

# Geriatric Interclerkship

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Living Arrangements, or  
Where do you want to be?

# Independent Living

- ▶ Own home or apartment
- ▶ Congregate or senior housing
  - help with some household upkeep
  - may contract for specific home health services periodically

# Assisted Living

- “A type of living arrangement in which personal care services such as meals, housekeeping, transportation, and assistance with ADLs are available as needed to people who still live on their own in a residential facility”

– Center for Medicare and Medicaid Services

# Assisted Living

- ▶ Means different things in different regions or states: who is it for?
- ▶ Lack of consensus on what is the best model, social vs medical
- ▶ Types of patients
  - too frail to stay at home
  - may have mild to moderate dementia
  - often required to toilet themselves and do some of own ADLs
- ▶ Most do not have 24 hour nursing on site

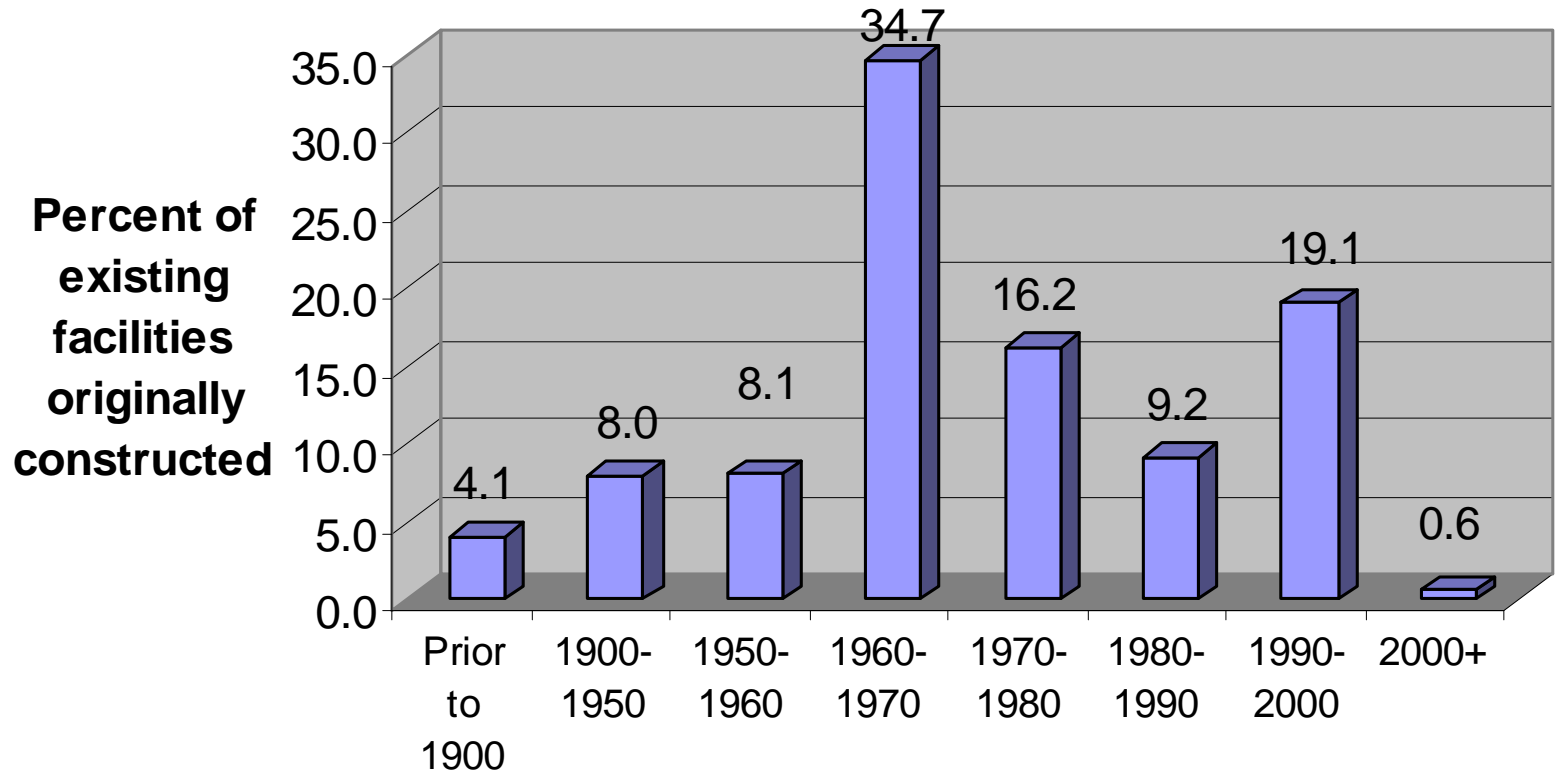
# Assisted Living

- ▶ Half the price of a nursing home, but what services are you getting?
- ▶ Liability is hurting development of the industry
- ▶ Much less regulation than nursing homes right now
- ▶ Aging in place is a big issue

# Long Term Care in Nursing Homes

- ▶ How do you qualify for nursing home care?
- ▶ How do you end up in a nursing home?  
what is the provider's role?
- ▶ Have we always had nursing homes?

## Percent of NFs Original Construction by Decade



# Long Term Care

- ▶ Abuse in 1960s, 1970s  
*led to*
- ▶ Reforms in 1980s (OBRA '87)  
*led to*
- ▶ Government regulation

# Can Nursing Homes Be the Best Alternative?

# Long Term Care in Nursing Homes

- ▶ How is it changing?
- ▶ Can we make it a more positive alternative?
- ▶ Resident-center care

# Economic Issues

- ▶ Who pays for:
  - ▶ assisted living
  - ▶ long term care
  - ▶ subacute care
  - ▶ home care
- ▶ Recent changes: Equal Choice, Money Follows the Person, New Freedom Initiatives

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## Your Medicare Coverage

Information provided is for the state of **Massachusetts**

The Medicare coverage information matching your selection criteria is shown below.

Home Health Care	
<p><b>Coverage under Medicare</b></p>	<p>Home Health Care is skilled nursing care and certain other health care services you get in your home for the treatment of an illness or injury. Medicare covers some home health care if:</p> <ol style="list-style-type: none"> <li>1. Your doctor decides you need medical care in your home, and makes a plan for your care at home, and</li> <li>2. You need at least one of the following: intermittent (and not full time) skilled nursing care, or physical therapy or speech language pathology services, or a continued need for occupational therapy, and</li> </ol>

# How to evaluate patients for “best fit” of various living arrangements

- Functional Assessment
- Quality of life, not just quality of care
- Safety versus autonomy
- Getting to know the person, not just the patient
- What is most important to them?

# Geriatrics is a Team Sport

- ▶ Interdisciplinary teams enhance the comprehensive care of complex patients
- ▶ Teams are not hierarchical
- ▶ Each person on the team is valued for his or her unique role and what they bring to the care of the person
- ▶ Teams include informal caregivers (family, friends)

# Team Members

- ▶ CNA (certified nursing assistant)
- ▶ physical therapist
- ▶ dietician
- ▶ chaplain
- ▶ primary care provider (MD, NP, PA)
- ▶ psychologist
- ▶ activity director
- ▶ registered nurse
- ▶ occupational therapist
- ▶ speech therapist
- ▶ social worker

# Geriatrics is a Team Sport

- ▶ Interdisciplinary teams can influence health care policy
- ▶ Example: Massachusetts Statewide Task Force on Fall Prevention
  - ▶ Senator Richard Moore has introduced new legislation on fall prevention initiatives, minimum staffing and medication reconciliation

# Geriatric Care Teams Regardless of the Setting...

The Person is at the Center of the Team

# Resources

- Geriatric Interdisciplinary Team Training
  - <http://www.umassd.edu/gitt/>
- The Pioneer Network
  - [www.pioneerexchange.org](http://www.pioneerexchange.org)
- Massachusetts Culture Change Coalition
  - [abonner@mecf.org](mailto:abonner@mecf.org)
- Who pays for what
  - [www.Medicare.gov](http://www.Medicare.gov)
- National Council on the Aging (NCOA)
  - [www.healthyagingprograms.org](http://www.healthyagingprograms.org)