

Nursing Homes for Long Term Care

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I. Introduction

A. The population in the United States is aging day by day. More of the baby boomers are retiring and changing lifestyle means that the elderly will need more nursing in their senior life.

B. Thesis statement-There is need to invest more in nursing homes as a strategy to address the long term care needs of the aging U.S. population.

C. Purpose of the paper- This paper presents the discusses the changing long term care in the United states that has prompted a need for more nursing homes by presenting the effect of lifestyle diseases, the increased aging population, and the need to enhance the life expectancy of the U.S. citizens.



II. Body

A. **Point one-** lifestyle diseases have been on the rise with the common onset being when individuals are approaching old age.

1. Evidence- 21 % of Medicaid expenditure goes to the elderly; however, not all of them benefit from these funds despite entering nursing homes.

2. Evidence- A study done by Valiyeva et al. (2006) concluded that all life style diseases were associated with a higher admission rate in nursing homes with diabetes having more than triple risk of admission (Valiyeva et al., 2006).

3. Evidence- most of the lifestyle illnesses including diabetes, obesity, hypertension, cardiovascular diseases, and several types of cancers would need the services of a nursing home. Unfortunately, the prevalence of these diseases has been bolstered by behaviors that have become prevalent including smoking, chronic stress, lack of physical activity, poor diet, and overindulgence in alcohol (Golubic, 2013).

B. **Point two**-The aging population has increased thereby authenticating the need for nursing home services

1. Evidence- In the coming decades, older ethnic minority populations are expected to experience an even greater demand for family care giving due to projected population growth in these groups (Pharr et al., 2014)
2. Evidence- there has been concerns due to the current prevalence of family caregivers in the USA and the escalating demand for long-term care. The increasing demand can be attributed to several key factors: growth of the older population, increased longevity, the growing burden of chronic diseases, rising health care costs, and an overburdened formal healthcare system ((Pharr et al., 2014)
3. Evidence- According to Gray (2006), nursing home care is the third largest segment of the health care industry. It expected to continue growing in response to the shifts in morbidity, increasing longevity, and changing demographic patterns. Given the trends, the United States will need to increase its nursing home bed supply by an estimated 57 percent.

C. **Point three-** Life expectancy in the United States has been on the decline as most of the citizens succumb to manageable illnesses; nursing homes would help changing this and set it on rise.

1. Evidence- Life expectancy at age 50 in the United States ranked 29th highest in the world in 2006 according to the World Health Organization (2009). It falls 3.3 years behind the leader, Japan, and more than 1.5 years behind Australia, Canada, France, Iceland, Italy, Spain, and Switzerland (Preston and Ho, 2009).
2. Evidence- Very few people make it to 100 years because mortality rates are extremely high at very old ages, generally increasing in an exponential manner through the older years but nursing homes have positively altered the statistics by 50% (Crimmins, 2015).
3. Evidence- The lifetime probability of becoming disabled in at least two activities of daily living or of being cognitively impaired is 68% for people age 65 and older but this probability is greatly reduced for individuals in nursing homes (Beyond, 2016).

III. Conclusion

A. Restate your thesis- The U.S. population is aging thereby elevating long-term care needs and this can be addressed by investing more in nursing homes.

B. Review of the points on the paper- The elevated need for the nursing homes is prompted by the increased prevalence of lifestyle diseases such as diabetes, cardiovascular diseases, and stroke that mostly attack the elderly. Life expectancy is another perspective in the need for nursing homes as it depends on the ability to remain healthy even in old age.

C. Conclusion statement- Chronic problems within the long term care provoke periodic exposes and outcries for reforms. Institutional care is expensive and the solution is to increased home-based care services for the rapidly increasing number of elderly persons in the United States.

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Comment Summary

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1. There is data to suggest that long-term care/nursing home construction is on the decline. Be prepared to also consider the age-in-home movement. :)