



# MLTSS Whitepaper Executive Summary

Long-Term Services and Supports (LTSS) are imperative for individuals with complex health needs due to aging, chronic illness or disability. With an aging population and increased longevity, the demand for LTSS is expected to increase dramatically in the coming years.

**Fee-for-service vs. managed care.** LTSS can be provided through either a fee-for-service (FFS) or a managed care model, with the latter offering a higher touch, person-centered approach for care planning and case management. Where managed care coordinates all of a person’s care and services with a fixed amount of monthly funding, FFS does not get involved in managing the cost of a person’s care. Instead, states pay claims individually as providers deliver and bill for services and care.

**Managed care reduces LTSS costs.** Since Medicaid is by far the largest payer of LTSS, the increasing demand for it will continue to strain state Medicaid budgets. To relieve some of the pressure of LTSS delivery, managed care offers an established strategy chosen by states to help deliver better health outcomes and quality of life. Managed long-term services and supports (MLTSS) programs provide a cost-efficient and sustainable solution to help states meet the needs of individuals with complex care needs while affording them greater flexibility and control over their lives.


**The managed care delivery of LTSS provides a supportive transition for the member between institutional care and Home and Community-Based Services (HCBS) when needed and improves quality of life and reduces costs. Members are also more likely to:**

- Complete an assessment upon enrollment
- Develop a long-term plan with regular assessments and monitoring of gaps in care
- Already have prior authorization or review of inpatient admission upon hospitalization
- Receive regular progress reviews while hospitalized and given a specific plan for discharge, whether to a skilled nursing facility (SNF) or home

**At its core, MLTSS provides three important benefits:**

- 1 Reduced costs
- 2 Improved health outcomes
- 3 Better member experiences

**Services typically covered by LTSS include:**

-  Personal care (e.g., clothing, bathing)
-  Home-delivered meals
-  Transportation
-  Home health aide services
-  Supported employment

