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**Research Report**

## The system of long-term care in the Czech Republic

CASE Network Studies & Analyses, No. 415

**Provided in Cooperation with:**

Center for Social and Economic Research (CASE), Warsaw

*Suggested Citation:* Sowa, Agnieszka (2010) : The system of long-term care in the Czech Republic, CASE Network Studies & Analyses, No. 415, ISBN 978-83-7178-525-2, Center for Social and Economic Research (CASE), Warsaw

This Version is available at:

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# CASE Network Studies & Analyses

## The System of Long-Term Care in the Czech Republic

Agnieszka Sowa

No. 415/2010

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This report is a contribution to Work Package 1 of the project “Assessing Needs of Care in European Nations” (ANCIEN). The project is funded by the European Commission under the 7<sup>th</sup> Framework Programme (FP7 Health-2007-3.2.2, Grant no. 223483).



Keywords: **long-term care, health system care, social services, Czech Republic**

JEL Codes: **H51, H55, I18**

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Graphic Design: Agnieszka Natalia Bury

EAN 9788371785252

Publisher:

CASE-Center for Social and Economic Research on behalf of CASE Network

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## Abstract

Developing responsive to needs, efficient and sustainable long-term care systems for elderly becomes due to rising demographic pressures an urgent issue all over Europe. Czech Republic is among the countries that have redesigned long-term care system according the principles of accessibility, quality and fiscal tenacity in the past couple of years. The reform process was well rooted in the practice of local governments and social sector empowering institutions that existed before 2006, when the reform was introduced, but were insufficiently anchored in legal regulations. The newly established long term care system covers a wide spectrum of services, from cash benefits to dependent in need via different types of social services and institutional care. Still, similarly to other countries of the Central and Eastern Europe region long care is disintegrated between the social system and health care which also is responsible for some types of institutional establishments. The system is also not free from critique for the lack of formal definition of long term care, lack of integration of services, their shortage and poor quality. Thus despite state efforts, the care over elderly remains family responsibility and state support is not always sufficient.

## 1. The system of LTC in the Czech Republic

### 1.1. Overview (summary) of the system

The system of long term care (LTC) in the Czech Republic, as in other countries of Central and Eastern Europe, is not considered a specific sector of the social security system. Rather, services are provided within the medical and social sectors, and are not regulated by a unified legal arrangement nor administered by one central and/or regional institution. They covers a wide range of supportive health and social services provided to people who are not self-sufficient. The latter category includes not only the elderly, but individuals who need assistance for reasons other than age, such as long term illness, physical and mental disabilities and to persons in vulnerable groups (drug abusers, people in mental crisis). Despite the fact that LTC is not unified as a separate sector, an operational definition of LTC can be found in the document of the Ministry of Labour and Social Affairs - the Preliminary National Report on Health and Long-term Care in the Czech Republic. LTC is referred to as *“(...) a wide range of health and social activities to people who are no more self-sufficient – either because of their age, disability or for any other serious reason – and thus require constant assistance with self-service, personal hygiene, housework and providing links to social environment”* (MoLSA 2005). The philosophy of the LTC system is to provide care within the family in a natural, home environment. The principles behind the design of LTC are expressed as “accessibility”, “quality”, and “fiscal tenacity” and express EU policy in the field (Potůček et al. 2006). This attitude is also underlined in the National Programme of Preparation for Ageing 2008 – 2012, which is the most important strategic document expressing the direction of the LTC policy. Family care is supported by the state in the form of home care and home nursing care. As a result, the LTC system is targeted towards the social activation of the elderly and disabled. Nowadays, it is estimated that approximately 80% of care to the elderly in need is provided by the family, mostly by children, but also spouses (MoLSA 2005). Informal care within the family is estimated to last 4 to 5 years on average. The results of the Eurobarometer survey show that the Czech population believes that support by the family is the best way to provide assistance to the elderly who need support due to poor physical or mental condition. 66% of the survey respondents indicated that the elderly should be provided with help by a family member who either lives in the same household or visits the person in need and provides care on a regular basis (European Commission 2007). Another important aspect of the LTC provision is institutional care, which

is partly provided within the health care system (in hospital departments or aftercare, rehabilitation and LTC departments) and partly within the social services system (in pensioners' homes).

It should be underlined that while some steps towards integrating care have been taken, the provision and funding of LTC is still separated into two sectors: health care, which is under the supervision of the Ministry of Health (MoH), and social services, which is supervised by the Ministry of Labour and Social Affairs (MoLSA). The most important legal regulations with respect to the provision and funding of LTC services, either institutional or home-based, include:

- In the health sector:
  - The General Health Insurance Act (1991, last amendment 1997), the Act on the General Health Insurance Funds (1992) and the Act on Departmental, Professional, Corporate, and Other Health Insurance Funds (1992) introducing health insurance for health services, including aftercare and LTC provided within the health sector,
  - The Law on private health care facilities (1992) that provides regulations for the existence of hospitals, out-patient, LTC and home health care services,
- In the social sector:
  - The Law on Social Services (2006) that regulates provision of home care, access to cash benefits for individuals with limitations in activities of daily living (ADL) and different types of residential care, including care for seniors. The new regulations were introduced in January 2007, while the provision of social services was previously regulated by the law of 1988. The new legal regulations anchored in law the services that had been in practice since 2001 (Potůček et al. 2006).

Additionally, the responsibilities of regional and local governments with respect to LTC are regulated by the law on the decentralization of public administration which was introduced in 2003. According to the law, regional and local governments are responsible for the ownership of emergency units, institutions of LTC and approximately half of hospitals (Bryndová et al. 2009).



## **1.2. Assessment of needs**

Czech citizens have a right to services in the case of poor health and limitations in their daily activities. The right is guaranteed by the state and available in the health care system as well as in the social services system.

Health care services are available for all citizens and eligibility is based on their health insurance coverage. The provision of care is conditional on the need and severity of the illness, as assessed by the medical doctor. Medical services include long term institutional services for the severely ill who need constant medical supervision and treatment as well as home health services, which are recommended and supervised by a primary care doctor.

Eligibility for social services is based on citizenship while the need for social services is assessed by a social worker. This holds for institutional care provided in pensioners' homes and daily and weekly care centers as well as for home based services. The only exception is cash benefits, which are provided to individuals with limitations in ADL that have been confirmed by a medical doctor's examination. The care allowance is granted to any person who is not self-sufficient and is dependent on the assistance of another person in the area of personal care and basic social activities. Specifically, eligibility criteria for cash allowances for an individual in need of personal care (often family care) are based on the concept of the limitation in ADL. The Social Services Act of March 14<sup>th</sup> 2006 (Act No 108/2006 Coll. on Social Services) links the admittance of a benefit and benefit level with the level of dependency, which is a result of limitations in ADL. Four levels of dependency are distinguished:

- (1) light dependency on assistance in ADL performance - not being able to perform 12 activities from the list of 36 for adults over 18 years of age, and not being able to perform 5 activities of daily living for children below 18 years of age,
- (2) medium dependency on assistance in ADL performance – not being able to perform 18 activities from the list of 36 for adults over 18 years of age, and not being able to perform 10 activities of daily living for children below 18 years of age,
- (3) heavy dependency on assistance in ADL performance – not being able to perform 24 activities from the list of 36 for adults over 18 years of age, and not being able to perform 15 activities of daily living for children below 18 years of age,

- (4) very heavy dependency on assistance in ADL performance – not being able to perform 30 activities from the list of 36 for adults over 19 years of age, and not being able to perform 20 activities of daily living for children below 18 years of age.

In order to be eligible for cash assistance, the person in need should submit an application for a care allowance, which includes all the compulsory information (i.e. personal data, information on the care provider, and the manner in which allowance should be paid). The degree of dependency is assessed by a social worker together with a social investigation into the social environment of the applicant. This is later confirmed by the labour office's medical doctor. Finally, a municipal authority decides if the applicant should be granted a care allowance (MoLSA 2009). It should be noted that before the introduction of the new legal regulations in 2007, the benefit in cash, called social welfare allowance, was provided to persons taking care of the dependant in need (typically a family member) (Act no. 100/1988 Coll. on Social Security as amended).

### 1.3. Available LTC services

LTC services are provided within two parts of the social security system: the health care system and the social services system. The first one concentrates on the LTC services for the disabled and long term ill and the second one concentrates on services provided to dependant and vulnerable people, among whom are also the elderly.

**Table 1. Organization of institutional and home based care**

Type of social security system	Institutional care settings	Home based care	
		In cash	In kind
Health care system	Aftercare (rehabilitation and nursing) in the hospital departments' LTC homes (LDN)	--	Home nursing care
Social services	Pensioners' homes Day/week care centers	Benefits in cash to the individual in need of assistance due to reduced self-sufficiency	Personal assistance and community care at home (meals, shopping, washing, etc.).

Source: own compilation

The health care system provides **institutional LTC facilities** in the form of **aftercare** in hospital departments and specialized medical institutions (after care covers nursing and

rehabilitation services) and in **LTC facilities** (so called LTC homes – LDN) which are located by the public hospitals or managed by private institutions. Still, expensive hospital services were believed to be overused by clients with LTC illnesses, in response to which per diem fees were introduced in 2008 (of 2.40 euro). The goal of the policy was to move LTC patients from hospitals to LTC institutions that typically provide nursing and rehabilitation to the disabled and to individuals with serious long term illnesses.

Another form of residential services, settled within the social system, are **pensioners' homes**, which provide care to the elderly who having suffered a permanent change in their health condition and cannot be self-sufficient and require comprehensive care. This type of care is intended for individuals whose capabilities are limited, particularly in the areas of personal and household care and for whom home care, either formal (home-based) or informal, cannot be provided or is not sufficient. Still, the health status of the pensioners admitted to pensioners' homes is relatively better than patients in the LTC homes. The services of pensioners homes are not restricted in time.

In addition to residential care in pensioners homes, the system of social services includes **daily and weekly care centres**. This type of care is also intended for individuals with limited capabilities in the area of personal and household care and who cannot live without assistance on a daily basis. The Ministry of Labour and Social Affairs plans to develop and promote this type of institutional care.

Home based care is provided by nursing staff in the health care system and in cooperation with the primary care doctor as well as within the system of social services covering services in kind and cash benefits.

**Services in-kind** include personal assistance and community care to individuals whose capabilities are limited due to age, disability or chronic illness. Personal assistance is provided to the clients of social services in their home environments and includes shopping, meal preparation, washing, paying bills, taking medicines, etc. The service is provided without a time limitation and depends upon individual requests. Community care services are a very similar field-based type of care, though they are provided within a given timeframe.

**Benefits in cash** are granted to individuals who are provided with personal, full time care by a close person, typically a family member. As mentioned above, prior to 2007, benefits were provided to the persons who provided assistance. After the social services reform of 2006, the individual in need became the one who receives the allowance. Despite the fact that the benefit is not targeted towards the elderly, 67% of recipients of benefits in cash are aged 65+

(Wija 2008) while 57% constitute older seniors (75+) (MoLSA 2009). The allowance takes the form of a personal budget benefit and can be used to cover the costs of arranging assistance for the dependent, to pay for care provided within social services, or to pay costs incurred by the caretaker. It is also possible that all the costs are combined at the individual level. A care allowance is not treated as income for tax purposes or other social benefit system purposes. Overall, it is estimated that the total cost of care allowances is approximately 650 million euro annually (i.e. 0.5 % of the GDP) (MoLSA 2009).

#### **1.4. Management and organization**

Residential LTC homes are within the competencies of hospitals, their managers, regional and local governments and finally the Ministry of Health. The Ministry of Health, together with the health insurance institutions, is responsible for control over the quality of services as well as long term policy in the sector.

The organization of the system of social services, both institutional and home care, lies within the responsibility of the Ministry of Labour and Social Affairs, however the services themselves are provided at the local level. With respect to social services, the Ministry of Labour and Social Affairs is responsible for policy decisions, budgetary negotiations, monitoring and control of system performance, introduction of the information system and data collection. Additionally, the Ministry of Labour and Social Affairs manages five specialized social care institutions, however these are not targeted towards assistance to elderly, but the long term ill, mentally handicapped, physically disabled and children. Regional and local governments play a major role in the organization and provision of cash benefits and social services. They are responsible for the process of assessment of needs, monitoring and control, and provision of services or contracting out social services to service providers.

**Table 2. Division of responsibilities between the Ministries and local self-governments**

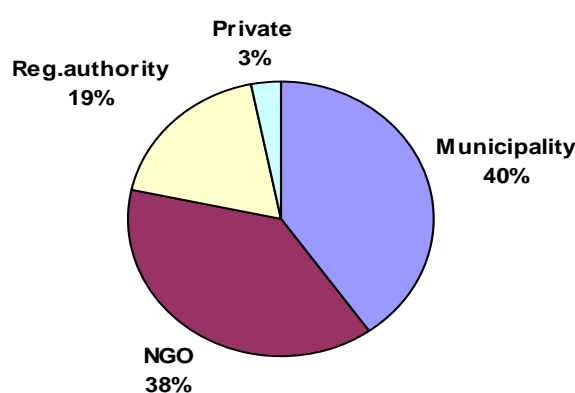
<b>Ministry of Health and Ministry of Labour and Social Affairs</b>	<b>Regional and local self-governments</b>
Legislative initiative and policy disposal	Assessment of needs
Assurance of funding (in case of the LDN homes, funding is provided by the health insurance)	Contracting and providing services
License, accreditation, quality standards	Monitoring and control

Source: own compilation

Important providers of social services are non-governmental and non-profit organizations (see figure below), which sign service contracts with local governments on the one hand and social service clients on the other hand. The participation of the non-profit sector in the

provision of services is anchored in the new law (Act No 108/2006 Coll. on Social Services). Still, problems related to the operation of NGOs in the field of social services are reported with respect to funding procedures. Services provided by NGOs are contracted and funded on an annual basis, which means that NGOs are obliged to compete for contracts every year. Moreover, delays in transfers of contracted funds have been reported (Holmerová 2004).

**Figure 1. Providers of social services**



Source: Wija 2008

The quality of services is supervised within the health care system and social services systems separately. Provision of health care services reimbursed from the health insurance fund is monitored and controlled by the respective health insurance company. Also hospitals and LTC homes receive accreditation from the Ministry of Health stating that they fulfill quality standards.

The system of monitoring and control of social services (National Quality Standards of Social Services), although anchored in the social services law and supported by the Ministry of Labour and Social Affairs, is not highly regulated. The provision of high quality social services can be monitored by the Ministry of Labour and Social Affairs, regional governments, municipalities and labour offices as stated in the Social Services Act of 2006. Ministry of Labour and Social Services has indeed proposed social care quality standards, however they are rather general recommendations for the social care providers. They should be further transformed into more specific quality standards by the providers themselves. Still, this is a vague procedure. According to the Ministerial standards, the main institutions

responsible for the monitoring and control are municipalities and regional governments as they are legally responsible for the creation of a system of social care services and assuring funding (Holmerová 2004). MoLSA has also prepared a Report on Social Quality Standards, concentrating on two core activities: training quality control officers in the field of social services, and training guides in best practices (Potůček et al. 2006). It also provides examples of good practices that can serve as benchmarks in provision of high quality social services.

Still, the media often provide examples of under provision of care and claim there is a need for stricter regulation with respect to quality control in the entire LTC system.

## **1.5. Integration of LTC**

### **Within the LTC system**

The level of integration of LTC services from the clients' perspective was low before the introduction of the Social Services Act of 2006 (Bryndová et al. 2009). Before 2007, as eligibility criteria as well as financing procedures for institutional and home based care were different, there were no benefits which clients of both systems could be eligible for simultaneously. The reform introduced the possibility of combining financing of both systems, i.e. giving a cash benefit to the client for the usage of services and he/she can decide independently. Thus the benefit can be used for the provision of medical or rehabilitative services or long term institutional care. At the same time, home care agencies, which typically employ nurses, can contract the provision of home health services with health insurance funds. As a result, comprehensive home care for some medical services (rehabilitation, nursing) are provided in the home environment and at the pensioners' homes, though the system suffers from a lack of adequately educated staff.

### **Between the health care and social services sector**

As mentioned in the summary above, the system is not united between the health care system and social services. This is apparent when the administration and funding of LTC services are considered: part of the system is within the competencies and management of the Ministry of Health and part is within the competencies and management of the Ministry of Labour and Social affairs. The problem holds especially for institutional care, monitoring and control of the system as well as planning and LTC strategy. Each of the Ministries develops different measures for long term policy. Additionally, professional societies (i.e. Gerontology

Centre) have their own LTC policy proposals. Thus a discussion between different stakeholders in the LTC is a necessity.

Another problem is the data collection on the LTC. Since the system is not integrated, data, if it is collected, is also dispersed. Integrated financial data on the LTC system are available only in the structure of the National Health Accounts. Public data on the volume of services cover social services, especially pensioners' homes, while other types of data are difficult to gather.

## 2. Funding

There are two types of funding, which are separate for the LTC homes (LDN) and separate for social services (which includes pensioners' homes).

Medical services provided in the hospitals and LTC homes for individuals with advanced illnesses (LDN) are financed from the health insurance funds. Until 2008, when co-payments for the medical services in outpatient and hospital care were introduced, any type of out of pocket payment for services was illegal.

The LTC services organized by the social services sector are funded from general taxes, and further administered from the social budgets of regions and municipalities, client contributions, territorial self-governing authorities and the funds from the public health insurance. Regions, after receiving state contributions for social services, decide autonomously on the allocation of resources which typically includes decisions on the allocation of costs per bed in the residential care and total costs of home based social services. Still, the main sources of funding are client contributions (35% of the total costs of social services), followed by the state budget (30% of total costs), and local authorities (25%). Health insurance only plays a minor role (3%) (MoLSA 2009). Clients of social services are obliged to participate in the costs of the service in the form of co-payment. The ceiling for the co-payment for home care services was set by the Social Services Act of 2006 which states that the amount of co-payment should not exceed 85% of the individual's income. Specific costs of services are decided in the contract with the service provider. This regulation holds for home care as well as residential and day care.

### 3. Demand and supply

#### 3.1. The need for LTC (including demographic characteristics)

Evaluations done by the Ministry of Labour and Social Affairs, the Ministry of Health or the Czech Statistical Office do not specify the need for LTC. However, the necessity of assessing the needs of the elderly has been stated by policy makers, which resulted in the establishment of the Governmental Council for Older Persons and Population Ageing in 2006. The objective of the Council is to recognize the needs of an ageing population and prepare an adequate policy response to ageing. The Council consists of 28 representatives of the Ministries, health insurance companies, NGOs, social partners and experts. Current estimates of the potential need are based either on survey data or demographic data and projection.

Results of the Eurobarometer survey indicated that approximately 24% of the Czech population reported being severely limited in the activities they normally perform within the period of 6 months preceding the survey. They attributed these limitations to either poor physical or mental condition (European Commission 2007).

Another estimation of the potential need for LTC is possible thanks to the demographic data and projections. In 2007, elderly above 65 years of age constituted 14.4% of the total population. Naturally, the proportion of elderly in the population was significantly higher for women than for men (17.10% compared to 11.6%), which reflects the demographic composition of the elderly cohorts and mortality. It is foreseen that the proportion of elderly in the total population will more than double in 50 years time, while the share of the very old (80+) will increase by over 3 times.

**Table 3. Projections of selected demographic indicators, 2008-2060**

	2007/2008	2010	2020	2030	2040	2050	2060
Life expectancy at age 65, males	14.7	15.0	16.2	17.4	18.6	19.7	20.8
Life expectancy at age 65, females	18.1	18.3	19.5	20.7	21.9	23.0	24.1
Population 65+ as a share of the total population	14.4	15.4	20.2	22.9	26.3	30.9	33.4
Population 80+ as a share of the total population	3.3	3.8	4.1	6.6	8.4	9.3	13.4
Old are dependency ratio	20.0	22.0	31.0	36.0	43.0	55.0	61.0

Source: European Commission, 2009 Ageing report



The old age dependency ratio<sup>1</sup>, which is a significant indicator of demographic pressures reflecting the future possibilities of financing of pensions and LTC, was 22.2% in 2007. According to the Eurostat estimations, it is foreseen to grow to the level of 35.7% by 2030. By 2060, the indicator of the elderly to the labour market active population is projected to be higher than 60%.

### **3.2. *The role of informal and formal care in the LTC system (including the role of cash benefits)***

Overall, the system of LTC is targeted towards community based services. Similarly to other countries in the region, the provision of family care is very high. According to the Ministry of Labour and Social Affairs estimates, approximately 80% of care is provided at home by the spouse or children of a person in need. Also both the reform of 2006 and the National Programme of Preparation for Ageing 2008-2012 promote community based care, which implies supporting active ageing on the one hand and informal family care on the other. Home care and cash benefits are viewed as a crucial means for support of family care.

### **3.3. *Demand and supply of informal care***

According to the results of the Eurofamcare project, there is no systematic research on the demand and supply of informal care for the elderly and chronically ill in the Czech Republic (Holmerová 2004). It is estimated that approximately 80% of care is provided by the family, mainly spouses, children and other relatives. This translates into approximately 100,000 elderly who need assistance in basic activities of daily living and 300,000 elderly who are not able to perform instrumental activities of daily living. Assuming that every elderly person is provided with help by at least one person means that there are about 400 – 500,000 informal care providers in the Czech Republic. These are mostly women (63%) of working age, most of whom (80%) have a regular full time job. There is no research that would allow for stating the source of income of the care providers, and it should be also assumed that the type and level of income depends on the severity of need for assistance in daily living. However, caretakers were eligible for the caretaker's allowance, which, after the reform of 2006, was transformed into a benefit provided to the elderly in need (with limited ADL).

Results of the Eurobarometer survey confirm that informal care is perceived as the most important type of care. 36% of respondents asked about the type of care they think would be the best option for care of their elderly pointed that dependent elderly should live with one of

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<sup>1</sup> Which is estimated as a ratio of elderly (65+) to the labour market active population (20-64 years of age).

their children while only 13% claimed that the elderly should be taken care of at an LTC institution (European Commission 2007).

### **3.4. Demand and supply of formal care**

#### **3.4.1. Introduction**

The demand for LTC depends on demographic pressures (which are foreseen to grow over the next decades), labour market activity, and the possibilities of combining care provision and traditions in a given country. On the other hand, the supply of formal care is strongly dependent on political objectives and funding opportunities.

#### **3.4.2. Institutional care**

Residential care, as provided in the health and social sector separately, is also presented separately based on the statistical data of the health sector and the Ministry of Labour and Social Affairs.

The number of LTC institutions for severely ill has been stable over the last decade, with a peak of 80 institutions all over the country in 2002, dropping to 70 in 2008. Despite stabilization in the number of facilities, the number of beds grew by 16%. Additionally, the number of staff working at LTC homes increased by 77% for doctors and 20% for paramedical employees.

**Table 4. LTC homes (LDN) 1996 – 2008**

<b>Items</b>	<b>1996</b>	<b>1998</b>	<b>2000</b>	<b>2002</b>	<b>2004</b>	<b>2006</b>	<b>2008</b>
LTC homes	71	74	75	80	73	74	70
Beds	6151	5996	6713	7438	7272	7462	7194
Physicians (FTE)	212	207	229	265	282	329	375
Professionally qualified paramedical workers (FTE)	1681	1700	1918	2242	2978	2098	2010

Source: Czech Health Statistics Yearbooks 1996 - 2008

The number of residential homes for pensioners within the social services system is much higher. According to the Czech Statistical Office, at the end of 2006 there were 390

pensioners' homes, with an average occupancy rate of 97.1%<sup>2</sup>. It should be noted however, that already in 2005, the Ministry of Labour and Social Affairs pointed out that the number of facilities was insufficient and that waiting times for the pensioners' homes differed between regions from several months to several years (MoLSA 2005). Studies have also found that the supply of care is unequal between urban and rural areas, and access to care is easier in urban settings (Potůček 2006). The data from the Ministry of Labour and Social Affairs gives a good picture of the scale of the problem – in 2003 there were 378 pensioners' homes with 39,331 beds while 50,192 applications were rejected (MoLSA 2005). Another problem mentioned by the Ministry of Labour and Social Affairs is the quality of services, especially the lack of adequate nursing and rehabilitation services and the need for the modernization of outdated facilities. Developing daily and weekly care centers has been identified as a measure to cope with the above problems.

Despite the fact that the number of full-time elderly homes has been increasing over the last decade, it is still highly insufficient resulting in long waitlists. Also the demand for institutional care for people who do not have long term illnesses and are not in terminal conditions is increasing much faster than the number of beds in the pensioners' homes. In 2003, the number of individuals whose applications for a place in retirement homes were rejected was 128% of the number of available beds.

**Table 5. Pensioners' homes facilities 1996- 2006**

<b>Pensioners' homes</b>	<b>1996</b>	<b>1998</b>	<b>2000</b>	<b>2002</b>	<b>2004</b>	<b>2006</b>
Number of facilities	303	320*	343**	360***	376	390
Number of beds	33779	35218	36662	37686	37867	38672
Number of rejected applicants	21609	25431	28784	33222	-	-

\* 4 facilities combining the pensioners' home and boarding home are included

\*\* 5 facilities combining the pensioners' home and boarding home are included

\*\*\* 6 facilities combining the pensioners' home and boarding home are included

Source: MoLSA 2005, Czech Statistical Yearbooks 2005, 2007

<sup>2</sup> [http://www.czso.cz/csu/2007edicniplan.nsf/eng/FE003FE442/\\$File/0001072414.xls](http://www.czso.cz/csu/2007edicniplan.nsf/eng/FE003FE442/$File/0001072414.xls)

### 3.4.3. Home care

There are two types of care provided to the elderly in need in the home environment: home care and home nursing care. Home care includes personal assistance services and community care in daily activities, such as clothing, washing, shopping, transport or meals on wheels. Home nursing care, which is an integrated form of home health and assistance provided in the home, was introduced in the Czech Republic in the 1990s. (Rokosová, Havá 2005). It is an element of outpatient care and takes the form of nursing or rehabilitation<sup>3</sup> provided with the consultancy and cooperation of a primary care doctor. Both types of care are typically integrated in the one provider institution as they are provided by the home care agencies, the number of which increased throughout the 1990s (from 27 in 1991 to 484 in 1998). Typically the staff of the home care and home nursing care are nurses and volunteers (Potůček et al. 2006). Most of the home care agencies are private or non-profit organizations (Holmerová 2004). It is estimated that 58% of home care agencies also provide care during nights and weekends, 22% during weekends and 20% in the afternoons. Still, some problems are reported with respect to cooperation with general practitioners. Another problem is caused by the unequal regional distribution of home health care agencies (Wija 2008).

**Table 6. Basic home care statistics 2000 – 2007**

Items	2000	2004	2005	2006	2007*
Persons who received home care services	113 528	109 475	112 927	105 088	95 520
Home care service workers	4 793	4 355	4 265	4 106	4 491
including					
Professional nurses	4 139	3 700	3 585	3 511	3 810
Others	654	655	680	595	681
Home care service volunteers	967	652	556	450	304

\*Preliminary

Source: Czech Statistical Yearbook 2008

It is estimated that a total of 7,000 clients received personal care from the social services centers in 2008 at the total cost of 15 million euro (out of which 3 million were paid by the clients). Further, approximately 115,000 clients received community care in 2008 at a total

<sup>3</sup> Typical activities provided by home care agencies include taking blood, measuring blood pressure, and assistance in taking medicines.

cost of 70 million euro (out of which 16 million were paid by the clients) (MoLSA 2009). The data cover not only elderly, but the whole population of care recipients; however, it is estimated that the elderly constitute about 75% of the home care recipients' population.

#### 3.4.4. Semi-institutional care

Semi institutional care is provided at the daily and weekly care homes, which were legally approved as part of social services with the Social Services Act of 2006, although they existed earlier as boarding homes for the elderly. Still, daily and weekly centres for seniors operate only in a few communities thus their number is considered to be insufficient. They provide day care or care during the week, which mainly consists of the provision of meals and involving the elderly in specific programmes stimulating social participation. According to the Social Security Act, daily and weekly care centers should also provide care when the person who typically takes care of the elderly person is away for several days. Overall, these centers are thought to be an important source of support for informal care providers, though they are criticized for not always being able to provide adequate care or a sufficient number of activities. In recent years, several additional centers for individuals with dementia were opened, offering assistance and in some cases also transport.

Typically, the centers are open for more than 8 hours a day. Nevertheless, the supply of part time care is insufficient. Although the number of day care centers increased by 16% between 1995 and 2003, the number of rejected applicants more than doubled. In fact, the number of rejected applicants was more than twice the number of available beds in the day care centers in 2003 (Table 8).

**Table 7. Boarding homes for pensioners 1995-2003**

<b>Boarding homes for pensioners</b>	<b>1995</b>	<b>1997</b>	<b>1999</b>	<b>2001</b>	<b>2003</b>
Number of facilities	124	146	148	150	144
Number of beds	11549	12593	12126	12432	11487
Number of rejected applicants	12364	17612	19678	22148	25389

Source: MoLSA 2005

The latest data (2008) show that the services at the day care centers were provided to 36,000 clients, while a further 1,300 clients used the services of weekly care centers. The cost of the services was 26.5 million euro for the day care centers and 9.3 million euro for the weekly care centers. Client contributions were 3.5 million and 2.2 million, respectively (MoLSA 2009).

## **4. LTC policy**

### **4.1. Policy goals**

The LTC system in the Czech Republic is oriented towards shifting from an institutional care system to ageing in a home-like-environment. Thus the policy puts pressure on the development of easily accessible social services at the local level, especially non-residential services and provides incentives and support (care allowance) for families to take care of their elderly close ones. The strategy is in line with the fact that most of the care for the elderly is provided at home. However, most informal care providers work (according to the MoLSA, 80% of them have a full-time job). Thus a decision upon informal care is strongly dependent on the flexibility of a caretaker's job. Some survey research show that the Czech expect the state to provide appropriate care for the elderly, which is the second priority of the population, after the provision of adequate health care.

The long term policy of the Czech government towards ageing and, partially, LTC is reflected in the National Programme of Preparation for Ageing 2008-2012. It was prepared and approved by the government in January 2008 and is monitored by the Governmental Council for Older Persons and Population Ageing. Strategic priorities set up in the document include the promotion of active ageing in a friendly community environment, improving the health of older persons, improving available social services, supporting family and caretakers, supporting social inclusion of the elderly and protecting their human rights (Wija 2008).

### **4.2. Integration policy**

At the current moment, no administrative integration policy between facilities located in the health care system and home care is foreseen either by the Ministry of Labour and Social Affairs or by the Ministry of Health. However some policy proposals made by professional organizations, such as the Geriatric society, concentrate on the creation of an integrated system of institutional care for the elderly and long term ill, covering appropriate nursing and rehabilitation. At the central administration level, integration is assured by the introduction of the Governmental Council for the Elderly. The Council was created in order to enable discussion on the issues related to assuring care for the increasing numbers of elderly among all the stakeholders (Ministry of Labour and Social Affairs, Ministry of Health, NGOs, other social organizations and professional associations).

### **4.3. Recent reforms and the current debate**

The last reform of the social system, which included LTC services, was conducted in 2006 and took social services into consideration. The need for reform was pronounced by experts who found previous legal regulations of 1988 inadequate to the changing social situation. Still, most of the services targeted towards assistance to the elderly that are provided in the new social services system were also provided before the reform. These include personal and nursing services, pensioners' houses, and day care centers (previously also called boarding houses for pensioners). The reform introduced a care allowance provided to the individual in need while previously it was provided to the care provider. The social services system also strongly encourages the involvement of non-governmental organizations in the services' provision. The problems that the system faces currently and that are under public discussion (also by media) include:

- lack of legal definition of the LTC, regulation of types of services,
- lack of adequate quality control by the ministries, regional governments, local governments and health insurance funds, especially of privately run LTC facilities,
- low levels of LTC funding,
- insufficient number of qualified staff, especially nurses,
- low salaries of nurses, rehabilitants and other qualified staff,
- waiting times for LTC homes (estimated as up to 1 month) and pensioners' homes (up to several years).

LTC goals identified by the Ministry of Labour and Social Affairs include the reduction of chronic diseases and other factors that impact functional health status, increased availability of rehabilitative services and community health care, more support for social mobility and social participation of the elderly, deinstitutionalization of social services and improved integration of health care and social services (Wija 2008).

#### **4.4. Critical appraisal of the LTC system**

Although the importance of the LTC system is growing, which is reflected in the vivid public discussion on the provision of services and the problems that the system faces, it is still disintegrated on the side of the health care system and social security. The most important problem seems to be the lack of an integrated national strategy of LTC and, as a result of statement above, no common definition of LTC. The structure of the institutional arrangement is not transparent, with some of the LTC institutions located in the health care system and some in social services. The pressure on home based care, which is often expressed in the documents of the Ministry of Labour and Social Affairs, will not be successful without appropriate labour market measures such as employment flexibility, especially when most of the informal care givers are active members of the labor market, who work full time.



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