People with Developmental and other Complex Disabilities
A Medically Underserved Population

Of all the forms of inequality, injustice in healthcare is the most shocking and inhuman.
-- Martin Luther King, Jr.

Setting the Stage
Definition of a “developmental disability” in determining clinical eligibility for services:

- IQ of 70 or below
- Or
- An Autism Spectrum Disorder
- AND
- significant deficits in adaptive functioning + onset before age 18

### Who we’re talking about

- 75,125
- 15,651
- 4,486
- 29%

### What we’re talking about

Health disparity
- Describes differences at the population level
- The difference is thought to reflect one group’s relative socio-economic disadvantage.
- Many ways to rate a group’s health status

### What does the data tell us?
Health Behaviors: Vermont's 3 → 4 → 50

3 Health Behaviors that Contribute to 4 Chronic Disease that account for 50% of deaths

- Do NOT eat recommended fruits and veggies: 79% vs. 85%
- Do NOT get recommended physical activity: 42% vs. 51%
- Currently smoke: 13% vs. 29%

Chronic Conditions: Vermont's 3 → 4 → 50

<table>
<thead>
<tr>
<th>Chronic Disease Diagnosis</th>
<th>All VT Adults</th>
<th>All VT Adults with Disabilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung Disease (Asthma/COPD)</td>
<td>15%</td>
<td>28%</td>
</tr>
<tr>
<td>Diabetes &amp; Pre-Diabetes</td>
<td>13%</td>
<td>25%</td>
</tr>
<tr>
<td>Cardiovascular Disease</td>
<td>7%</td>
<td>16%</td>
</tr>
<tr>
<td>Cancer</td>
<td>7%</td>
<td>12%</td>
</tr>
</tbody>
</table>

Special Olympics®

On a Team of 10 Athletes

- 6 are obese or overweight
- 4 have obvious tooth decay and need an urgent referral to a dentist
- 3 fail a hearing test
- 4 need glasses and 2 have an eye disease
- 5 have a significant problem with flexibility
- 4 have a significant problem with balance
Chronic Conditions, cont.

- Adults with disabilities are 4x more likely to report poor health status than adults without disabilities;
- Adults with disabilities are at a 2.5x greater risk for developing chronic diseases;
- 71% of adults over 40 with intellectual disabilities have at least 2 chronic diseases;

Developmental Disabilities

- Adults with intellectual disabilities are 6x more likely to be hospitalized than their peers.
- The risk of developing mental illness or suicidal tendencies is 3x higher in adults with intellectual disabilities compared to adults without disabilities.
- Persons with cognitive disabilities had the highest unadjusted rate of violent victimization from 2009 to 2012: 63.3/thousand or 3x the rate for US citizens without disabilities.

<table>
<thead>
<tr>
<th>VT RSA</th>
<th>Cohort 1</th>
<th>Cohort 2</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barre</td>
<td>.57</td>
<td>1.80</td>
<td>.99</td>
</tr>
<tr>
<td>Bennington</td>
<td>1.95</td>
<td>1.22</td>
<td>1.52</td>
</tr>
<tr>
<td>Brattleboro</td>
<td>.53</td>
<td>1.00</td>
<td>.79</td>
</tr>
<tr>
<td>Burlington</td>
<td>.60</td>
<td>.78</td>
<td>.66</td>
</tr>
<tr>
<td>Middlebury</td>
<td>.98</td>
<td>2.29</td>
<td>1.26</td>
</tr>
<tr>
<td>Montpelier</td>
<td>.25</td>
<td>.51</td>
<td>.43</td>
</tr>
<tr>
<td>Montpelier</td>
<td>.38</td>
<td>1.45</td>
<td>.79</td>
</tr>
<tr>
<td>Middlebury</td>
<td>.54</td>
<td>.54</td>
<td>.54</td>
</tr>
<tr>
<td>Rutland</td>
<td>.77</td>
<td>1.51</td>
<td>1.10</td>
</tr>
<tr>
<td>Springfield</td>
<td>.87</td>
<td>1.54</td>
<td>1.21</td>
</tr>
<tr>
<td>St. Albans</td>
<td>1.13</td>
<td>1.41</td>
<td>1.29</td>
</tr>
<tr>
<td>St. Johnsbury</td>
<td>.83</td>
<td>.92</td>
<td>.86</td>
</tr>
<tr>
<td>White River</td>
<td>.52</td>
<td>1.13</td>
<td>.84</td>
</tr>
<tr>
<td>Vermont</td>
<td>.74</td>
<td>1.27</td>
<td>.96</td>
</tr>
</tbody>
</table>

Medicaid Claims for ED visits, 2014

- **Cohort 1**
  - People with HCBS
  - N= 2719

- **Cohort 2**
  - People w/out HCBS
  - N= 1906

Average Vermonter used ED .48 x/year
Utilization Patterns

- ED use by Cohort 1, 38.8% non-emergent
  ED use by Cohort 2, 44.0% non-emergent
- Frequent Fliers – top ten users of ED in 2014
  - Cohort 1 – 734 visits
  - Cohort 2 – 715 visits
- High cost individuals, top 24 in 2014, Cohort 2
  - Average age 29.5, range is 22-50 years
  - Total cost is $3,283,086

Total Cost to Medicaid

<table>
<thead>
<tr>
<th></th>
<th>HCBS DS Group $/capita</th>
<th>TCM/Bridge Group $/capita</th>
<th>Diagnosis group $/capita</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Medicaid</td>
<td>$64,460</td>
<td>$22,490</td>
<td>$26,594</td>
</tr>
<tr>
<td>Total &quot;non-specialized&quot; Medicaid</td>
<td>$4,922</td>
<td>$7,510</td>
<td>$7,669</td>
</tr>
</tbody>
</table>
Why do adults with disabilities experience health disparities?

The Inclusive Healthcare Partnership Project
Partnership between VTDDC & GMSA
Funded through the VHCIP
May, 2014 to December, 2014

The Inclusive Healthcare Partnership Project

Four themes
• Medical Education & Provider Training
• Transition from Pediatric Care to Adult-Focused Medicine
• Care Models
• Health & Wellness

What subjects told us
• Disability is still taught as a “pediatric issue”
• Individuals are not well prepared to be adult patients
• Care does not meet the needs of people with disabilities
• Poor access & lack of encouragement
Patrick’s Story

• Lives in Lamoille County
• Avid skier
• Runs a small business

Recommendation:

The Vermont Health Department will assess accessibility of health care settings, including accessibility of medical equipment in diagnostic and treatment settings, and promote physical and cognitive accommodations for adults with intellectual and developmental disabilities.

What would this look like?

• Aligned with US Access Board standards per the Affordable Care Act and the Americans with Disabilities Act.
• Improves patient & provider safety
• Empowers adults with I/DD to be more independent in managing their health.
• Could start with FQHCs.
• Funding sources – hospital community benefit dollars; Medicaid investment funds.
Recommendation:

Vermont’s healthcare system will provide annual pre-appointment nursing checks to certain adults with I/DD.

- Evidence-based strategy
  - Randomized Control Trial (2014)
  - Literature Review (2014)
- 3-5 health issues identified per visit
- Impact does not diminish over time (2008)
- Cost effective (2009)

Conclusion

Thank you for the good work that you do.

Questions?

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