Diversified Housing Transitions

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Learning Objectives

• Identify 3 types of housing to decrease hospital and nursing home cost.
• Explain staffing patterns to support creative housing.
• Identify educational and supportive resources for caregivers.
• Increase knowledge of subsidized affordable senior housing.
Vision Statement

The NewCourtland Network carries out its healing mission for Philadelphia’s seniors by meeting their individual and changing needs. We do this in collaboration with their families, the staff, and the community.
5 Distinctive Categories of Housing

NewCourtland Senior Services provides a variety of housing options for seniors seeking to:

• “Age in place,” in their own homes and neighborhoods, for as long and healthy as possible.

• Safety, support, and security is at the forefront of everything we do to ensure that the seniors needs are met
Diversified Housing

• 2007- First NewCourtland LIFE Program Opened (Pre-PACE) with 13 seniors

• 2011- Developed a variety of affordable housing options for seniors complemented by services to support them to age in place

• Currently serve 89 PACE participants in supportive housing
Benefits of Diversified Housing

• Environment promotes person centered care

➤ We continue to focus on all their needs on an individual basis (win-win)
➤ Home care is tailored to each senior as approved by IDT
➤ DME is provided as needed for independent living
Benefits of Diversified Housing

• Provides creative options to participants

➢ Some seniors do not have options other than nursing home placement
➢ Some seniors desire to live independently instead of residing with family members
Cost Benefits

• Average Nursing Home Cost per Month $8,400 (2014, in Philadelphia)

• Average Hospital Cost (2010, Nationally)
  – 45-64 years old $12,100 per stay
  – 65-84 years old $12,300 per stay
  – 85 + years old $9,600 per stay
NewCourtland Findings

- NewCourtland LIFE Participants living in NewCourtland Diversified Housing consistently have lower overall Utilization than NewCourtland LIFE participants in the community.
  
  - Emergency Department
    - ~4% fewer ER Visits than participants in the community
  
  - Hospitalizations
    - ~13% fewer hospital days than participants in the community
  
  - Nursing Home
    - Participants that have moved from a Nursing Home into Nursing Home Transitional Housing are motivated to remain in the community
Benefits of Diversified Housing

• Decreased
  – Hospitalizations and nursing home placements
    ➢ Staff are available for support (HHA’s, Licensed nurse, center staff)

  – Dis-enrollments and caregiver stress
    ➢ Avoids moving out of the service area for closer proximity to family members
Caregiver Stress

• Research articles report that respite coupled with caregiver support decreases caregiver stress & placement of their loved ones in a nursing home

• The effect of caregiver stress is:
  ➢ Physical
  ➢ Emotional
  ➢ Financial costs to caregiver
Caregiver Stress

• Increased risk of elder abuse

• If the outcome is placement—caregiver guilt

• How many of you are caregivers?

• What seems to be the most stressful situations?
Resources for Caregivers

- Caregiver groups with massage therapy and food

- Presentations by the Alzheimer’s Association

- Evenings of cooking demonstrations and opportunities to connect with other caregivers for peer support
Diversified Housing Options

- Nursing Home Transition
- Independent Living
- Cottages
- Respite Care
- Supportive Living
The NewCourtland Approach to Diversified Housing Transitions
Over 200 units of affordable senior housing
Nursing Home Transition

• In 2009 we mark the start of our NHT program by opening NewCourtland Square
• Since then we have successfully transitioned 89 participants from various nursing homes throughout Philadelphia and Montgomery county
Nursing Home Transition
Nursing Home Transition

NewCourtland Square (26 units) and Centennial III (12 units)

• Specifically designed for seniors enrolled in LIFE
• Housing is provided for up to 2 years until permanent housing is located (usually within our network)
• The nursing home residents are carefully selected through a pre-enrollment screening process
• Referrals for NHT are obtained from nursing homes throughout Philadelphia and the surrounding counties
Nursing Home Transition

Nursing homes throughout the surrounding counties
Nursing Home Transition

NewCourtland Square and Centennial III

• With this pre enrollment screening we learn of the prospective strengths and weaknesses

• Our team then meets and decides if we can build upon their strengths and compensate for their weaknesses with assistance from family and LIFE’s supportive services
Nursing Home Transition

NewCourtland Square and Centennial III

• Seniors are monitored closely the first 15-30 days
  -Daily center attendance with program orientation
  -HHA specific to the individual
  -Medication surveillance and meals
  -Emergency response system provided
  -Ongoing adjustments and assessments by the IDT.
Nursing Home Transition Continued

Screening Process

– Physical/Occupational Therapy
  • Complete safe transfers independently (Fire Safety)
  • Able to prepare meals

– Cognitive Abilities
  • Must be alert and oriented
  • Good judgment & insight

– Support from family-ideal
Nursing Home Transition

Mr. Thomas Smallwood’s experience with NewCourtland’s Nursing Home Transition Program.

Resident of NewCourtland Square

Video Clip
Independent Living

• The apartments are filled with seniors who generally manage at least 60 - 75% of their ADLs and IADLS.

• The other 25% of care is managed through family, friends, and LIFE services
Independent Living

• LIFE provides assistance such as HHA’s for personal care, laundry, and light housekeeping

• LIFE has scheduled shopping trips and provides assistance with online grocery shopping
Independent Living

• Medication delivery and management

• Campus RN for ongoing assessments and evaluations
Independent Living

• Currently Three Apartment Buildings (all residents are not enrolled in PACE)

  – Apartments at Allegheny (60 units)
  – Apartments at Cliveden (62 units)
  – Apartments at Germantown (60 units)
Independent Housing
Allegheny Apartments
Independent Living

• Requirements:
  - Age 62 and older
  - 30% of income, or tiered based on income
Independent Living Con’t.

• Amenities Include:
  – 24 hour security
  – Easily accessible to transportation and shopping
  – Central air and Heat
  – Utilities are included
  – Laundry on site
  – Activities and social worker on site
Supportive Housing
Centennial Square
Supportive Housing

Centennial Square II (11 units) is a part of our gated community

Designated for those with:

• Physical changes
• Extended hospital stay
• Loss of home
• Caregiver burn out, death, abandonment
Supportive Housing

Centennial Square II

- Specifically designed for seniors within the LIFE program who can no longer thrive safely alone in the community alone.

- Affordable and safe transition to prevent nursing placement with built-in support services.
Supportive Housing

Centennial Square II

- LIFE Center is located on first floor

- Home Health Aide available 3:00 PM-overnight 1:6 ratio
Memory Impaired Housing

• “Cottages” – 18 two 2 bedroom apartment for live in family/friend support

• Designed specifically to meet needs of those diagnosed with Dementia

• Does not affect caregiver’s income
Memory Impaired Housing

- Gated community for safe enjoyment of outdoors
  - Washer & Dryer in each Apartment
  - Covered Front Porches
Respite Suite

- 2 respite units located on our gated community
- 24 hour weekend staffing coverage
- Attend the LIFE center during the day
Respite Suite

• Communication with all members of IDT to have best coordination of care

  – Meals
  – Personal care
  – Laundry
  – Therapy services
  – Primary care/nursing on-call
  – Allows LIFE staff to provide around the clock care (1:3)
Respite Suite Continued

• Used, when appropriate, to prevent hospitalizations, or short term nursing home placement
• Time needed to coordinate home care
• DME and preparation to return home
Respite Suite Continued

- Respite stays include 5-6 days of attending PACE center providing:
  - Close medical follow up
  - Physical & occupational therapy
  - Peer interaction & socialization
Respite Suite Continued

In person testimony of respite experience by LIFE participant, Mary Oakman and caregiver Mary Johnson.
Respite Suite Continued

Skilled Rehab = $504.PD x14 days= $ 7056
Respite stay= $312.PD x10days=$3120
Savings $ 3936
Impact of Diversified Housing

• Easy access to LIFE staff and home care staff designed specifically for campus housing

• Efficient delivery of on-site interventions

• Care is provided by staff that the seniors are familiar with
Combining PACE & Diversified Housing: Research and Results
Research Findings

• Affordable personalized care combined stable housing and support
  – Creates better quality of life physically and mentally for participant
  – Decreased stress on family members

• In similar studies cost of diversified housing never exceeded the Cost of Nursing Home Care
  – 19% Decrease in Hospitalizations
  – 22% Reduction in Falls
  – Overall Reduced Skilled Nursing Facility Admissions
Staffing for Diversified Housing

• Nursing Home Transition Staffing
  21 hours daily

• Respite
  19 hours daily M-F
  24 hour weekend & holiday coverage

• Centennial Square II
  32 hours daily M-F
  24 hour weekend & holiday coverage


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