

# PRACTICAL GUIDE OF PUBLIC POLICIES

## LONG-TERM CARE FOR ELDERLY

### BACKGROUND



The long-term care provision in Mexico is scarce and fragmented; these services are usually provided at home in an informal way

**There is one federal program and 40 state programs to attend elderly; however, none of these can be considered as a long-term care intervention**

### CAUSES



Limited access to long-term care through private institutions



Lack of long-term care offer through public institutions



Limited quality and long-term care offer through informal mechanisms



Lack of social security

## WHAT WORKS AND WHAT DOESN'T? Based on evidence



### POSITIVE IMPACT

- The integration of long-term health and care services enables a more efficient service, and therefore better results in terms of elderly's quality of life.
- Long-term care at home is associated to better levels of satisfaction by older adults, since they allow them independence and their sense of autonomy.
- Long-term care at home seems to have positive results in reducing mortality, delaying admission to institutional care and hospitalization.



### HIGHLIGHTS

- Long-term care services should be provided in an integrated system, being the Ministry of Health the responsible agency.
- The strategy must be based on the current reality of care provision in Mexico, where the family is the main source of support.

- The role of the family in long-term care, and particularly of women, is undeniable. The government programs can rely on the family but without making it the primary pillar of care.
- There is a problem of sustainable financing long term care services.



This Practical Guide aims to show an overview of the consensus on what works or not in terms of evidence for long-term care for older adults, and to contribute in the decision-making process and the improvement of the country's public policy mechanisms based on evidence.

