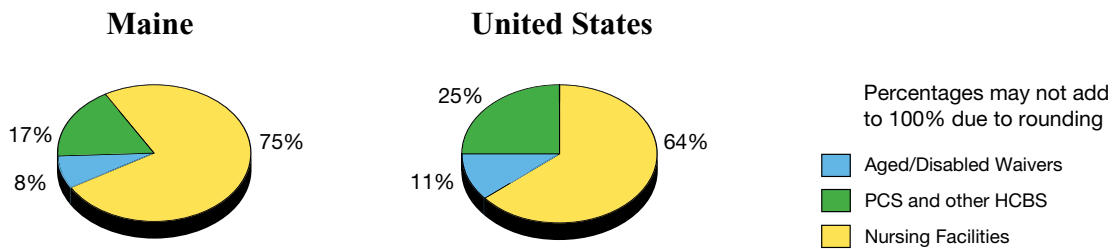
Family Caregivers	State	Per 1,000 Population	Rank	U.S.
Family caregivers, 2009	191,000	145	14	137
Economic value of family caregiving, 2009 (state in millions of \$)	\$2,300	\$1,730	5	\$1,460
Economic value per hour, 2009	\$12.50		7	\$11.16
Ratio of the economic value of family caregiving to Medicaid long-term care spending, 2009	3.2		37	3.8

Long-Term Care Insurance	State	Per 1,000 Age 40+	Rank	U.S.
Private long-term care insurance policies in effect, 2010	219,330	308	1	45

PUBLIC LTSS EXPENDITURES

Medicaid Expenditures	State	Rank	U.S.
Total Medicaid expenditures (millions), 2009	\$2,589	34	\$368,330
Federal Medicaid Assistance Percentage (FMAP), 2009	64.99%	18	
Medicaid home and community-based services (HCBS) as a % of long-term services and supports (LTSS) spending, for older people and adults with physical disabilities, 2009 *	25%	29	36%
Medicaid HCBS spending as a % of LTSS spending, for all populations, 2009 *	52%	12	44%

Medicaid Long-Term Services and Supports Spending for Older People and Adults with Physical Disabilities in Maine and the U.S., 2009



LTSS & Home Health Expenditures	Total (millions)	Per Person in the State	Rank	U.S.
Medicaid LTSS expenditures for older people and adults with physical disabilities, 2009	\$335	\$252	19	\$261
Nursing facilities	\$252	\$190	17	\$168
HCBS	\$82	\$62	26	\$94
Aged/disabled waiver services	\$27	\$20	32	\$29
Personal care services (PCS) **	\$51	\$39	13	\$45
Home health services	\$4	\$3	36	\$16
Other HCBS ***	NA	NA	NA	\$4
Medicaid LTSS expenditures for all populations, 2009	\$874	\$658	4	\$413
Institutional services	\$422	\$317	10	\$232
HCBS	\$453	\$340	7	\$181
Waiver services (all populations)	\$397	\$299	4	\$114
Other HCBS (including PCS and home health)	\$56	\$42	21	\$68
State-funded HCBS expenditures for older people and adults with physical disabilities, 2009	\$16	\$12.19	5	\$4.83

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.

* HCBS and LTSS include home health services for these indicators. This treatment is consistent with most earlier editions of Across the States, but differs from Across the States 2009, in which home health was categorized separately from LTSS.

** 15 states did not report any PCS spending in 2009; the lowest possible rank is 36. In 2008, 19 states did not report any PCS participants; the lowest possible rank is 32.

*** "Other HCBS" includes PACE, self-directed services authorized under Section 1915(j), and several other programs. Only 26 states have spending categorized as this type; the lowest rank for this indicator is 22.

Medicaid HCBS Participants By Type of Service	State	Per 1,000 Population	Rank	U.S.
Nursing facilities (NF), 2008	10,285	7.7	7	5.3
HCBS (older people and adults with PD), 2008	13,464	10.1	11	8.2
Aged/disabled waiver services	1,635	1.2	40	2.2
Personal care services (PCS) **	8,963	6.7	3	3.0
Home health services	2,866	2.2	19	3.0
Institutional services (NF and ICF-MR), 2008	10,504	7.9	8	5.6
HCBS (all populations), 2008	17,368	13.1	8	10.1
Waiver services (all populations)	5,539	4.2	30	4.1
Other HCBS (including PCS and home health)	11,829	8.9	9	6.0
Adults with disabilities self-directing services, 2011	930	0.70	30	2.43

Medicaid Participant LTSS Balance	State	Rank	U.S.
Medicaid aged/disabled waiver participants per 100 beneficiaries in nursing facilities, 2008	16	42	42
Medicaid HCBS beneficiaries as a % of LTSS users, for older people and adults with PD, 2008 *	57%	21	61%
Medicaid HCBS beneficiaries as a % of LTSS users, for all populations, 2008 *	62%	24	64%

Medicaid Expenditures Per Person Served	State	Rank	U.S.
Nursing facility services, 2008	\$23,988	44	\$29,533
HCBS expenditures for older people and adults with physical disabilities per person served, 2008 (excluding home health)	\$7,499	36	\$10,957
Aged/disabled waiver services	\$14,163	11	\$10,710
Personal care services **	\$6,284	22	\$11,142
Home health services	\$2,688	27	\$5,495
ICF-MR services, 2008	\$137,218	19	\$123,053
MR/DD waiver services, 2008	\$77,736	3	\$42,896

LTSS COSTS

Public & Private Payment Rates	State	Rank	U.S.
Medicaid payment per day for nursing facility care, 2011	\$178	20	\$178
Medicare payment per day for nursing facility care, 2010	\$424	18	\$398
Medicare reimbursement per home health visit, 2010	\$167	21	\$154
Private pay rate per day in nursing facility, 2011	\$260	9	\$193
Private pay rate per month in assisted living, 2011	\$4,625	5	\$3,261
Private pay daily rate for adult day care, 2011	\$92	5	\$60
Private pay hourly rate for home health aide, 2011	\$21	11	\$19

LTSS RESOURCES

HCBS Resources	State	Per 1,000 Age 65+	Rank	U.S.
Assisted living and residential care facilities, 2010	686	3.25	8	1.46
Assisted living and residential care units, 2010	8,958	42	9	31
Personal and home care aides, 2010	5,520	26	9	17
Median hourly wage, 2010	\$9.82		21	\$9.44
Home health aides, 2010	4,810	23	18	24
Median hourly wage, 2010	\$10.52		18	\$9.89
People receiving ACL congregate meals, 2009 *	8,668	42	29	42
People receiving ACL home delivered meals, 2009 *	4,929	24	28	22
Total ACL congregate and home delivered meal expenditures (total in millions of \$), 2009 *	\$6	\$30	32	\$36
Number of health maintenance tasks able to be delegated to LTSS workers (out of 16 tasks), 2011	9		20	

Nursing Facility Resources & Utilization	State	Per 1,000 Age 65+	Rank	U.S.
Total nursing facilities, 2010	109	0.52	16	0.40
Nursing facility beds, 2010	7,130	34	38	42
Nursing facility residents, 2010	6,414	30	35	35
Nursing facility occupancy rate, 2010	90%		9	83%
Direct care nursing hours per resident day, 2010	4.4		3	3.8
RN hours per day, 2010	1.00		2	0.64
Nursing facility staffing turnover, 2010	35%		37	40%

Nursing Facility Resident Characteristics	State	Rank	U.S.
Residents with dementia, 2010	55%	1	46%
Nursing facility residents with low care needs, 2008	2%	49	17%
Residents with Medicaid as primary payer, 2010	66%	13	63%
Residents with Medicare as primary payer, 2010	16%	12	14%
Residents with “other” as primary payer, 2010	18%	42	22%

Quality & Oversight of Nursing Facilities	State	Rank	U.S.
Residents with physical restraints, 2008	2%	35	4%
High risk residents with pressure sores, 2008	8%	42	12%
Long-stay residents with a hospital admission, 2008	17%	30	21%
Long-term care facility beds per FTE ombudsman, 2010	1,921	29	2,543
Nursing facilities visited by ombudsman at least quarterly, 2010	100%	1	76%

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* These programs were originally administered under AoA. For more information on the Administration for Community Living (ACL), please see <http://www.hhs.gov/acl>.

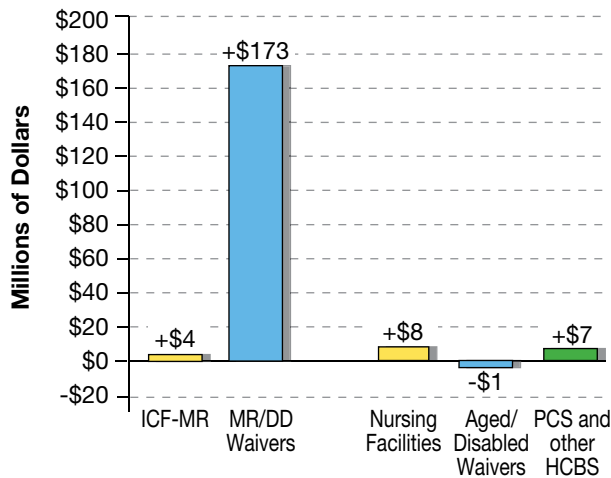
TRENDS

Medicaid HCBS Utilization	Year	State	Rank	U.S.
Medicaid HCBS participants, older people and adults with physical disabilities (excluding home health)	2003	8,435		1,270,155
	2008	10,598		1,577,471
	% change	+26%	25	+24%

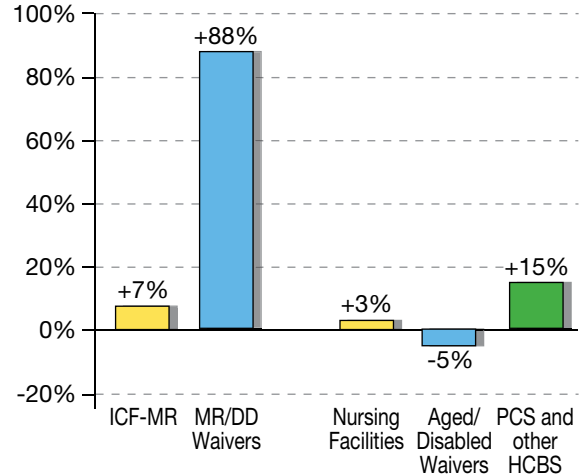
Nursing Facility Residents	Year	State	Rank	U.S.
Nursing facility residents	2005	6,746		1,460,185
	2010	6,414		1,408,886
	% change	-5%	30	-4%

Long-Term Care Financing	Year	State	Rank	U.S.
Total Medicaid spending (millions)	2004	\$2,034		\$285,710
	2009	\$2,589		\$368,330
	% change	+27%	31	+29%
Medicaid LTSS spending for older people and adults with physical disabilities (millions)	2004	\$321		\$62,811
	2009	\$335		\$80,181
	% change	+4%	44	+28%
Medicaid nursing facility spending (millions)	2004	\$244		\$45,842
	2009	\$252		\$51,403
	% change	+3%	39	+12%
Medicaid HCBS spending for older people and adults with physical disabilities (millions)	2004	\$77		\$16,969
	2009	\$82		\$28,778
	% change	+8%	48	+70%
Medicaid HCBS as a % of LTSS spending, for older people and adults with physical disabilities	2004	24%	17	27%
	2009	25%	29	36%
	change	+1%	44	+9%

Change in Medicaid LTSS Spending, 2004–2009, by Service



Percent Change in Medicaid LTSS Spending, 2004–2009, by Service



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