



Mission: to provide excellence in leadership and systemic advocacy to assist the local Long-Term Care Ombudsman programs as they advocate for the residents in long-term care facilities in their program area.

What are your long-term care plans?

A National Institute on Health report states:

One in three Americans aged 65 or older will spend time in a long-term care facility for short term rehabilitation up to long-term custodial care.

[LAO Report](#) - November 28, 2016

A Long-Term Outlook: Disability Among California's Seniors

- ***California Seniors turning 65 between 2015 and 2019 on average, are projected to live an additional 23.6 years!***
- ***Of those California Seniors turning 65 between 2016 and 2019 on average, they are projected to spend the final 4.5 Years with a Disability.***
- <http://www.lao.ca.gov/Publications/Report/3509>



Legislative Analyst's Office

The California Legislature's Nonpartisan Fiscal and Policy Advisor

Medi-Cal: ltc financing by default- but not really

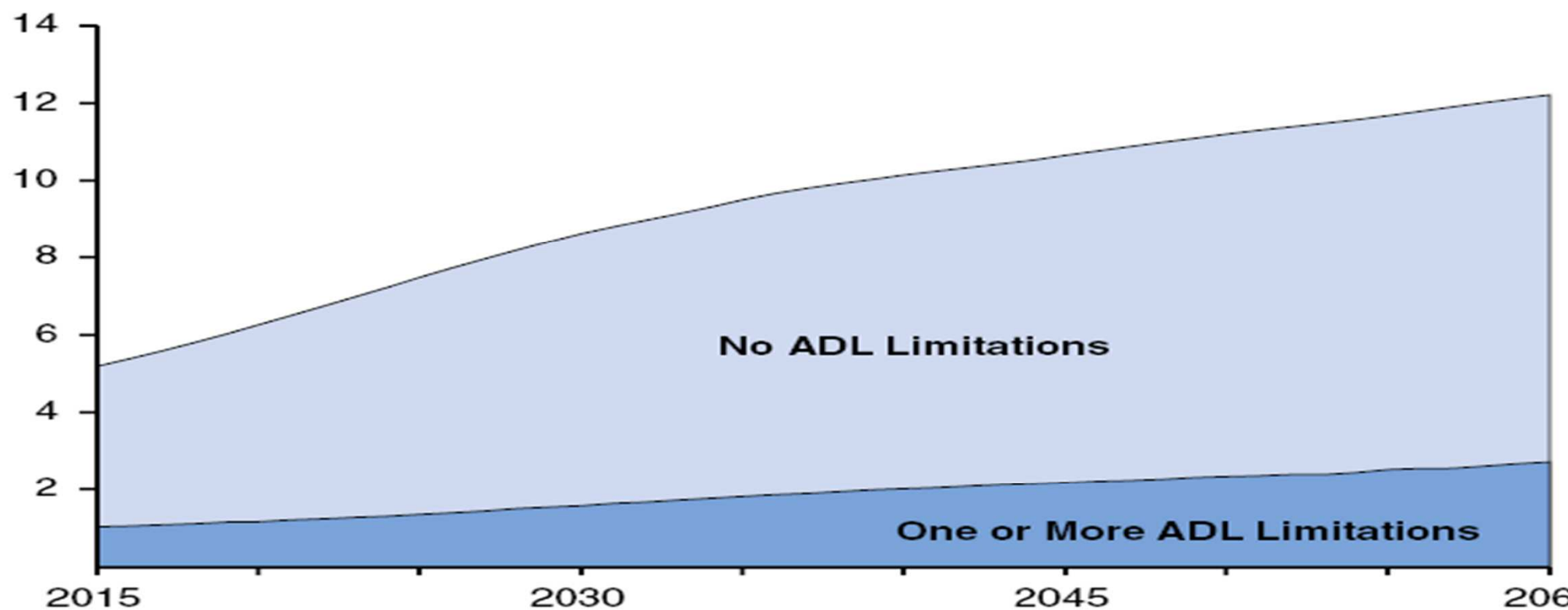
Examples of LTSS covered by Medi-Cal include:

- ***In-Home Supportive Services (IHSS).***
- ***Community-Based Adult Services (CBAS).***
- ***Multipurpose Senior Services Program (MSSP).***
- ***SNFs.***
- ***Assisted Living Waiver (ALW)***

Figure 6

**Population of Seniors With Disabilities
Projected to Increase Substantially by 2060**

Californians Aged 65 and Older (In Millions)



ADL = activity of daily living.

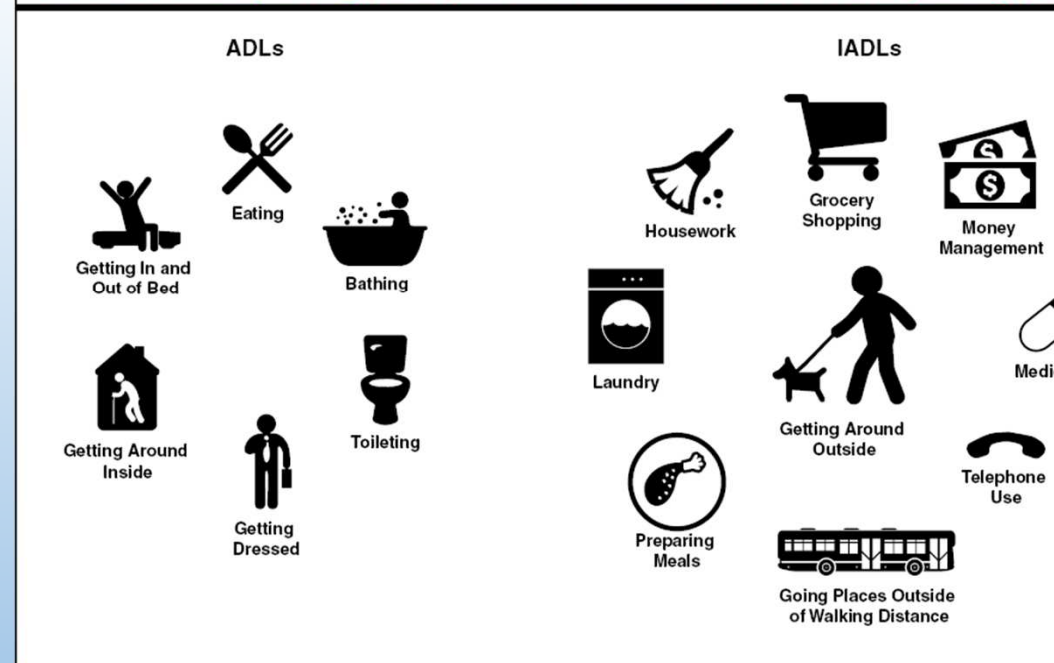
Disability Is Measured by Limitations in Daily Activities

ADLs- limitations in activities of daily living -limitations in routine, daily, personal care activities, such as eating or dressing.

IADLs- limitations in instrumental activities of daily living. IADLs are limitations in more complex skills necessary to live independently, such as grocery shopping or money management.

Figure 1

Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs)





Leza Coleman Executive Director

lcoleman@CLTCOA.org

www.cltcoa.org

916-426-3697 office

Long-Term Care Ombudsman Program for Santa Clara County

For local questions & assistance:

Wanda Hale – Program Coordinator
408-944-0567 office