



Supportive Care and Housing Options for Older Adults

Eldercare Connections

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Presentation Outline

- Aging in Place
- Supportive Care and Housing – *When?*
- Options for Supportive Care and Housing
- Resident's Rights
- Problems & Concerns
- Consumer Check Lists
- Resources to Help You
- References & Speaker Contact Information

Aging in Place



Aging in Place - *Considerations*

- Close network of nearby family, friends, and neighbors.
- Transportation is easily accessible, including alternate transportation to driving.
- Safe neighborhood.
- Home modifications can be done to reflect changing needs.
- Home and yard maintenance is not overwhelming.
- Physical and medical needs do not require a high level of care.

Supportive Care and Housing – *When?*

- Physical and medical needs (ADLs and IADLs)
- Social and emotional needs
- Environmental design of house
- Home and property upkeep
- Location and accessibility to services
- Access to transportation
- Informal care network
- Finances



Supportive Care and Housing Options

- In-Home Care
- Independent Senior Housing
- Continuing Care Retirement Communities
- Assisted Living
- Adult Foster Care
- Memory Care
- Rehabilitation and Nursing Home Care
- Palliative and Hospice Care



In-Home Care

Non-Medical Assistance

- Groceries and meals
- Light housekeeping
- Medication reminders
- Personal care
- Assistance with ADLs and IADLs

Medical Assistance

- Recovery after illness or injury
- Licensed practical nurses, therapists or home health aides.
- Home health agencies, hospitals, or public health departments licensed by the state.
- Medicare, Medicaid, the Older Americans Act, the Veterans Administration, and private insurance.

Price Range - \$20 - \$40 an hour



Independent Living

Housing arrangements designed for persons 55+ with no assistance with ADLs

- Safe living environment
- Dining and meal options
- Housekeeping and laundry services
- Organized activities

Price Range - \$1,000 to \$10,000 per month

- Variation in price according to geographic area, facility style and services.
- HUD subsidized housing available in some areas with varied on-site assistance.



Adult Foster Care

Room and board in home-like environment

- 24-hour supervision
- Assistance with ADLs and IADLs
- Organized activities
- Registered nurse consultation
- Medication management
- Availability of services vary by state

Price Range - \$2,000-\$4,000 per month.

- Availability of payment options vary by state.



Assisted Living

Living arrangements with some assistance

- 24/7 supervision
- Assistance with ADLs and IADLs
- Organized activities
- On-site licensed nursing
- Availability of medical services vary by state

Price Range - \$3,000-\$6,000 per month

- Medicaid applicable in some states.
- Variation in price according to geographic location and services.



Continuum Care Communities

All levels of care all on one campus

- Independent Living
 - Assisted Living
 - Memory Care
 - Skilled Nursing
 - Availability of services vary by state
- **Price Range –**
- \$50,000 - \$1 million “buy in”, along with a monthly fee that guarantees lifetime shelter and care.
 - Private pay, Long-Term Care insurance, VA benefits, Medicare (skilled nursing) and Medicaid.



Memory Care

Sometimes referred to as Special Care or Alzheimer's Unit

- Wing of an assisted living or skilled nursing facility
- 24/7 specialized care
- Secure environment
- Requires a diagnosis of dementia

Price Range - \$5,000-\$6,000 per month

- Variable according to geographic region
- Medicare Advantage may cover some costs

Memory Care – *When?*

- 24/7 supervision needed due to wandering and other behaviors.
- Potential harm to self or others.
- Difficulty with adequate nourishment and hydration.
- Challenges with ADLs and IADLs.



Rehabilitation and Nursing Home Care

24/7 hour nursing care

- High level of medical care
- Rehabilitation- including physical, occupational, speech
- Secure environment
- **Price Range** - \$7,441-\$8,365 per month
 - Varies by state and region
 - Limited Medicare coverage
 - Medicaid spend down
 - Veterans benefits



Long-Term Care Resident's Rights

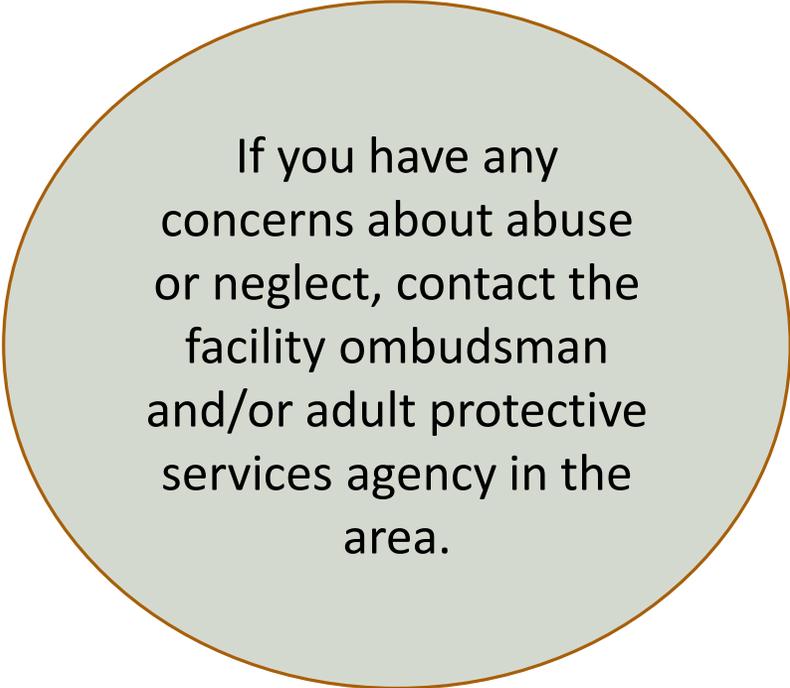
Residents of all designated long-term care facilities have the right to....

- Be fully informed
- Voice complaints and concerns
- Participate in one's own care
- Have privacy and confidentiality
- Not be involuntarily transferred, discharged or moved out
- Be treated with dignity and respect
- Have visitors
- Make independent choices

Reference: <https://ltcombudsman.org/issues/residents-rights>

Frequent Problems in Long-Term Facilities

- Discharge/evictions
- Unanswered requests for resident assistance
- Dignity and respect
- Medications
- Food quality, variation, choice



If you have any concerns about abuse or neglect, contact the facility ombudsman and/or adult protective services agency in the area.

Reference: <https://ltcombudsman.org/about/about-ombudsman>

Palliative Care & Hospice

Palliative Care -

- Organized services – multi-disciplinary team - to help manage symptoms associated with a serious illness
- May be provided along side curative treatments.

Hospice Care –

- Comprehensive comfort care when there is diagnosis of a terminal illness
- 24/7 team of nurses, doctors, social workers, spiritual advisors and trained volunteers

Price Range – Medicare, Medicaid, Veterans benefits, and some private insurance



Consumer Check Lists



Home Care Consumer Check List

- How long has the agency served this community?
- Is the agency an approved Medicare provider?
- Does a national accrediting body, such as the Joint Commission for the Accreditation of Healthcare Organizations, certify the quality of care?
- Does the agency have a current license to practice (if required by the state)?
- Does the agency offer a “Bill of Rights” that describes the rights and responsibilities of both the agency and the person receiving care?
- Does the agency prepare a care plan for the patient (with input from the patient, his or her doctor, and family members)? Will the agency update the plan as necessary?
- How closely do supervisors oversee care to ensure quality?
- Are agency staff members available around the clock, seven days a week, if necessary?
- Does the agency have a nursing supervisor available for on-call assistance at all times?
- Whom does the agency call if the home health care worker cannot come when scheduled?
- How does the agency ensure patient confidentiality?
- How are agency caregivers hired and trained?
- Will the agency provide a list of references for its caregivers?
- What is the procedure for resolving problems, if they occur? Whom can I call with questions or complaints?
- Is there a sliding fee schedule based on ability to pay, and is financial assistance available to pay for services?

Independent Senior Housing Consumer Check List

- What is the specific cost, and does that change over time or based on the services used?
- What are the accommodations like? Do the rooms have refrigerators or microwaves?
- How are rooms or apartments assigned?
- What is the grievance process?
- Are there any limitations on visitors?
- Can residents go on independent outings? Is transportation available?
- What specific activities are available? Are there any prerequisites for participation?
- What steps are taken to encourage active/social living?
- Are mental health care services available?
- What medical assistance is available? Does it include rehabilitative care? Are medical providers available?
- What is the staff-to-resident ratio?
- What specific training do staff members have?
- What services are not included in standard fees?
- What is the contract and discharge policy?
- Is there access to outdoor space?
- What are the safety precautions?
- What is the food like? How are special diets accommodated? Who oversees nutritional issues?

Adult Foster Care Consumer Check List

- What services are provided?
- What are the costs of services?
- What are the costs for additional services beyond agreement or contract?
- Do residents have private rooms or roommates? How are roommates assigned?
- How are residents informed of rate increases?
- What are reasons for termination of agreement?
- What is the discharge/voluntary move policy?
- What rights and obligations do residents have?
- What are the house policies for room access, common living space, and visitors?
- What the grievance procedures?
- What the deposit and refund policies?
- Is there storage space for residents' belongings?
- Is smoking allowed?
- Is a copy of the latest state inspection available for review?
- Do residents have access to an ombudsman?



Supportive Senior Housing Consumer Check List

- **What does the environment feel like?**

- Warm and friendly?
- Sterile and uninviting?

- **What do you hear?**

- Is the community noisy?
- Is the community too quiet?
- Are the residents socializing?
- Are the rooms or apartments quiet?

- **What do you see?**

- What does the community look like?
- How does the staff interact with residents?
- Do residents appear happy?
- How active are the residents?
- Is the facility clean?
- Are the grounds maintained?



Supportive Senior Housing Consumer Check List

Visit the dining room

- Does the food taste good?
- How is it served?
- Are there choices (meals/times)?
- Are specific needs addressed?
- Is the staff friendly?

Visit the resident's residence

- Is the room or apartment furnished with his or her own furniture?
- Is it clean?

Regulatory Oversight

- Is a copy of the latest inspection available?
- Are deficiencies related to the resident care you need?
- Is there an Ombudsman assigned to the facility?
- Is there a Resident's Council? Family Council?

Try it out

- Does the community offer an overnight stay?
- Does the community welcome guests to activities and events both in and out of the building?

Traditional vs. Person-directed Care

Traditional Care

Residents are told when to wake up, go to bed, eat, and bathe, based on institutional schedules and set routines.

Residents frequently have different care staff. The staff do not know the residents well, so they are not familiar with their preferences. Studies find that residents often feel unknown, insecure, or scared.

Management makes most of the decisions, often without consulting the residents, families, or direct-care staff.

Person-directed Care

Residents wake up, go to bed, eat, and bathe when they choose to. Staff alter their work routines to honor residents' preferences.

The same staff take care of the same resident; they know each other and good relationships develop. This motivates staff to provide better quality care. Studies show that residents feel more secure, content, and happy.

Management seeks input from residents, families, and staff before making decisions that affect their daily lives. Management also trains and supports staff to enable residents to make decisions.

Reference: <https://www.pioneernetwork.net/elders-families/care-changing/>

Information to Share with Care Providers

- Health conditions, including illnesses and injuries
- Signs of an emergency medical situation
- General likes and dislikes
- Medication, including how and when each must be taken
- Need for dentures, eyeglasses, canes, walkers, hearing aids, etc.
- Possible behavior problems and how best to handle them
- Mobility issues (trouble walking, getting into or out of a wheelchair, etc.)
- Allergies, special diets, or other nutritional needs
- Therapeutic exercises with detailed instructions

Resources

- Elder Care Locator: <https://eldercare.acl.gov/Public/Index.aspx>
- State Aging and Disability (or Independent Living) Resource Center
 - In Oregon, <https://www.adrcoforegon.org/consite/index.php>
- Medicare Nursing Home Compare: www.medicare.gov/nursinghomecompare/
- Dementia Care Central: <https://www.dementiacarecentral.com/memory-care-vs-assisted-living/>
- Medicare Hospice Compare: <https://www.medicare.gov/hospicecompare/>
- National Consumer Voice for Quality Long-Term Care <http://theconsumervoice.org/>
- State Long-Term Care Ombudsman Program
 - In Oregon, www.oregon.gov/ltco/
- State Department of Human Services Abuse page
 - In Oregon, <http://www.oregon.gov/dhs/abuse/>
- Pioneer Network: <https://www.pioneernetwork.net/>
- Note: Also look for comprehensive regional directories of housing options and services. Locally check out the OSU Family Resource Center (<https://familyresources.oregonstate.edu/elder-care>) and Retirement Connections (<https://retirementconnection.com/>).

Presentation References

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