
Sample of Long Term Care Rebalancing Definitions/Visions

CMS Definition: reaching more equitable balance between the proportion of total Medicaid long-term support expenditures used for institutional services (i.e. Nursing Facilities and Intermediate Care Facilities for the Mentally Retarded) and those used for community-based supports under its state plan and waiver options. Additionally, a balanced long-term care system offers individuals a reasonable array of balanced options, particularly adequate choices of community and institutional options.

Minnesota's Definition: reducing the proportion of long-term care provided in nursing homes or other institutional facilities and to increase the proportion of care that is provided to older persons in their own homes or apartments. (Status of Long-Term Care in Minnesota 2005: A Report to the Minnesota Legislature)

New Mexico's Definition: moving the long-term service system away from institutional care and towards increased home and community based service options (Long-Term Services Plan in New Mexico: Rebalancing the System, November 2005)

Washington's Definition: developing a system of long-term care and long-term supports that permits the state to manage public resources and public policies to maximize choice and promote community integration for Washingtonians needing long-term services (University of Minnesota, Rebalancing Project: State Case Studies)

Maryland's Definition: expanding the network of home and community-based services (HCBS) that provide increasing opportunities for individuals to avoid institutional care and to transition out of institutions into community-based settings (Rebalancing Long Term Care in Maryland, Maryland Department of Health and Mental Hygiene).

Other

The term "rebalancing" is not addressed in the State Olmstead Plan, however, the listed "Policy Goal" for Comprehensive Service Coordination (Section V-Recommended Future Actions-page 41) may provide a type of definition to consider: "Implement a comprehensive service coordination system that will improve the long-term care system so that California residents, regardless of disability, will have available an array of community service options that allow them to avoid unnecessary institutionalization."

Rebalancing Definitions/Visions Developed at the July 17, 2007 Rebalancing Meeting

- We should not focus on proportions of spending (ie 60% of LTC funding is spent on home and community based services) and achieving some number goal, but rather community capacity
- Individual choice and access to home and community based services are key
- “Rebalance” may not be the right term to use – it’s a national concept coined because of the Medicaid institutional bias
- We should focus on the continuum, not “either” “or” (you’re in the community or you’re not)
 - One participant was concerned that a continuum leads to an institution
- We need to agree on some measures/data collection to look at trends over time
- We must make sure people have access to services
- We should focus on a system of LTC services rather than numbers

Combining the above definitions and visions from the meeting, we could propose the following for the term “rebalancing”:

“Rebalancing” is developing a system that maximizes individual choice and promotes community integration for residents needing long term care services.