



A study about Medicare, Medicaid, and dual enrollment for adults with intellectual and developmental disabilities



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You can find the full article [here](#).

How Do People With Intellectual And Developmental Disabilities Get Health Insurance?

Medicare and **Medicaid** are public health insurance programs that help people pay for health care.



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Medicare is health insurance for adults who are 65 and older and people with intellectual and developmental disabilities.



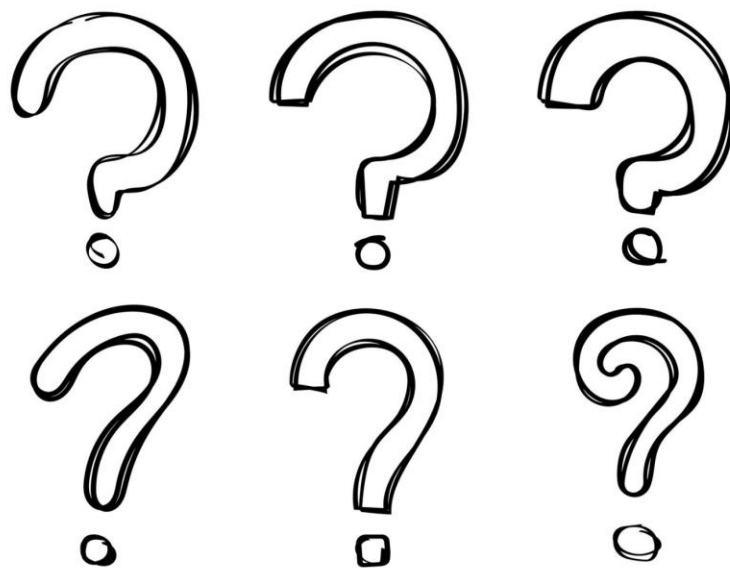
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Medicaid is health insurance for people with little money, kids, pregnant women, and people with disabilities.

What is our study?

We wanted to find out:

1. How long were adults with intellectual and developmental disability enrolled in Medicare, Medicaid, or both?
2. What differences were there between people enrolled in Medicare, Medicaid, or both?



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Why is our research important?

Most people with intellectual disabilities use Medicare and Medicaid for their healthcare needs. Some people use only Medicare, some use only Medicaid, and some use both.



Medicare

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Medicaid

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Since people with intellectual disabilities have specific healthcare needs, it's *really important* that they get the health coverage they need.

How Did We Find Our Answers?

We collected data from Medicare and Medicaid which allowed us to see information about:



- Race/Ethnicity
- Age
- Where they live
- Enrolled only in Medicare
- Enrolled only in Medicaid
- Enrolled in both Medicare and Medicaid



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People in Medicare only

149,172 adults with intellectual disability, autism, or Down syndrome used Medicare.



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In our study:

- Most people with intellectual and developmental disabilities join Medicare as children (around 60%).
- Those with Down syndrome are around 76%.
- The average age of Medicare users was 36 years in 2019.

People in Medicaid only



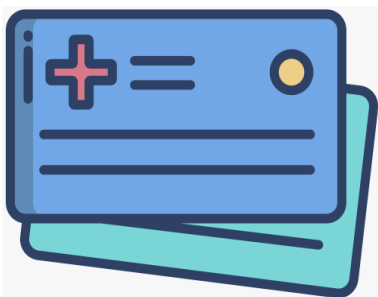
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819,256 adults with Intellectual disabilities used only Medicaid.



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The average age of those who only had Medicaid in 2019 was about 34-years-old.



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People who were only enrolled in Medicaid were less likely white, and more likely Hispanic.

People in both Medicare and Medicaid

433,396 people used Medicare and Medicaid.



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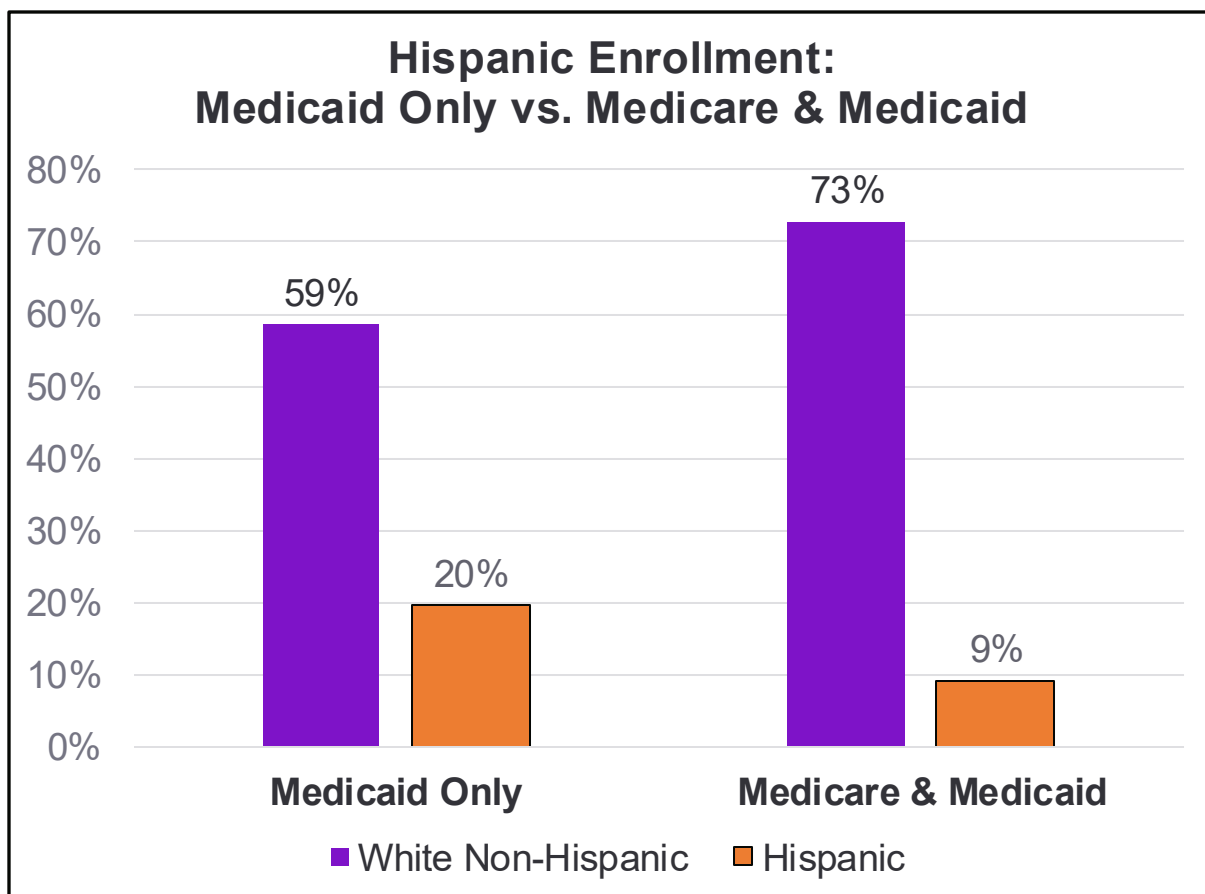
People who were enrolled in both Medicare and Medicaid were older, about 50 years old.

People were enrolled in Medicare for about 1.4 years longer than those who were enrolled in both.

Medicaid Only vs. Medicare & Medicaid

More Hispanic people use only Medicaid (about 20%) than both Medicare and Medicaid (about 9%).

More non-Hispanic white people use both Medicare and Medicaid (73%) than just Medicaid (59%).



Our Big Takeaways

- About 75% of adults with an intellectual disability enrolled in Medicare were also dual enrolled in Medicaid.
- People enrolled in only Medicaid were more likely to be Hispanic.
- Having both Medicare and Medicaid helps with medical costs. It also helps with long-term services and covers some costs that Medicare does not.



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DS-TO-THE-MAX: The Down Syndrome Towards Optimal Trajectories and Health Equity using Medicaid Analytic eXtract

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