

LTC Rebalancing Advisory Committee
Definition of Long Term Care

Long term care is a variety of medical and non-medical services and supports which help to meet the needs of the individuals with chronic illnesses or disabilities and people with fragile health who cannot care totally for themselves. In Alabama, individuals in need of long-term care services include:

- ✓ The elderly, young adults, and children with physical and cognitive impairment
- ✓ Individuals of all ages with mental retardation, developmental disabilities, debilitating conditions, Traumatic Brain Injury (TBI), HIV/AIDS, etc.
- ✓ Individuals with functional limitations resulting from a physical condition, including stroke, dementia, and similar conditions associated with the aging process
- ✓ Individuals who require assistance in performing activities of daily living (ADL) and independent activities of daily living (IADL).

Long term care services encompass activities of daily living and independent activities of daily living. Examples of tasks included in ADL and IADL are described below:

- Activities of daily living are basic tasks such as bathing and dressing, eating and drinking, toileting and continence, walking and transferring, and hygiene and grooming routinely performed daily by the average person. These activities are normally provided by a personal care attendant or a home health aide.
- Instrumental activities of daily living are tasks that are more complex and are not essential to survival but are those activities which a person should be able to do in order to function independently. IADL include: meal preparation and clean-up, housekeeping, laundry, shopping, using the phone, taking medications properly, and managing money. These activities are normally provided by a personal care attendant or through the HCBS waiver homemaker worker.

Long term care services also include skilled services provided by a RN or LPN and unskilled services provided by a home health aide or personal care worker.

Long term care services include institutional services such as nursing facilities, and Intermediate Care Facilities/Mental Retarded and community-based care such as assisted living facilities, home and community-based waiver services, home health, hospice, private duty nursing, durable medical equipment, Program of All Inclusive Care for the Elderly (PACE), etc.

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