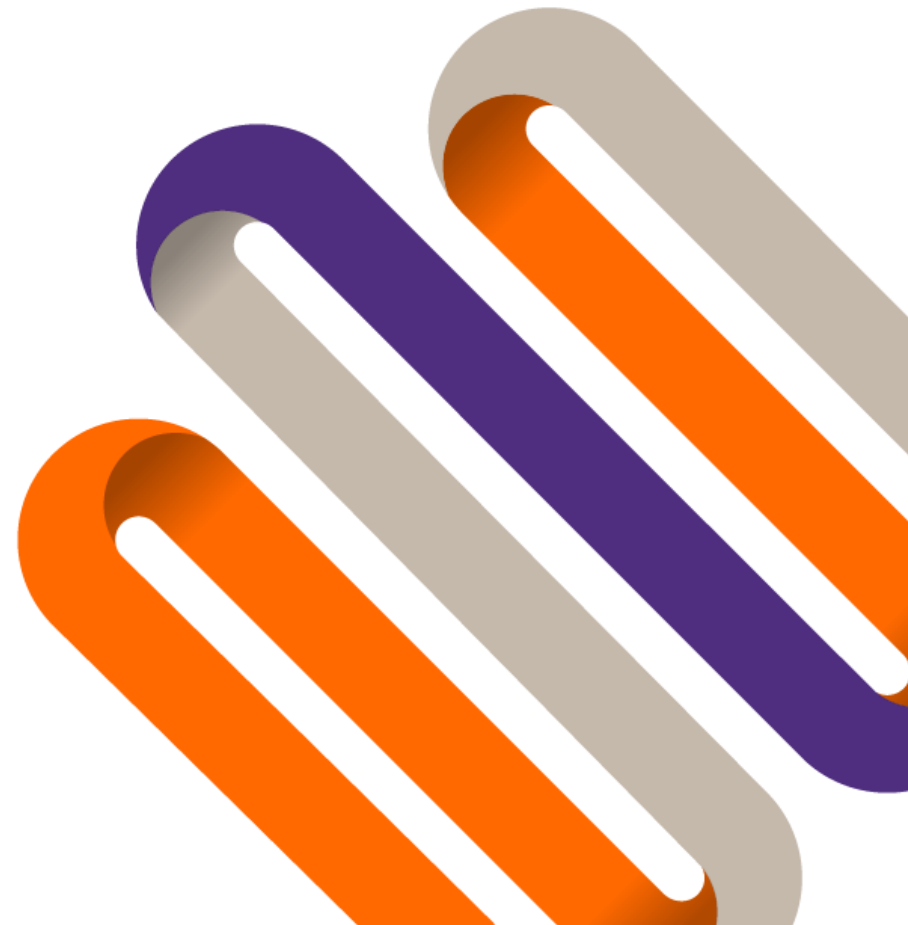


Excerpt from the report Assistance's social costs:

# Cost of Alternative Interventions to Personal Assistance

Vårdföretagarna

17 April 2024



05

---

## **Cost of Alternative Interventions**

# Method for Analyzing the Cost of Alternative Interventions

## Introduction and Assumptions for Cost Estimation of Alternative Interventions

- Comparing the costs of personal assistance with other interventions is challenging in several ways. This type of analysis compares interventions that differ significantly from each other. The costs for personal assistance cover individually tailored care for the specific individual but do not include housing costs. This is compared to interventions whose costs include a large part of the housing cost combined with shared care tailored to a group of individuals.
- Furthermore, the costs for the various interventions differ significantly due to the specific needs of the individuals. We also note that the daily costs for most housing forms vary significantly between Swedish municipalities, which likely has several explanations, including the care needs of the municipality's residents and the proportion of individuals found in in-house versus external management (as many available key figures only include costs for in-house management).
- To representatively illustrate the cost of alternative interventions for individuals with personal assistance, four typical scenarios have been selected. In each scenario, the typical needs for the fictitious individuals have been specified to reason about the individual's needs and the potential consequences of different interventions.
- The analysis of the costs for alternative interventions aims to provide an illustrative picture of how costs may differ between different types of interventions. To create a more accurate picture, the intervention needs in terms of the number of assistance hours and daily costs for alternative interventions have been assessed for reasonableness by several individuals with leading positions in care.
- General assumptions in the cost analysis for different interventions:
  - The analysis does not consider which part of society (municipality, region, state) finances the intervention, but rather the societal cost as a whole.
  - The cost for personal assistance is assumed to correspond to the established hourly standard.
  - Rental costs financed by the individual are excluded from our calculations as they are often and largely financed by grants. However, it is noted that rental costs within, for example, LSS housing have increased significantly and have been criticized in many places, which could indicate that a person with personal assistance has a greater possibility of lower rental costs. Additionally, it should be noted that cost comparisons between personal assistance and housing interventions include different types of cost components.
  - Sick pay costs are excluded in all intervention calculations.

### Selection of scenarios for the calculation of alternative interventions

Name	Age	Personal assistance hours per week
Lisa	12	100 h/w
Anders	45	182 h/w
Maria	28	110 h/w
Peter	28	192 h/w

# Scenario 1: Lisa, 12 years old

## Description of Lisa

Lisa is a 12-year-old girl who lives with her family. Lisa has multiple disabilities, including cerebral palsy and epilepsy. For Lisa, this means that she needs help with all daily activities, such as eating, dressing, hygiene, and mobility. Lisa cannot be left alone and requires constant supervision.

Lisa communicates through body language and facial expressions. She needs help with communication, taking initiatives, and ADL training, which means someone assists with all daily chores. Lisa attends school and needs support during all school hours. At night, Lisa has an awake night watch<sup>1</sup>, which means she needs constant supervision even at night (awake night watch is referred to as Active Time in Personal Assistance).

## Cost Estimates for Alternative Interventions

Alternative Interventions for Lisa	SEK/year	EUR/year
<i>Personal assistance, 100 hours/week</i>	<i>1 667 007</i>	<i>142,218</i>
Children's home (LSS 9:8)	1 657 282	141,620
Relatives stop working	1 735 241	148,131
Consultant-supported foster care	1 438 917	123,039

## Comments

- For Lisa, personal assistance means she can stay in her home with her family and receive the support she needs based on her individual conditions.
- The following alternative interventions have been included in the analysis:
  - A children's home according to LSS 9:8, which would mean Lisa moves to a housing unit with several other children with LSS-eligible needs and receives support from a staff group at the residence. Given Lisa's needs, combined with the fact that she would likely be exposed to external factors to a greater extent in a children's home, assumptions have been made about a high level of support and staffing.
  - A situation where relatives stop working, which would mean that one or both of Lisa's parents would need to quit their jobs to be home full-time and take care of Lisa. This scenario illustrates the hidden societal costs associated with a lack of personal assistance.
  - Consultant-supported foster care, which would mean that Lisa is placed in a foster home where the foster parents receive support from consultants to manage Lisa's care needs. This scenario reflects the potential cost and care structure in a foster care setting.
- In summary, it can be stated that personal assistance, a children's home according to LSS, and consultant-supported foster care cost society between 123,039-142,701 Euros per year. The analysis shows that personal assistance costs society approximately 142,218 Euros per year, a children's home according to LSS costs approximately 141,220 Euros per year, and consultant-supported foster care costs approximately 123,039 Euros per year. Having relatives stop working incurs a higher cost compared to personal assistance.

## Scenario 2: Anders, 45 years old

### Description of Anders

Anders is a 45-year-old man who lives in his apartment. Anders has a spinal cord injury that has resulted in complete paralysis from the neck down. For Anders, this means he needs help with all daily activities, including eating, dressing, hygiene, and mobility. Anders cannot be left alone and requires constant supervision.

Anders communicates verbally and needs help with communication, taking initiatives, and ADL training, which means someone assists with all daily chores. Anders enjoys watching movies and going for walks in his wheelchair.

At night, Anders has an awake night watch, which means he needs constant supervision even at night (awake night watch is referred to as Active Time in Personal Assistance).

### Cost Estimates for Alternative Interventions

Alternativ av insatser för Anders	SEK/year	EUR/year
<i>Personal assistance, 182 hours/week</i>	3 033 953	259,307
Group housing (LSS 9:9)	3 073 007	262,137
Special housing (SoL 7, kap 1 § 2 p)	2 484 643	212,338

### Comments

- For Anders, personal assistance means he can live in his apartment, have a functioning and active life based on his conditions, and receive individually tailored daily support based on his specific needs.
- The following alternative interventions have been included in the analysis:
  - Group housing according to LSS 9:9, which would mean that Anders moves to a group home with several adults with LSS-eligible needs and receives support from a staff group at the residence. Given Anders' needs, assumptions have been made about a high level of support and staffing.
  - Special housing according to the Social Services Act (SoL 7.1.2), which would mean Anders moves to a care facility where he receives support from staff. This scenario reflects the potential cost and care structure in a special housing setting.
- In summary, it can be stated that personal assistance, group housing, and special housing cost society between 212,338-259,278 Euros per year. The analysis shows that personal assistance costs society approximately 259,307 Euros per year, group housing according to LSS costs approximately 262,137 Euros per year, and special housing costs approximately 212,338 Euros per year.

## Scenario 3: Maria, 28 år

### Description of Maria

Maria is a 28-year-old woman who lives in her own apartment. Maria has an autism diagnosis and a moderate intellectual disability. For Maria, this means that routines and structure are important for a well-functioning everyday life. Maria cannot be alone and needs support in all daily activities, making personal assistance a prerequisite for being able to live in her own home.

Maria communicates partly verbally through singing and music and has echolalia. Maria needs help with communication, taking initiative, and ADL training, which means someone assists with all daily chores such as cooking, hygiene, and activities. Maria attends daily activities five days a week and needs support to plan and prepare for the daily activities.

At night, Maria has a sleeping night watch, which means she generally does not need support but if she wakes up, someone needs to be on-site.

### Cost Estimates for Alternative Interventions

Alternative Interventions for Maria	SEK/year	EUR/year
<i>Personal assistance, 110 hours/week</i>	1 833 708	156,729
<i>Daily activities</i>	221 061	18,894
<b>Total</b>	<b>2 054 769</b>	<b>175,623</b>
Group housing (LSS 9:9) and daily activities	1 957 059	167,160
Combination of home care, companion service, and daily activities	1 462 270	124,975

*Sleeping night watch is referred to as Waiting Time in Personal Assistance*

### Comments

- For Maria, the intervention of personal assistance means she can live in her own apartment and have a functioning and active life based on her individual conditions.
- The following alternative interventions have been included in the analysis:
  - Group housing according to LSS 9:9 and daily activities, which would mean that Maria moves to a group home with several adults with LSS-eligible needs and receives support from a staff group at the residence. Given Maria's needs, combined with the fact that she would likely be exposed to external factors to a greater extent in a group home, assumptions have been made about a medium level of support and staffing.
  - A combination of home care, companion service, and daily activities, which would mean that Maria can continue to live in her apartment but be left alone for large parts of the day. Interventions would be planned according to Maria's needs but likely experienced as a less free form of care where activities, daily chores, and hygiene would be planned according to the visits she has during the day.
- In summary, it can be stated that the two alternative intervention categories cost society between 124,975-175,812 Euros per year. The analysis shows that personal assistance and group housing according to LSS cost society approximately 175,812 Euros per year, while a combination of home care, companion service, and daily activities costs approximately 124,975 Euros per year. However, leaving Maria unattended for parts of the day could potentially have negative or even devastating consequences. Partly in the form of Maria possibly harming herself during unsupervised times, and partly this combination would likely negatively impact Maria's active life (due to stress, lack of preparation time, and the need to adapt more to the scheduled visits, etc.). Leading executives within personal assistance have assessed that the combination of home care, companion service, and daily activities does not meet Maria's needs and is an unrealistic alternative intervention, but it is still considered relevant as a reference in a cost comparison (monetary and social).

# Scenario 4: Peter, 28 years old

## Description of Peter

Peter is 28 years old and lives in his own apartment. Peter has a severe acquired brain injury, is wheelchair-bound, has a tracheostomy, and eats and drinks through a feeding tube. Communication is possible to some extent through facial expressions or with the support of eye-tracking aids. Peter enjoys listening to music and being outdoors. He likes to do different activities, especially with his family and relatives.

Peter needs help with all types of care, including personal care, feeding tube management, suctioning, transfers, training in the form of breathing exercises and stretching, activities, and walks in his wheelchair.

Peter has assistance around the clock with an awake night watch<sup>1</sup> at night. He is granted double assistance for parts of the day, primarily related to mornings and evenings and transfers.

## Cost Estimates for Alternative Interventions

Alternative Interventions for Peter	SEK/year	EUR/year
<i>Personal assistance, 192 hours/week</i>	<i>3 200 654</i>	<i>273,111</i>
Group housing (LSS 9:9)	3 540 696	302,615
Inpatient hospital care	3 648 540	311,884

## Comments

- For Peter, personal assistance means he can live in his apartment, have a functioning and active life based on his conditions, and receive individually tailored daily and medical support based on his specific needs.
- The following alternative interventions have been included in the analysis:
  - Group housing according to LSS 9:9, which in practice would mean that Peter moves to a group home with several adults with LSS-eligible needs and thus receives support from a staff group working at the residence. Given Peter's extensive medical needs and need for support and care, assumptions have been made about a high level of support and staffing. Peter's extensive medical needs are uncommon in group homes, which would likely significantly impact staffing.
  - Inpatient hospital care, which would mean that Peter becomes a long-term patient in a hospital. Given Peter's extensive need for support and his medical needs, this would be a theoretical alternative to ensure Peter's survival but at the same time have significant consequences for Peter's quality of life.
- In summary, it can be stated that personal assistance, group housing, and inpatient care cost society between 273,111-311,884 Euros per year. Within the framework of the alternative interventions calculated, it appears that personal assistance is the most cost-effective, given Peter's extensive need for care and support.
- Inpatient care is considered in practice to be an unlikely scenario, both for Peter himself and for the healthcare system in general. However, it is illustrated that Peter, who has significant medical needs, has a cost-effective intervention through personal assistance where complex medical needs can be met by a less qualified staff (trained specifically in Peter's care) to a likely much higher quality of life.

*Awake night watch is referred to as Active Time in Personal Assistance.*

# Summary – Alternative Interventions

## Kommentarer

---

- In summary, the analysis of alternative interventions shows that personal assistance is the cheapest intervention for Peter. For Maria, Lisa, and Anders, the cost of personal assistance falls within the cost range for one or more of the other possible interventions. However, a couple of examples are identified where there is a more cost-effective alternative intervention compared to personal assistance but which involves significant social consequences.
- For the fictitious individuals, personal assistance means that staff is present during all or large parts of the day. The alternative interventions would potentially mean that the individual does not experience the same level of care, which can lead to stress and a sense of reduced quality of life. While the analysis does not show that personal assistance is necessarily the cheapest option, it is important to note that the calculations do not capture quality of life differences between the various interventions, which cannot be calculated in monetary terms.
- For Maria, a combination of home care, companion service, and daily activities is considered to be experienced as a less free form of care where activities, daily chores, and hygiene are planned according to the visits she has during the day and to some extent limited. Maria would also be left unattended for parts of the day, which could lead to negative or even devastating consequences and, in practice, lead to hidden costs in the form of relatives continuously supporting Maria. This combination of interventions is unlikely to meet Maria's care needs but is considered relevant as a cost reference.
- Furthermore, the only alternative intervention for Lisa, where she can stay in her home with her family, would incur a higher cost than personal assistance. Having relatives stop working involves other societal costs. Tax revenues are lost, and relatives are removed from the working population, which can make it difficult to obtain employment again.



This translation is made by AI and some inaccuracies compared to the original may occur. The translation is made with the permission of Vårdföretagarna.

© 2024 Grant Thornton Sweden AB. All rights reserved.

'Grant Thornton' refers to the brand under which the Grant Thornton member firms provide assurance, tax and advisory services to their clients and/or refers to one or more member firms, as the context requires.

Grant Thornton Sweden AB is a member firm of Grant Thornton International Ltd (GTIL). GTIL and the member firms are not a worldwide partnership. GTIL and each member firm is a separate legal entity. Services are delivered by the member firms. GTIL does not provide services to clients. GTIL and its member firms are not agents of, and do not obligate, one another and are not liable for one another's acts or omissions.

