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
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)
Long-Term Care Ombudsman Program for Santa Clara County

For local questions & assistance:

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