

Aging, Disability, and Long-Term Care

Aging, disability, and long-term care (LTC) are becoming increasingly important societal and policy issues as the number of older people increases and families become smaller and more dispersed.

The world's population is aging rapidly. In the United States, the number of people aged 65 or over will almost double by 2050, and the number of people aged 85 or older will more than triple. Similar changes are occurring across the globe. With aging comes increasing prevalence of chronic illnesses and disabilities and the associated demand for medical care and long-term services and supports.

RTI International understands how this rapidly aging population will affect families, governments, and service providers. RTI's experts provide research, evaluation, and technical assistance on a wide range of aged care-related issues to support innovation and reform in both the public and private sectors.

More Information

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Areas of Expertise

Our researchers have extensive expertise in quantitative and qualitative research, survey development and analysis, policy analysis, and technical assistance; they utilize this expertise to accomplish the following:

- Study international and domestic institutional and community-based LTC and provide expert consultation on LTC system development
- Evaluate integrated care models and the intersection of medical and LTC services
- Analyze trajectories of disability and LTC use
- Implement and support programs for those with Alzheimer's disease and dementia and their caregivers
- Analyze trends in health care utilization and cost for those with chronic illnesses, including dementia
- Develop, test, and implement quality measures and quality assurance systems
- Design and analyze assessment instruments to determine eligibility, care needs, and quality of care
- Conduct studies to understand the impact of current technologies on aging in place and access to needed services.

Project Highlights

LTC Systems/Long-Term Services and Supports

RTI partnered with the National Center for Health Statistics (NCHS) and the U.S. Department of Health and Human Services (HHS) Office of the Assistant Secretary for Planning and Evaluation (ASPE) to design, conduct, and analyze the first nationally representative survey of residential care facilities to help policymakers understand the role of Medicaid in residential care facilities.

We also work with NCHS to survey LTC providers to enable policymakers to compare LTC provider types and monitor LTC provider supply and use. Similarly, we have partnered with HHS to survey LTC workers to help diverse audiences understand nursing assistant and home health aide jobs and the associated challenges. Finally, RTI and ASPE surveyed Americans to assess the degree to which Americans (1) are aware of their risk of needing LTC and (2) are planning for LTC use accordingly.

Integrated Care Models

RTI partners with the Centers for Medicare & Medicaid Services (CMS) to evaluate a large-scale initiative that tests the impact of integrating medical and LTC for low-income older people and younger persons with disabilities in the U.S.; site visits, focus groups, and claims and assessment analyses are all part of the evaluation. We also work with ASPE and the Commonwealth Fund to examine the policy implications, benefit designs, and financing structures required to expand the Program of All-Inclusive Care for the Elderly (PACE).

International Aged Care and Disability Policy

RTI has ongoing engagements with the World Bank to develop policy papers addressing key issues related to LTC provision, financing, and quality assurance in China. As part of this work, RTI contributed to a book published by the World Bank in 2018 titled *Options for Aged Care in China: Building an Efficient and Sustainable Aged Care System*. We also support the Inter-American Development Bank by providing expert input on how disability-focused policy and programs can be integrated into the Social Protection and Poverty Sector Framework to improve the lives of people with disabilities in Latin America.



Alzheimer's and Dementia

RTI has worked with the U.S. Administration for Community Living (ACL) since 2004 to provide expert technical assistance to ACL and its grantees and to make dementia-specific program information and resources available to all individuals and organizations. RTI also partners with ASPE to estimate the level of disability experienced by older adults with and without dementia in the last 4 years of life using survey and claims data. Additionally, RTI is estimating whether caregiving, comorbid conditions, and patient demographics are associated with different disability trajectories.

Quality Measures and Assessment Instruments

RTI works with agencies like CMS to analyze the reliability and validity of nursing home quality measures and develop new measures for public reporting and regulatory monitoring. We also partner with CMS to develop a single assessment instrument to provide consistent clinical and functional information about individuals across a wide range of post-acute care providers for care planning, quality measurement, and reimbursement purposes.

Technology

RTI works with GreatCall to support a randomized controlled-trial testing uptake and impact of a passive remote monitoring system on aging in place and use of LTC services. RTI also works with the National Council on Aging to survey visitors of the BenefitsCheckUp® website; individuals visit the website to apply for and enroll in benefit programs. The survey results aim to quantify the site's impact and to understand facilitators and barriers to benefits enrollment.

RTI International is an independent, nonprofit research institute dedicated to improving the human condition. Clients rely on us to answer questions that demand an objective and multidisciplinary approach—one that integrates expertise across the social and laboratory sciences, engineering, and international development. We believe in the promise of science, and we are inspired every day to deliver on that promise for the good of people, communities, and businesses around the world. For more information, visit www.rti.org.

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