



State of Healthcare: Skilled Nursing and Assisted Living

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Indiana Health Care Association / Indiana Center for Assisted Living

The largest trade association and advocate representing proprietary, not-for-profit and hospital-based skilled nursing, assisted living communities and independent living.

Represents more than 360 member facilities that care for more than 25,000 of Indiana's geriatric and developmentally disabled citizens, the majority of whom are low-income Medicaid recipients.

IHCA offers membership to facilities and also Associate Members, or companies that provide valuable products and services to long-term care providers.

Private Pay

- Employer based Coverage
- LTC Insurance
- Marketplace Exchanges?
- Cash

Medicaid

- State/Federal
- Traditional (ABD)
- Children/Pregnant Women
- HIP 2.0
- Fee for Service and Managed Care

Medicare

- Federal
- Traditional Part A, B
- Medicare Advantage (Part C)
- Rx Coverage (Part D)
- Medigap

Medicaid vs. Medicare

Medicaid

- Available for low-income individuals
- Varying eligibility thresholds on program (Traditional Medicaid, HIP 2.0)
- Generally, income limited to no more than 100% of SSI (\$752/mo.) or 300% of SSI (\$2,199/month)
- Must have assets amounting no more than \$2,000 for an individual or \$3,000 for a couple
- Funded by State and Federal governments
- State sets reimbursement rates for providers

Medicare

- Available for anyone 65 years or older
- Individuals under 65 with certain disabilities
- Lasts up to 100 consecutive days (Traditional Medicare – Part A)
- Medicare Part B – Physician & Lab
- Medicare Part C – Medicare Advantage (Managed Care)
- Medicare Part D – Prescription Rx Coverage
- Funded by Federal government and beneficiary contribution
- Rates set by Federal government or their contractor

State Healthcare Priorities – Opioids

- Drug Prevention, Treatment and Enforcement - Executive Director – Jim McClelland
- <http://www.in.gov/recovery/index.html>





State Healthcare Priorities – HIP 2.0

- ▶ Indiana's Medicaid expansion program
- ▶ Waiver extension submitted - 3 year extension sought
- ▶ Key Components:
 - ▶ Tobacco cessation
 - ▶ Substance Use Disorder treatment
 - ▶ Chronic disease management
 - ▶ Employment incentive (job search/training requirement)
 - ▶ Other technical and substantive process changes



Federal Healthcare Reform

Repeal and Replace

Medicaid Entitlement Reform

State Flexibility



Indiana Nursing Facility Impact

79,000+ direct FTEs

26,000+ indirect FTEs

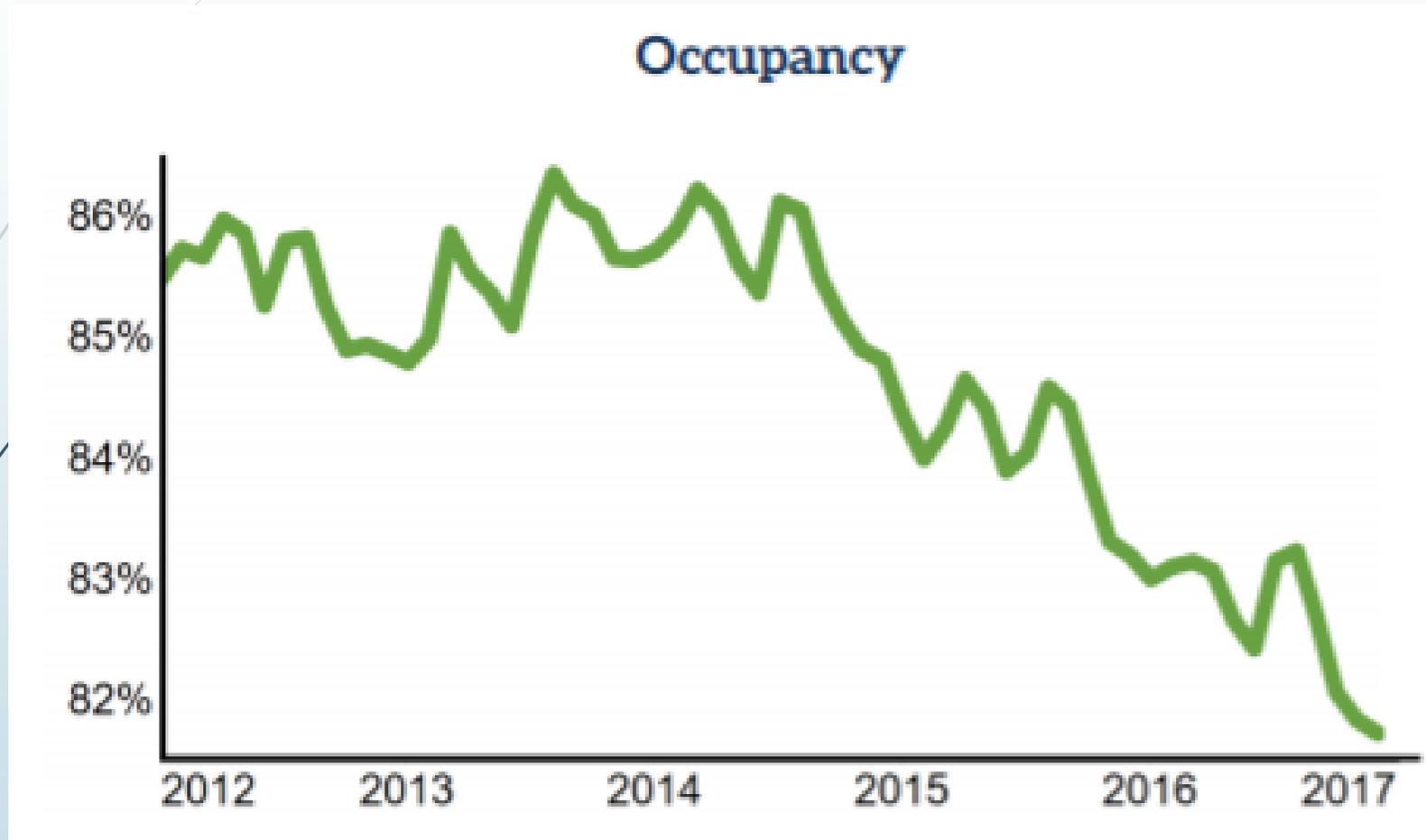
100,000+ patients served annually

\$1 Billion Tax Revenue (state and federal)

\$3.4 Billion Labor Income

\$8.9 Billion Economic Impact

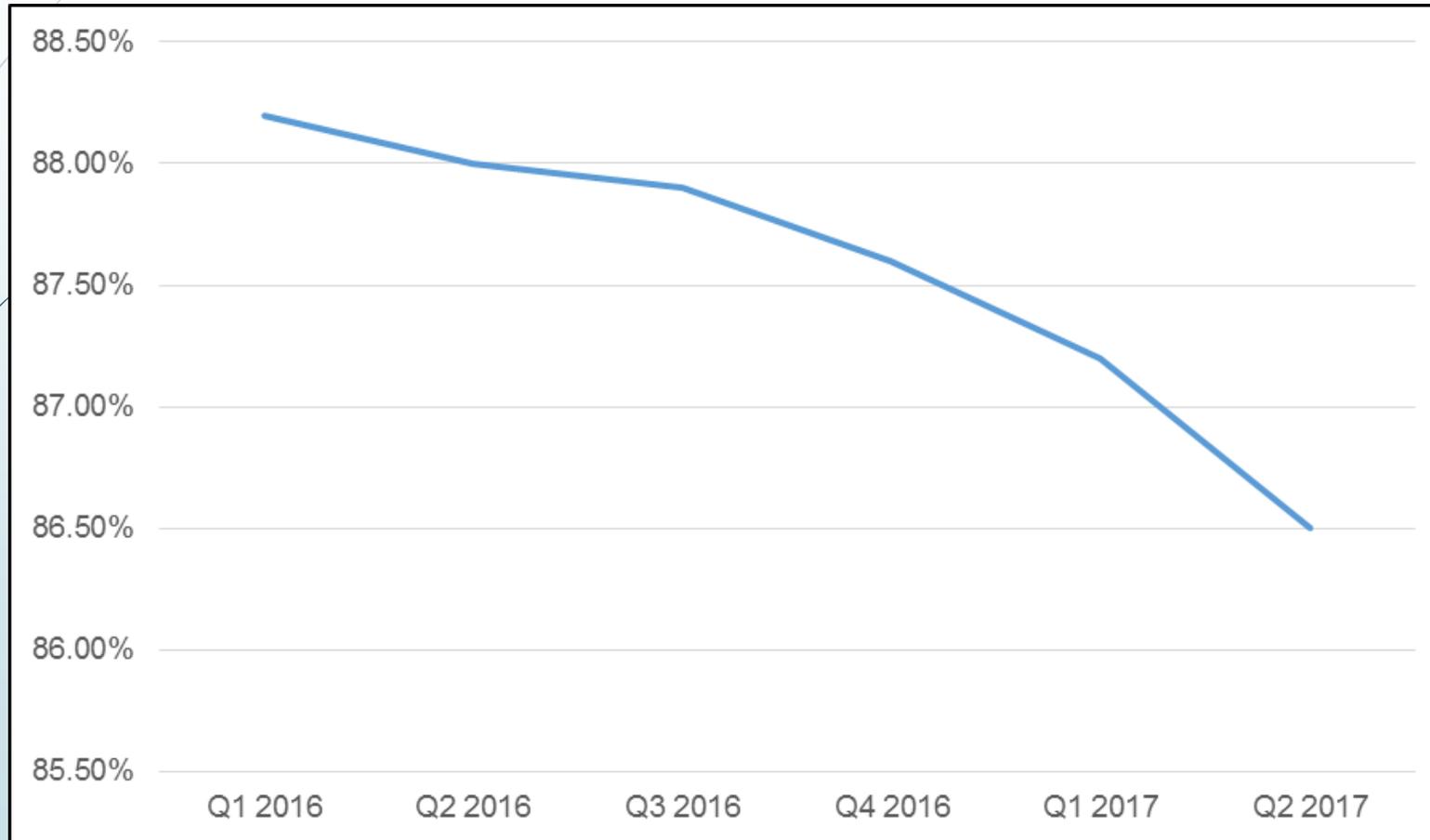
Times are Tough – Skilled Nursing



Source: NIC, "Skilled Nursing Data Report" July 2012 – June 2017

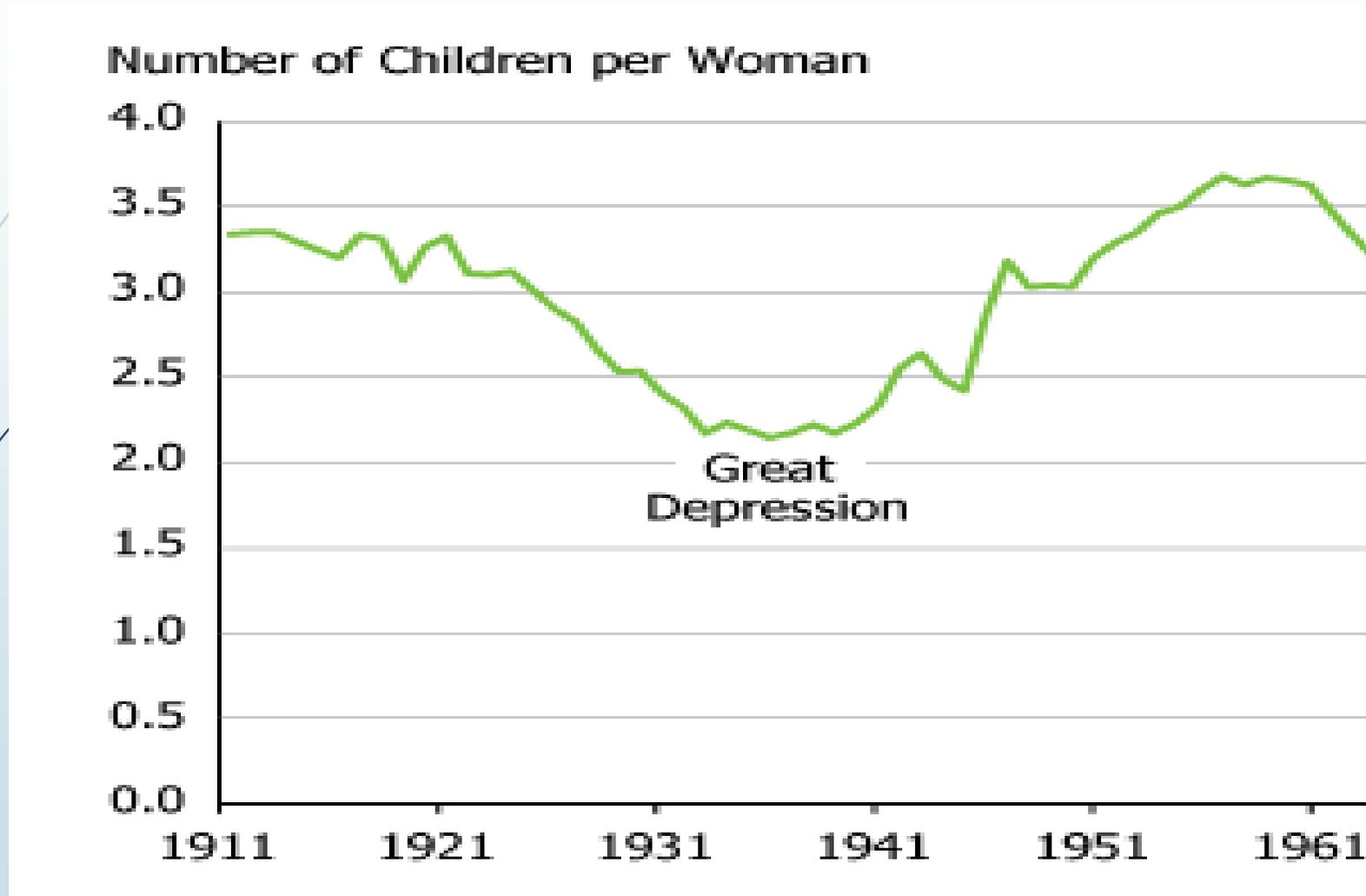
Times are Tough – Assisted Living

Occupancy by Quarter

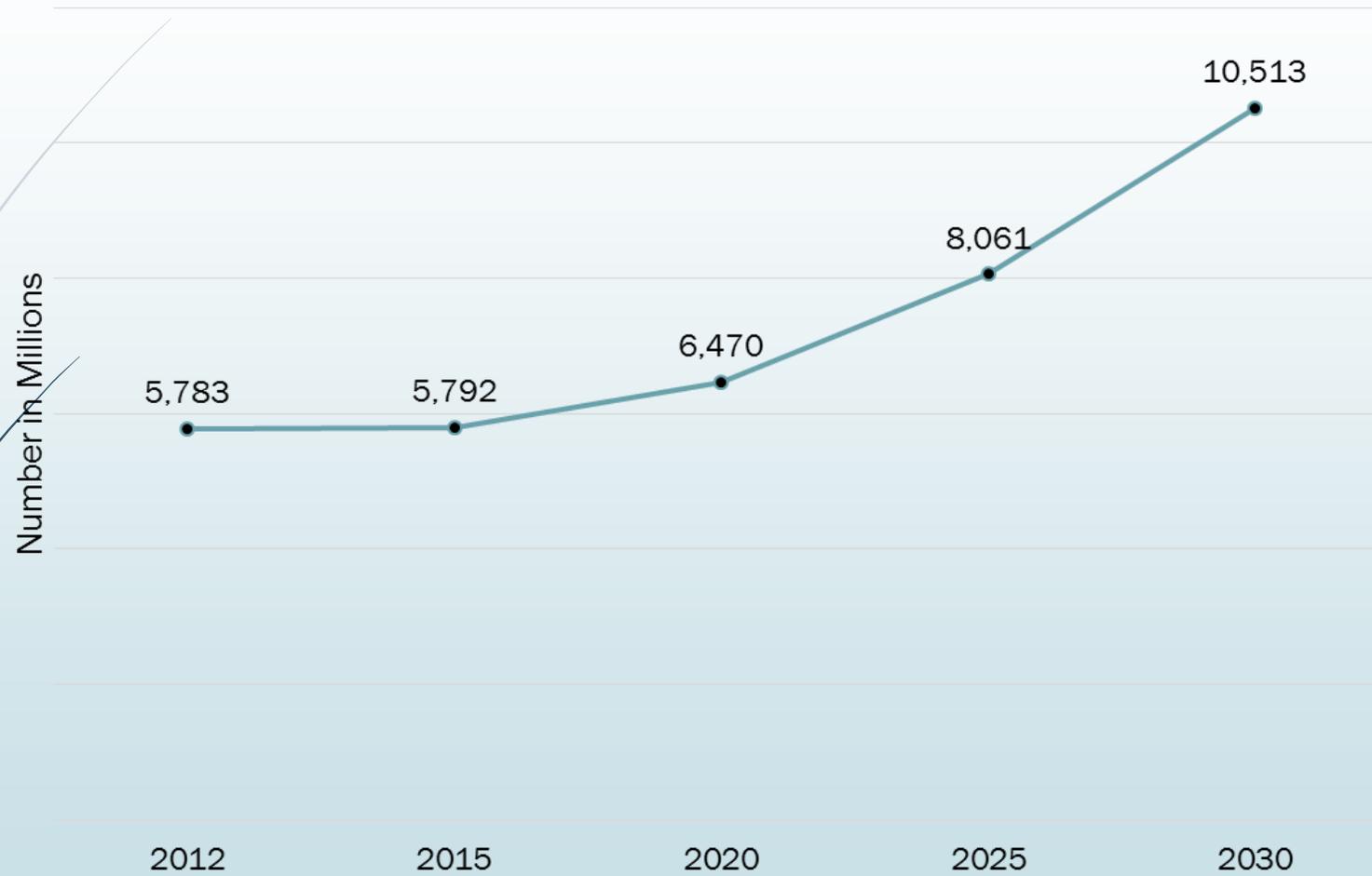


Source: National Investment Center for Seniors Housing & Care (NIC)

Baby Boom After the Great Depression



Population Growth – 80-84 Years



Source: <http://ingrams.com/article/boomers-closing-acts/>



Assisted Living

Assisted Living is a long-term care alternative for seniors who need more assistance than is available in a retirement community, but who do not require the heavy medical care and attention provided in a nursing facility.

Individuals in assisted living facilities receive, as needed, supervision, personal assistance and health care services in a way that promotes maximum independence.

Not all Assisted Living is licensed

Assisted living services can be funded through the individual private pay or by the Medicaid. About 90% of assisted living is private pay.



Assisted Living

There are currently 302 licensed residential care locations in Indiana

There are two types of residential care facilities as defined by the Indiana State Department of Health, free standing and non-free standing.

Free standing means the facility is not attached to a Skilled Nursing Facility, there are currently 152 in Indiana.

Non-free standing is a residential care facility that is apart of a Skilled Nursing Facility, there are currently 150 in Indiana.



Skilled Nursing Facilities

Skilled nursing facilities (also known as nursing homes) are designed to care for the young and old alike, both those who expect to recover fully as well as those in need of extended long-term care services.

All skilled nursing facilities in Indiana must be licensed by the state. Nearly all facilities are also certified for Medicaid or Medicare.

Skilled nursing facility care can be funded through the individual, by the Medicaid or Medicare programs, or through private long-term care insurance.



SNFs in Indiana

There are 557 Skilled Nursing Facilities in the state of Indiana

The average building size in Indiana is a 115 bed facility

The average occupancy rate is 74%



Who Are Nursing Facility Residents?

65% are Medicaid residents

17.5% are Medicare residents

17.5% are Private Pay residents

Average age is 77.5

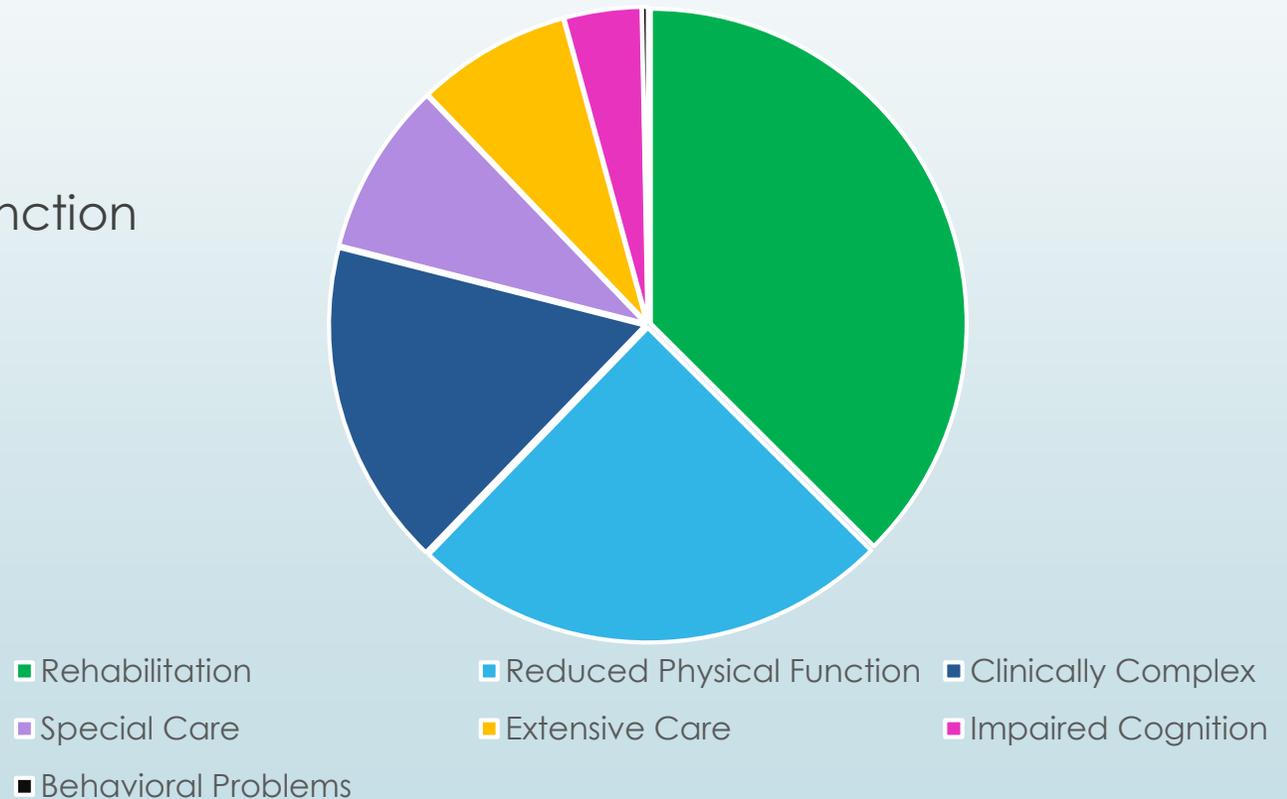
Average ALD dependence 8.1

% with dementia: 57%

Who Are Nursing Facility Residents?

For Medicaid and Medicare patients, vast amounts of data are available concerning their clinical conditions. The breakdown of those condition types are

- 38% Rehabilitation
- 25% Reduced Physical Function
- 17% Clinically Complex
- 9% Special Care
- 8% Extensive Care
- 4% Impaired Cognition
- .3% Behavioral Problems



Who Are Nursing Facility Residents?

An example of a Reduced Physical Function resident (25% of Medicaid)

- ▶ 90 year old female with past hip fracture, confusion and history of falling. Other medical conditions include diabetes, lung disease, renal insufficiency with anemia, and heart failure.
 - ▶ She is totally dependent on staff for transfers, eating, and all other personal care.
 - ▶ She receives an injection of B12 each week.
 - ▶ She has had an upper respiratory infection on many occasions requiring daily injections of antibiotic.
 - ▶ She uses an inhaler when short of breath, but staff must assist her.
 - ▶ She has lab tests weekly and changes made in her medication to balance her heart failure and renal function.

Who Are Nursing Facility Residents?

An example of a Clinically Complex resident (17% of Medicaid)

- 82 year old female had a stroke years ago and is paralyzed on one side. Her history also includes heart failure and irregular heartbeat, pulmonary disease and diabetes. She has renal failure and travels by ambulance to dialysis 3 days a week. Her stroke has left her with mental confusion.
 - She receives an insulin injection each morning and additional injections if her blood sugar is too high. Her blood sugar is checked 3 times a day routinely since she cannot report symptoms of too low or too high blood sugar.
 - She can eat some foods but has difficulty and has lost weight. She has a feeding tube and receives feeding at night to maintain her weight and hydration.
 - She also has medication given in the feeding tube because she cannot consistently swallow her medication and will refuse to try when confused.
 - She is weighed daily and has blood pressure and pulse checked daily to manage her heart failure and medications.
 - Her doctor is frequently called to change her medication and she has Cardiology and Nephrology consults on a regular basis.



Workforce Needs and Programs

13.2% projected growth in the number of healthcare jobs over the next five years in Central Indiana alone

Registered Nurse, Licensed Practical Nurse, and Certified Nursing Assistant have the greatest number of job postings and are hardest to fill

Carefortheaging.org – Career ladder website

CNA online programming

Healthcare Apprenticeships