

# Long Term Care in Newfoundland & Labrador 2010

## Residential Facilities

### Nursing Homes

#### How Nursing Homes are organized and administered

Nursing homes in Newfoundland & Labrador are residential long term care facilities that provide accommodation, supervisory care, personal care and nursing and medical services on a 24-hour basis. They are designed for seniors who can no longer be adequately cared for in the home and require on-site professional nursing services. Care and accommodations for these residents is subsidized by the Department of Health and Community Services. As the existing facilities are accredited public facilities, they are not currently licensed.

Assessment, waiting lists and admission into a nursing home are managed by the Regional Health Authorities (RHAs). The RHA will conduct an in-home assessment to determine a client's needs and will help the client transition into a nursing home. Placement is based on the organization's ability to respond to the individual's assessed needs and preferences.

#### Eligibility/Requirements for Admission

To be eligible for admission into nursing homes an individual must:

- be a citizen or permanent resident of Canada
- be a resident of Newfoundland & Labrador
- have been assessed as needing nursing home level of care

#### Income/Asset Test

Clients who can afford to pay the full cost of their services do not require a financial assessment.

Those who feel that they cannot afford long term care must undergo a financial assessment. The RHA will assess whether the client is eligible for subsidization based on income tax returns.

#### Costs

The Department of Health and Community Services sets the fees of nursing homes. Nursing home fees are currently \$2800/month, regardless of the type of accommodation. If a client is unable to pay based on a financial assessment conducted by the RHA, the government will pay the difference between the income of the client and the cost of the nursing home, leaving \$115-\$125/month for the client as spending money.

Nursing home fees cover the services provided by long term care facilities such as professional nursing care, medical services, social work services and personal care services, food, accommodation, pharmacy services including documentation on medication procurement, therapeutic rehabilitative and restorative services that are designed to meet the assessed needs of the residents.

### Retirement Homes/Residences

#### How Retirement Homes are Organized and Administered

A retirement home in Newfoundland and Labrador is a multi-residence housing facility that provides accommodation and services such as meals and cleaning for older people. Retirement homes in the province are privately owned and operated and not administered by the provincial government. Each facility usually provides a private or semi-private room or complete living suite and then also provides common living quarters, including a lounge area, a common dining room, recreation rooms, cleaning services, social and/or religious programs

and some basic health care services. The unit can be paid for on a monthly fee basis, like an apartment, or can in some instances be bought the same way as a condominium.

Admissions, fees and waiting lists for retirement homes are controlled by the homes themselves, not by the government. Admission usually depends on the ability to pay and absence of serious medical conditions that require professional nursing care. Residents are responsible for paying their own fees and government subsidies are not available for accommodation in a retirement residence.

### **Cost of Retirement Home**

<b>Type of Home</b>	<b>Provincial Median</b>	<b>Provincial Range</b>
<b>Semi-Private Rooms</b>	\$1644.00/mth	\$1065.00 - \$1644.00/mth
<b>Private Rooms</b>	\$1680.50/mth	\$1065.00-\$4200.00/mth

## **Home Care**

### **Government-subsidized Home Care**

#### **How Government-subsidized home care is organized and administered**

Home support services are designed to help clients remain independent and in their own home as long as possible. Home support provides personal assistance with daily activities, such as bathing, dressing, grooming and light household tasks that help to maintain a safe and supportive home.

In Newfoundland & Labrador, public home care is managed by Regional Health Authorities (RHAs). The RHA will conduct a phone consultation followed by an in-home assessment to determine the needs of the client. A service delivery plan is then developed in collaboration with the individual and service providers. The number of hours of subsidized home care allotted to a client depends upon assessment and regional availability, however, a rough maximum is 8 hours day.

#### **Eligibility/Requirements for Admission**

To be eligible for the public home care an individual must:

- be a citizen or permanent resident of Canada
- be a resident of Newfoundland & Labrador
- must show a need for home care services which cannot be adequately provided for by the client's family

#### **Income/Asset Test**

There is no income or asset test.

#### **Costs**

There are no fees for public home care.

## Private Home Care

Public home care resources are limited and go to the neediest. As a result, many seniors get inadequate amounts of public home care services and have to rely on private home care services to receive the appropriate amount of care.

### Costs of Private Home Care

Type of Service	Provincial Median	Provincial Range
Meal Delivery (per meal)	\$5.00	N/A
In-home Meal Preparation (per hour)	\$16.75	\$14.00-\$18.00
Laundry/Housecleaning (per hr)	\$16.75	\$14.00-\$18.00
Personal Care (Bathing/Dressing) (per hr)	\$16.75	\$14.00-\$18.00
Companionship/Supervision (per hr)	\$16.75	\$14.00-\$18.00
Skilled Nursing (per hr)*	\$50.00	\$30.00-\$62.00
Physiotherapy	\$75.00	\$70.00-\$80.00
Occupational Therapy (per hr)	\$90.00	\$85.00-\$90.00

\* Fees range depending on what kind of nurse, such as a registered nurse (RN) or Licensed Practical Nurse (LPN), delivers care.

## Adult Day Care

### How Adult Day Care Program Works

Adult day care is a program for the elderly, physically located in the community, to provide a safe group setting during the day when family members are not available to care for them. These centres are usually open daily, Mondays through Fridays. They provide a secure, caring and positive setting for the elderly. Nutritious lunch meals are provided which usually accommodate any special diet, along with an afternoon snack.

Adult day care centres can be public or private, non-profit or for-profit. The purpose of an adult day centre is:

- To provide the elderly time to enjoy a setting outside of their house where they can obtain both mental and social encouragement and stimulation and any required health care.
- To provide family caregivers with a much-needed break in order to focus on themselves, take time and relax or go to work.

### Candidates

Candidates for adult day care are the elderly who may be:

- Challenged either physically and/or cognitively, but do not require 24-hour supervision or,
- In the early stages of dementia.
- In need of social contact and stimulation.

Adult day care centre participants need to be mobile, with the possible assistance of a cane, walker or wheelchair and in most cases they must also be continent. There are a few specialized day care programs for seniors with specific medical needs.

## Costs

Type of Services	Provincial Median	Provincial Range
Program with Meal and Transportation	\$7.00	\$5.00-\$57.00

## Typical Home Care Scenarios

### Scenario 1: Low Level of Care

Mrs. Williams is an 85 year old widow still living at home. She has osteoarthritis and leg edema that is relieved by support stockings. However, because her fingers are arthritic and she cannot bend forward, she requires assistance to put on her stockings. She is able to get around her home using her rollater.

Two months ago Mrs. Williams had a significant fall and lost 9 kg. Both her daughters assist Mrs. Williams on weekends and in the evenings and one of her daughter's husbands maintain the house, lawn, etc. Her daughters report that Mrs. Williams complains that she forgets to eat and that the food in the refrigerator has spoiled. When they are with her, she eats very little and sometimes chokes on her food. To ensure that she eats safely, Mrs. Williams needs meals delivered to her home and also requires a home maker to supervise her meals. To increase her safety, Mrs. Williams requires a home safety assessment as well as some assistance with bathing.

#### **Care Plan**

- Meal Delivery: 2 meals a day for weekdays with Meals on Wheels or other meal delivery programs
- Meal Supervision: 1 hour a day for weekdays including recording her meal intake and providing stand-by assistance if patient chokes
- Bathing: 2 times weekly 1 hour each
- Dressing: 20 minutes for weekday mornings to assist with putting on support stockings
- Occupational Therapist: to provide initial assessment for home safety and to make recommendations

	Services Required	Covered by Government <sup>(1)</sup>	Services required to be paid by client	Cost per unit	Monthly Cost
Meal Delivery	10 meals/wk	0	10 meals/wk	\$5.00/meal	\$215.00
Meal Supervision	5 hr/wk	0	5 hrs/wk	\$16.75/hr	\$360.13
Personal Care: Bathing/Dressing	3.7 hrs/wk	2 hrs/week	1.7 hrs/wk	\$16.75/hr	\$122.44
<b>TOTAL per month</b>					<b>\$697.57</b>

In addition, there may be expenses for two visits of an occupational therapist including a 1 hr initial assessment and 45 min follow up after equipment has been installed. The two visits will cost \$157.50 altogether.

### Scenario 2: Intermediate Level of Care

Mr. Leung is a 72 year old widower. He lives alone in an apartment in a senior's apartment building in a small community outside of the city. Mr. Leung has cataracts in both eyes and has been diagnosed with dementia. His son assists Mr. Leung in the evenings but is not available on the weekends so he needs meal preparation on weekends. He occasionally forgets to take his medicines and does not eat properly. His son has arranged for him to attend an Adult Day Program four times a week, but worries that he may not remember the days and will sleep in. Although he does not wander out of his apartment, he requires help to get to and from the bus so that he will not get confused and wander. Mr. Leung requires supervision with bathing, laundry, meal preparation and clean-up.

### Care Plan

- In-home meal preparation: 2 hours a day for weekends
- Bathing and Personal care: 4 times weekly 1 hour each
- Dressing: 4 times weekly 1 hour each to assist with morning hygiene and dressing for the Adult Day Program
- Safety Supervision: 4 times weekly 30 minutes each, off of the bus and into his apartment so he does not get lost
- Supervision with medication: 1 hour weekly
- Laundry: 2 hours every other week
- House Cleaning: 1 hour weekly

	Services Required	Covered by Government <sup>(1)</sup>	Services required to be paid by client	Cost per unit	Monthly Cost
In-home Meal Preparation	4 hrs/wk	0	4 hrs/wk	\$16.75/hr	\$288.10
Personal Care: Bathing/Dressing	8 hrs/wk	3 hrs/wk	5 hrs/wk	\$16.75/hr	\$360.13
Adult Day Care Program (including transport)	4 times/wk	Managed & operated by nursing homes	4 times/wk	\$7.00/day including lunch & transportation	\$120.40
Safety Supervision	2 hrs/wk	2 hrs/wk	0	0	\$0.00
Supervision with Medication	1 hr/wk	0	1 hr/wk	\$16.75/hr	\$72.03
Laundry/House Cleaning	2 hrs/wk	0	2 hrs/wk	\$16.75/hr	\$144.05
<b>TOTAL per month</b>					<b>\$984.71</b>

### Scenario 3: High Level of Care

Mrs. Jensen is 88 years old and lives with her husband who is 93 yrs old in a two-bedroom condominium. The RHA has recommended that Mrs. Jensen be moved to a nursing home. However, her daughter has promised that she will not send her parents to a nursing home. Mrs. Jensen has had a recent stroke and is diabetic. She can transfer on her own but can only walk short distances as her balance is poor and she is at risk for falls. In addition, she has stage 2 ulcers on her heel that makes walking difficult. For longer distances, she uses a wheelchair. Mrs. Jensen's husband is alert and aware but he is physically frail. She, therefore, requires a caregiver to provide assistance with bathing, meal preparation, house hold chores and to take her to appointments. She needs a nurse to regularly monitor and chart her medicine use, blood sugar readings and clean her heel ulcer and change her bandages. An Occupational Therapist referral is needed to provide recommendations for safety equipment, (safety bars, raised toilet seat, lighting, removing clutter or loose rugs).

### Care Plan

- In home meal preparation: 2 hours daily
- Private caregiver: 8 hours daily to assist with bathing, dressing, toileting, transferring and provide caregiver relief
- Private RN: 4 times weekly 30 minutes each to monitor insulin use and chart; to check that medicines are taken accurately; and to monitor and change dressing on heel ulcer
- Laundry: 2 hours every other week
- House Cleaning: 1.5 hours weekly
- Occupational Therapist: to provide initial assessment for home safety and to make recommendations. Two visits including 1 hour initial and 45 minutes follow up after equipment has been installed.

	<b>Services Required</b>	<b>Covered by Government<sup>(1)</sup></b>	<b>Services required to be paid by client</b>	<b>Range of cost per unit</b>	<b>Monthly Cost</b>
In-home Meal Preparation	14 hrs/wk	0	14 hrs/wk	\$16.75/hr	\$1008.35
Personal Care: Dressing/Bathing	56 hrs/wk	40 hrs/wk	16 hrs/wk	\$16.75/hr	\$1152.40
Skilled Nursing	2 hrs/wk	1 hr/wk	1 hr/wk	\$50.00/hr	\$215.00
Laundry/House Cleaning	2.5/wk	0	2.5/wk	\$16.75/hr	\$180.06
<b>TOTAL per month</b>					<b>\$2555.81</b>

In addition, there may be expenses for two visits of an occupational therapist including a 1 hr initial assessment and 45 min follow up after equipment has been installed. The two visits will cost \$157.50 altogether.

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<sup>(1)</sup> The hours of care allotted by the Regional Health Authorities are an estimate only. Actual hours allotted by the Regional Health Authorities may be more or less depending on a formal care assessment and regional availability.

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