

Elderly Care Services

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Zoom Poll

- Select an option that fits you the best:
 - A. I am a current or former caregiver of an elderly individual
 - B. I have health problems and looking for additional assistance and resources
 - C. My family and I are currently healthy, I am here to learn

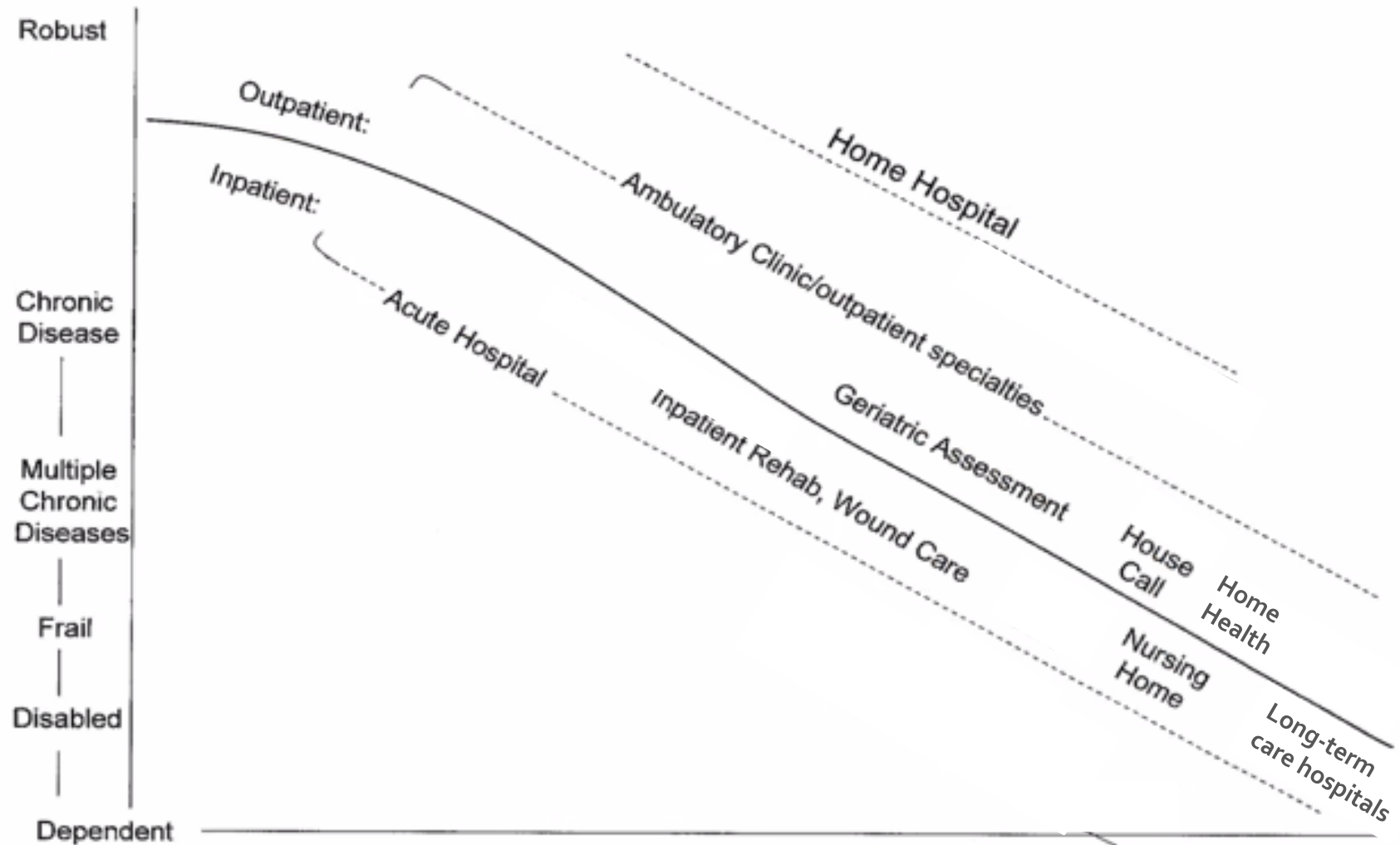
Objectives

1. Overview of the spectrum of health services for the elderly
2. Discuss resources for aging at home
3. Overview of differences between senior living communities, rehab facilities and nursing homes

<https://northernvirginiamag.com/wp-content/uploads/2020/06/senior-adventorial-feature.jpg>
<https://www.eldergeru.com/wp-content/uploads/2021/12/senior-woman-with-walker.jpg>
<https://www.lajollanurseshomecare.com/wp-content/uploads/2018/08/bigstock-care-17090101.jpg>



Spectrum of health services

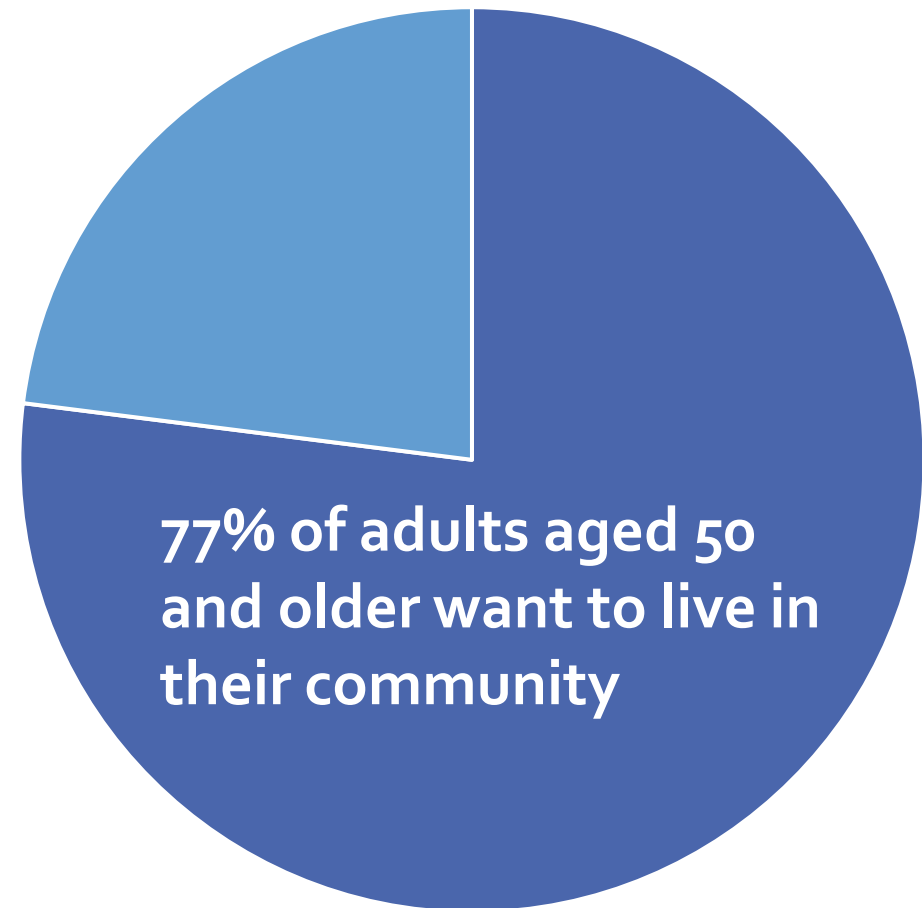
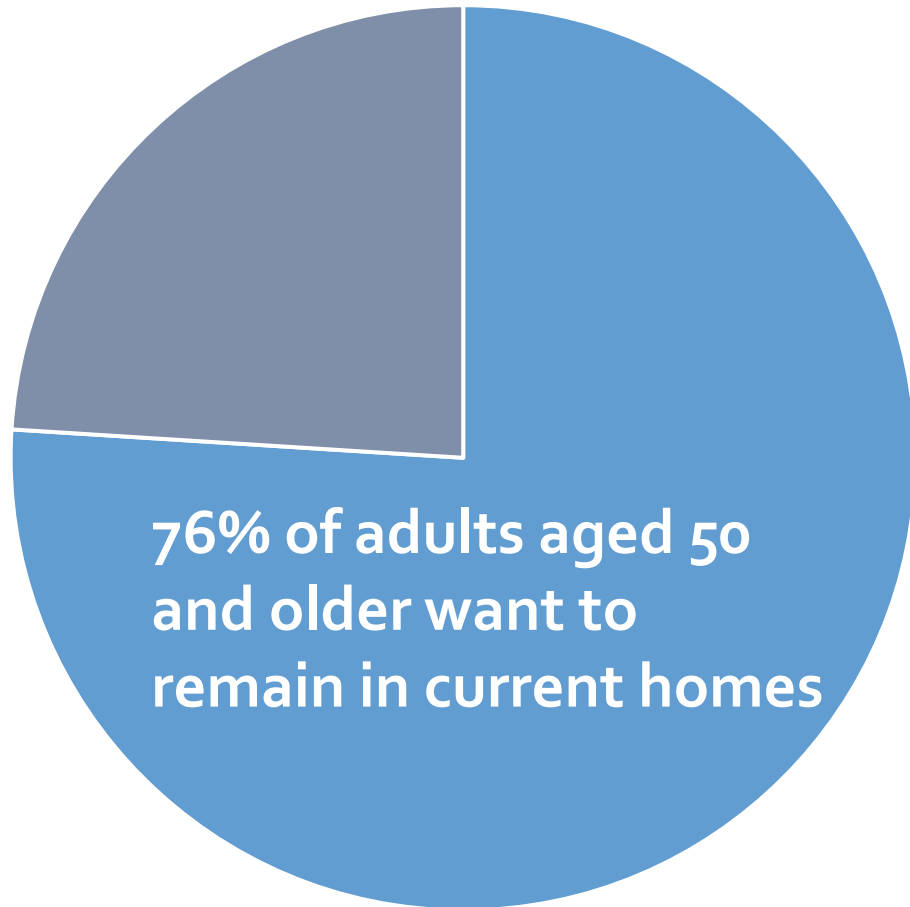




Aging in place



Most seniors want to age in place



Is aging in place right for you?



Find help in your community by entering your zip code OR city and state.

Zip Code

City/State

Enter zip code

Search



Welcome to the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach us at [1-800-677-1116](tel:1-800-677-1116).

<https://eldercare.acl.gov/Public/Index.aspx>

Harris County Area Agency on Aging

The Harris County Area Agency on Aging is part of a **nationwide network of agencies** coordinating supporting services for adults 60 years or older and their caregivers.

- **Benefits counseling:** Get one-on-one advice about Medicare, Medicaid, HMOs, QMB/SLMB, and other public benefits.
- **Caregiver support:** Information and respite services to help caregivers meet their own needs as well as those of family members who are aging.
- **Health promotion programs:** Risk-reducing services for seniors such as dental, vision, hearing and prescriptions.
- **Information referral and help:** Specialists use a vast database to provide resources. All calls open the door to information about community resources.
- **Intervention services:** Evidence-based programs to teach positive aging;
- **Links to senior services:** Find senior services, resources, and information.
- **Long-term care ombudsman program:** A specially-trained advocate who can explain rights, resources and procedures to help identify, investigate, and resolve complaints of residents in a nursing home, skilled nursing unit, or other type of facility.
- **Nutrition programs:** Congregate meals at community and senior centers — hot meals offered five days a week to older adults (60+). Home-delivered meals — weekly delivered, well balanced meals to the elderly, homebound and/or disabled.

<https://www.houstonhealth.org/services/aging>

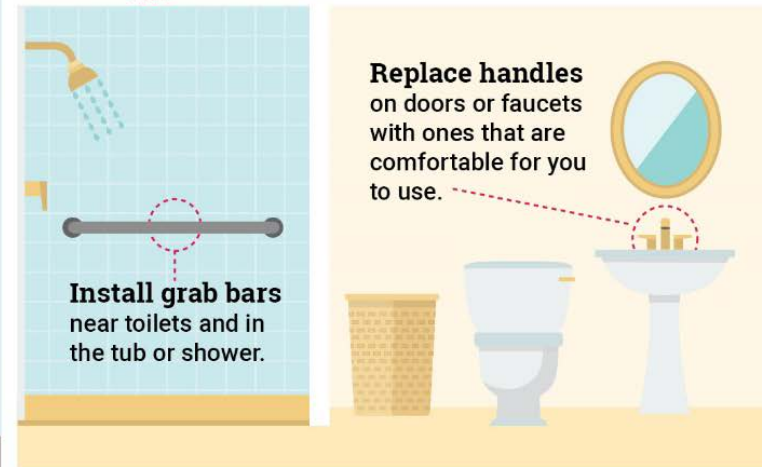
Home safety

- Home modifications may be necessary to accommodate aging changes
- Fall prevention
- Occupational therapist can conduct home safety assessments and make recommendations

Don't use area rugs and check that all carpets are fixed firmly to the floor.



Replace handles on doors or faucets with ones that are comfortable for you to use.



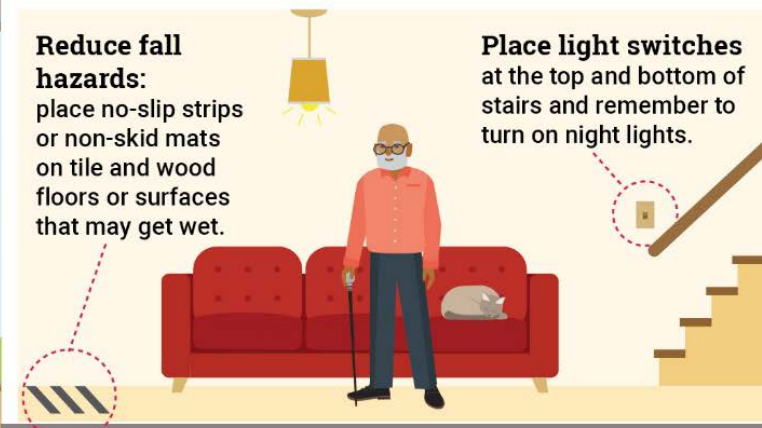
Install grab bars near toilets and in the tub or shower.

Install a ramp with handrails to the front door.



Reduce fall hazards: place no-slip strips or non-skid mats on tile and wood floors or surfaces that may get wet.

Place light switches at the top and bottom of stairs and remember to turn on night lights.



CDC Home Fall Prevention Checklist for Older Adults

Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- ☐ Always keep objects off the stairs.

Are some steps broken or uneven?

- ☐ Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- ☐ Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- ☐ Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- ☐ Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- ☐ Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

- ☐ Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- ☐ Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- ☐ Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- ☐ Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- ☐ Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- ☐ If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- ☐ Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- ☐ Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- ☐ Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- ☐ Have grab bars put in next to and inside the tub, and next to the toilet.





Home health care

- Short-term intermittent skilled nursing care and therapy
- Home health nurses, therapists (physical, occupational, and speech), home health aid
- Homebound resident, typically recovering from serious illness
- Medicare Part A pays 100% cost of covered home health care
- Need physician's order and certification every 60 days

Home health aids

- Home health aid, certified nursing assistant
- Help seniors with the activities of daily living and personal care
- Cannot provide medical care, not allowed to administer medication unless certified as medication aid
- Average \$22-\$25 an hour
- Payment assistance: Medicaid home and community-based service waiver (HCBS Waivers), long-term care insurance, veteran affairs programs



Hiring in-home help

Home care agency

- Texas Long Term Care Provider Search <https://apps.hhs.texas.gov/LTCSearch/>
- [Medicare.gov: Home Health Compare](#)
- [Care.com](#)
- [A Place for Mom](#)

Private hire

- Local nursing programs, community college home health aid/ certified nursing assistant programs



Adult day center

- Coordinated program of services for adults in a community-based group setting
- Normal business hours 5 days a week
- Transportation, social activities, meals and snacks, personal care, therapeutic activities
- Adult Day Care Association of Texas
<http://www.adcat.org/>
- National Adult Day Services Association
<https://www.nadsa.org/>
- Payment assistance: Medicaid, VA benefit, long term care insurance

Transportation

- Accessible vehicles
- Driving assessment by occupational therapist
- Public transit
- Paratransit – e.g. METROLift
- Medicaid Non-Emergency medical Transportation



Respite care

- Short-term relief or respite for family caregivers who take care of a person with disability
- At home, in a healthcare facility or adult day program
- National Respite Network -<https://archrespice.org>
- Medicare cover cost for up to 5 days for seniors in hospice care, Medicaid waivers, VA benefit, long term care insurance



Senior living communities



Independent Living

- Residential communities that offer housing only to those age 55+
- Variety of types – apartments, townhomes, condos
- Provide housekeeping, linen service, dining plans, transportation services and security
- Amenities: fitness center, dining venue, and entertainment spaces
- Wellness programs and activities

Personal Care Home

- Private residential homes, generally smaller than assisted living facilities.
- Provide room and meals, reminders to take medications. Assistance or supervision for activities of daily living (ADLs) -- washing, toileting, dressing, feeding, transferring. Assistance with instrumental activities of daily living (iADLs) -- housekeeping, laundry, transportation, shopping
- Depending on size, may resemble more family life
- May not have medical staff available at all times
- Host 3 or fewer residents— do not need license. Otherwise need personal care home license in Texas.
- Cost can vary, monthly fee \$1500-\$4500. Some homes take Medicaid but have long waiting list.

Assisted Living Facilities

- Group living that provide some level of in-home support services for ADLs or iADLs
- Facility types vary– private apartments or shared living space
- Specialty service such as Memory Care
- Do not provide continuous nursing care
- Licensed and regulated by state
- On average \$4300/ month
- Always good idea to visit in person before choosing facility
- Texas Long-term Care Provider Search-- <https://apps.hhs.texas.gov/LTCSearch/>

Continuing Care Retirement Communities (CCRC)

- Provide progressive levels of care on a single campus, allowing residents to move from one level to the next as health needs change.
- Independent living, assisted living, memory care, skilled nursing/ nursing home
- Amenities: fitness centers, game rooms, dining venues
- Activities and classes
- \$\$\$- Average entrance fee for CCRC is \$329,000, a portion of entrance fee maybe refundable. Monthly service fee varies.



Rehab and Nursing homes



Inpatient rehabilitation facilities

- A hospital, or part of a hospital, that provides intensive rehabilitation to inpatients. E.g. TIRR Memorial Herman
- Common for stroke, hip fracture, amputee, brain injury
- Must be able to tolerate 3 hours of therapy per day (PT/OT/SLP) at least 5 days per week.
- Medical team (PMR physician, nurse practitioner or physician assistant) sees patients at least 3 times per week.
- Payment covered by Medicare:
 - Days 1-60: \$1,556 deductible, unless you already paid deductible for prior hospitalization within 60 days
 - Days 61-90: \$389 coinsurance each day.
 - Days 91 and beyond: \$778 coinsurance per each “lifetime reserve day” after day 90 for each benefit period
 - Each day after the lifetime reserve days: All costs.

Subacute rehab/ Skilled nursing facility

- For some patients after discharge from an inpatient hospital stay who need daily skilled care
- Skilled nursing or therapy (PT/OT/SLP). 1-2 hours of therapy/ weekday.
- Medical team – physician, nurse practitioner or physician assistant
- Medicare pays up to 100 days of care per benefit period
 - First 20 days - \$0 coinsurance
 - Days 21-100: up to \$194.5 coinsurance per day
 - Days 101 and beyond: all costs (median \$310 per day)

Nursing home/ Long term care facility

- For individuals who need 24/7 nursing care to assist with activities of daily living, personal care
- PT/OT/SLP therapy available
- Social activities
- Medical team regular visits and urgent visits
- Cost varies, median \$8000- 9000 per month.
- Payment: out-of-pocket, long-term care insurance, Medicaid for qualified patients with income and asset limit.

https://www.medicare.gov/care-compare/

Medicare.gov

Basics ▾

Health & Drug Plans ▾

Providers & Services ▾

Chat

Log in

Find & compare nursing homes, hospitals & other providers near you.

[Learn more about the types of providers listed here](#)

MY LOCATION *

Street, ZIP code, city, or state

[Show search history](#)

PROVIDER TYPE *

Select one ^

- Doctors & clinicians
- Hospitals
- Nursing homes
- Home health services
- Hospice care
- Inpatient rehabilitation facilities
- Long-term care hospitals

KEYWORDS (optional)

Search

Or, se

pe to learn more:

What's New?

Ratings

Details

Location

RATINGS

Overall rating



Much above average

The overall rating is based on a nursing home's performance on 3 sources: health inspections, staffing, and quality measures.

[Learn how Medicare calculates this rating](#)

Health inspections



Above average

[View Inspection Results](#)

Staffing



Much above average

[View Staffing Information](#)

Quality measures



Above average

[View Quality Measures](#)

*Thankful for all
caregivers*



Takeaway points

1. Depending on the older adult's functional status and medical needs, they may require different level of health services.
2. Most older adults wants to age at home, there are many resources to help them stay at home.
3. Senior living communities, rehab and nursing homes provide different levels of care, and the cost varies.



Questions?



References

- Aging in Place. National Institute on Aging. <https://www.nia.nih.gov/aging-in-place>
- Binette, Joanne and Kerri Vasold. *2018 Home and Community Preferences: A National Survey of Adults Age 18-Plus*. Washington, DC: AARP Research, August 2018
- Molli Grossman, PhD. A guide to aging in place. <https://www.caring.com/caregivers/aging-in-place/>
- Medicare and home health care. Center for Medicare and Medicaid services. <https://www.medicare.gov/Pubs/pdf/10969-medicare-and-home-health-care.pdf>
- Eldercare Locator. Housing Options for Older Adults. https://eldercare.acl.gov/Public/Resources/BROCHURES/docs/Housing_Options_Booklet.pdf
- Medicare Coverage. <https://www.medicare.gov/coverage>