

Aging in Place: Growing Need, Statewide Reach

- An **estimated 27% of the population is now age 60 or older.**
- Consumers in the ASAP Home Care Program:
 - have an **average age of 80**
 - many are **from low-income communities** and suffer from **multiple chronic conditions**
 - **42% receive MassHealth**
 - **56% live alone** and **80% have been identified as having a high risk of falls**



• Aging Services Access Points (ASAPs) provide in-home services and supports to older adults age 60+ and people with disabilities in every city and town across Massachusetts, helping them to remain independent at home - where they want to be.

ASAP Programs Deliver Measurable Cost Savings: Nutrition Support



Nutrition supports are foundational to helping older adults remain

healthy and safely at home. By addressing nutrition, isolation, and fall risk, ASAP programs help prevent avoidable hospitalizations and delay nursing home placement - driving meaningful cost avoidance across the health care system.



Listen: "Meals on Wheels saved my life"

ROI Snapshot: Nutrition Supports That Reduce Health Care Utilization

- **10 million meals** delivered annually (home-delivered & congregate)
- ~ **73,000 older adults** served
- Home-Delivered Meals can reduce:
 - ✓ Hospitalizations
 - ✓ Nursing home use
 - ✓ Falls and related injuries
 - ✓ Social isolation and food insecurity

Illustrative Cost Impact:

- Average annual MassHealth nursing home cost: **\$92,710 per person**
- Average MA hospital expense per inpatient day: **\$3,893**
- Average cost (national) of treat-and-release ED visits for patients 65+: **\$1,110/visit**
- **Nursing home avoidance:** 1% of recipients (~730 people) × \$92,710 = **\$67.6 million**
- **Hospitalization avoidance:** 5% of recipients (~3,650 people) × 1 avoided inpatient day × \$3,893/day = **\$14.2 million**
- **ED avoidance:** 5% of recipients (~3,650 people) × \$1,110/visit = **\$4 million**
- Total potential annual cost avoidance: **\$85.8 million**

Bottom line: Investing in ASAP meal programs helps older adults stay healthy at home while generating substantial public savings.