

# HSCC 311

## Systems and Trends in Health Care Delivery

### Long-Term Care

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## Objectives

- Upon completion of this section, the student should be able to:
  - define the facets of long term care
  - describe the development of long term care
  - differentiate between community-based care and institutionalized care
  - identify the different long term care facilities
  - describe problems with financing long term care

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## Long Term Care

- Range of services
- Independent functioning

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## Development of LTC Services

- Almshouses
- Homes
- Infirmarys
- Great Depression
  - Charitable agencies could no longer afford to provide care

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## Range of Health Care Services

- Classified according to:
  - Where services are provided
  - Who provides services
  - Level of services
- Institutional vs. Community-based
- Formal vs. Informal
- Light vs. Intense

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## Need For Services

- Varies from individual to individual
- Need changes over time
- Overlap of care
- Functional impairments

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## Nature of LTC

- Health care and social services
  - Housing
  - Transportation
  - Information
  - Counseling
  - Recreation
  - Spiritual needs

## Aspects of LTC

- Preventive and therapeutic
- Informal and formal
- Institutional and community-based
- Intensity
- Specific needs
- Housing
- End-of-life care

## Preventive and Therapeutic LTC

- Goal is to prevent institutionalization
- Nutrition needs
- Social support programs
- Home services

## Informal and Formal Care

- Most services are informally provided
- Many have unmet needs
- Lack of family networks
- Respite

## Respite Care

- Caregiver stress
- Temporary surrogate for patients
- Variety of settings
  - Home
  - Day care
  - Institution

## Institutional & Community-Based Services

- Objective is to manage disability in 2 areas:
  - Activities of daily living
  - Other functions
- Medications and diet
- Care provided by non-physician staff
- Residential environment

## Levels of Intensity

- Personal Care
  - Activities of daily living
- Custodial Care
  - Basic care
  - No medical treatments
- Restorative Care
  - Rehabilitation
- Skilled Nursing Care
  - Medically-oriented care
- Subacute Care
  - Postacute phase of acute episode

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## Coordination of Needs

- Categories
  - Acute medical needs
  - Routine medical care
  - Mental health needs
  - Social support needs
  - Spiritual needs

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## Housing

- National Affordable Housing Act
  - Housing construction for elderly
  - Rent subsidies
  - Independent living

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## End-of-Life Care

- Preventing needless pain add distress for terminally ill

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## Clients of LTC

- Disabled
- Mentally retarded/developmentally disabled
- AIDS patients
- Acute episode patients
- Elderly

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## People With Disabilities

- Disabled
  - Neurological diseases
  - Degenerative conditions
  - Paralyzed
  - Children
- Injury is major cause
- Mental and social disability

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## Mentally Retarded/Developmentally Disabled

- Mental retardation
  - Subaverage general intellect
- Developmentally disabled
  - Physical incapacity causing functional impairment

## HIV/AIDS

- Continuum of care needed
  - Community-based
  - Institutional
  - Hospice
- Psychiatric disorders

## Acute Episode Patients

- Terminal cancers
- Convalescence from certain episodes
- Transfer from hospital to LTC facility

## Elderly

- Most LTC services utilized by elderly
- Chronic conditions rising
- Financial strains as Baby Boomers age

## Community-Based LTC Services

- Designed to strengthen informal care
- Objectives
  - Supplement informal caregiving
  - Respite
  - Delay/prevent institutionalization

## Home Health Care

- Care provided in the patient's home
- Home health agency professionals
- Nursing care the most common service

## Adult Day Care

- Daytime program of:
  - Nursing
  - Rehabilitation
  - Supervision
  - Socialization
- Models
  - Health-rehabilitative
  - Health-maintenance
  - Social-psychological

## Adult Foster Care

- Program to keep elderly in home settings
- Small, family-run homes

## Senior Centers

- Local community centers
  - Wellness
  - Health education
  - Counseling
  - Recreation
  - Information
  - Health services

## Home-delivered Meals

- Preventive nutrition
- Meals on Wheels
- Demand exceeds supply

## Homemaker Services

- Simple tasks that elderly are unable to perform
  - Cleaning
  - Shopping
  - Repairs
  - Chores
  - errands

## Emergency Response & Telephone Reassurance

- Vulnerability in an emergency
- Medic Alert
- Agency/volunteer phone calls to check on elderly

## Case Management

- Coordination of services to meet patient needs
  - Care plans
  - Appropriate services
  - Eligibility
  - Referrals
  - Financing

## Hospice Care

- Care for the terminally ill
  - Based on need, not on ability to pay
- Variety of settings
- Palliative care

## Institutional LTC

- Continuum of services depending on patient's level of acuity
- Living arrangements
  - Independent living centers
  - Personal care facilities
  - Assisted living facilities
  - Skilled nursing facilities
  - Subacute care facilities

## Independent Living Centers

- Housing needs of elderly
- Maintains independent lifestyles
- Transportation
- Social events

## Personal Care Facilities

- Physically supportive housing
  - Meals
  - Housekeeping
  - Laundry
  - Activities
  - Transportation

## Assisted Living Facilities

- Fastest growing type
- Residential setting
- Alternative to nursing homes

## Skilled Nursing Facilities

- Heavy regulation
- Skilled nursing vs. nursing facility

## Subacute Care Facilities

- Care beyond nursing facility needed
- Extensive care
- Special care
- Clinically complex care
- Rehabilitation
- Hospitals operating units

## LTC Facility Demographics

- 18,000 nursing homes with 2 million beds
- National Center for Health Statistics
- Ownership
  - For-profit vs. not-for-profit
  - Private vs. public
- Affiliation
  - Chain vs. Independent
- Facility size

## Financing

- No national policy for LTC funding
- Sources of financing
  - Medicare
  - Medicaid
  - Out-of-pocket

## Medicare

- Part A covers skilled nursing care
  - Physician certification
  - Does not cover long term custodial care

## Medicaid

- Each state determines what is covered
  - Rate of payment
  - Supply of beds

## Private Pay

- These make up a significant part of spending
  - 27%
- Many admitted with private pay
  - Medicaid kicks in when funds exhausted

## Private Health Insurance

- Mainly among affluent
- Cover only a portion of expenses
- 8% of LTC services

## In Conclusion . . .