

By 2060, the number of Americans aged 65 years or older is expected to double to nearly 100 million. As it stands today, the American health care system is not equipped to provide the level and quality of care this aging population deserves at a reasonable and sustainable cost.

Much of the issue lies within post-acute care, which accounts for up to 25 percent of a Medicare Advantage plan's total costs, 20 to 25 percent of which may be wasted for a couple of reasons:

- A lack of interoperability across care facilities that leads to errors or even readmissions.
- An overutilization of services, such as physical therapy, for specific conditions, or a patient may not need the intensive care provided at the long-term acute care facility or skilled nursing facility (SNF) to which they are discharged.

As both the senior population and challenges for post-acute care grow, and as providers are held responsible for better patient outcomes through value-based care, providers should look for more effective post-acute care options. Home health can fill that role.

Read the full article in [HomeCare Magazine](#).