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Money Follows the Person: Transitioning Nursing Home Residents into the Community

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Money Follows the Person: Transitioning Nursing Home Residents into the Community

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“I loved seeing the little things that made them happy. They were realizing that there was another way to live.”



CONCLUSIONS

- Research has shown that admittance to a NH is associated with a decline in several measures of well-being.
- Quality of life of NH residents improves after transition into the community.
- Money Follows the Person is necessary to help Medicaid-eligible NH residents make the transition.
- Our survey showed that a significant population of NH residents exists who are able to transition into the community.
- The focus group showed there are many families and individuals willing to accept and care for the needs of these residents.
- Our proposed Adult Family Home model for Vermont, based on models implemented in other states, as well as the perspective provided by our focus group, outlines how this transition can be made.

REFERENCES

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MODEL

Resident desires to reenter community

- Money Follows the Person provides a one-time payment of \$2,500. This money will be used to cover the cost of home modifications and moving expenses.

Resident is matched with a provider

- Match is established through a third party
- Provider qualifications: training, background check, home inspection, CPR certified and a genuine desire to give back.

Resident relocates to Adult Family Home

- AFH will provide all of the comforts of a traditional home including laundry, meals, entertainment, and the opportunity to become a member of the family.

Quality assurance

- Open communication with family members and advocates will visit residents at least once a month to check in.

Continuing provider education

- Monthly information sessions: nutrition, safety, community resources, financial management, and support for providers.

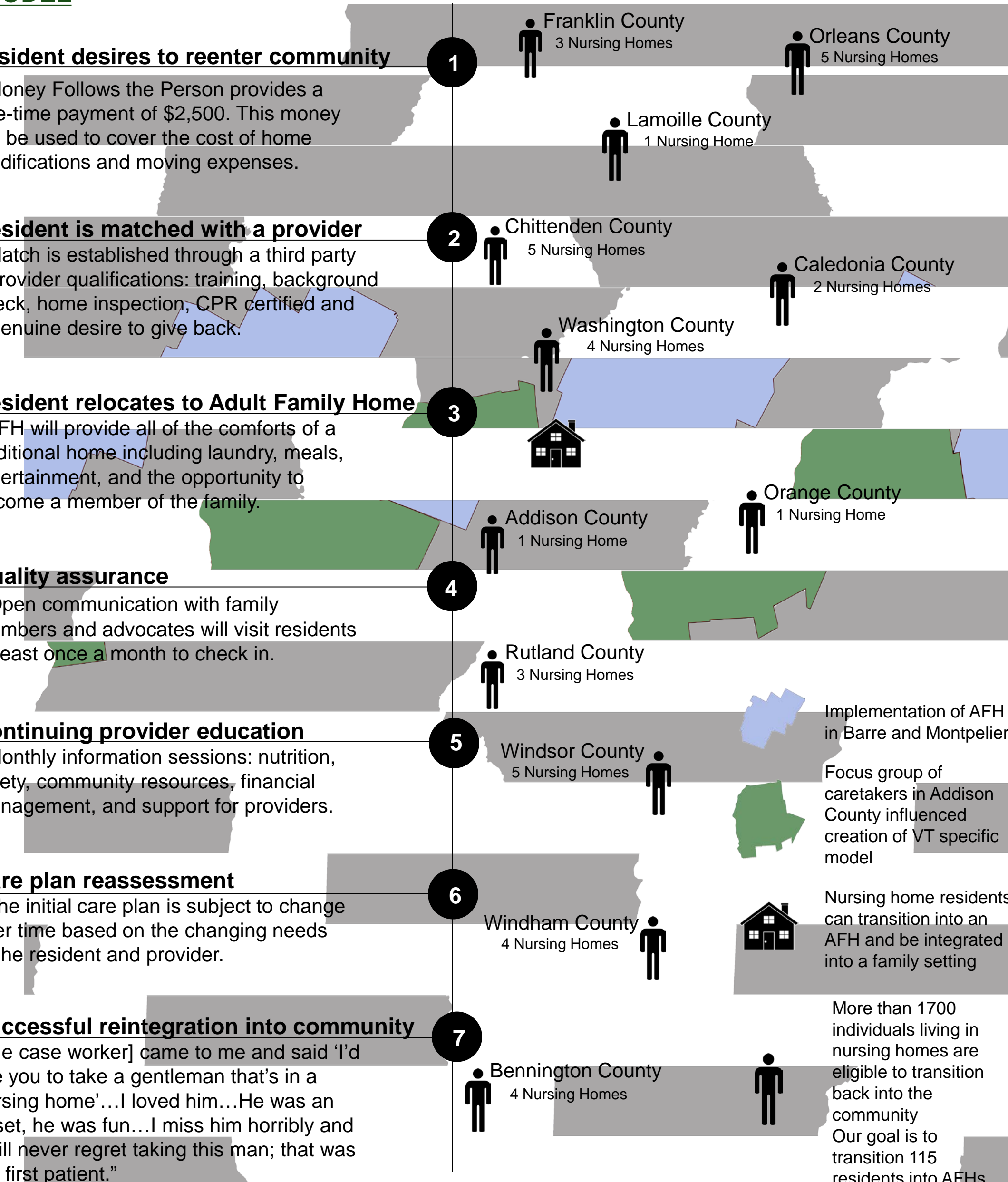
Care plan reassessment

- The initial care plan is subject to change over time based on the changing needs of the resident and provider.

Successful reintegration into community

“[the case worker] came to me and said ‘I’d like you to take a gentleman that’s in a nursing home’...I loved him...He was an asset, he was fun...I miss him horribly and I will never regret taking this man; that was my first patient.”

“If you can give a person a second chance to live in society you should do it. Who wants to grow old alone in a nursing home?”



SURVEY RESULTS

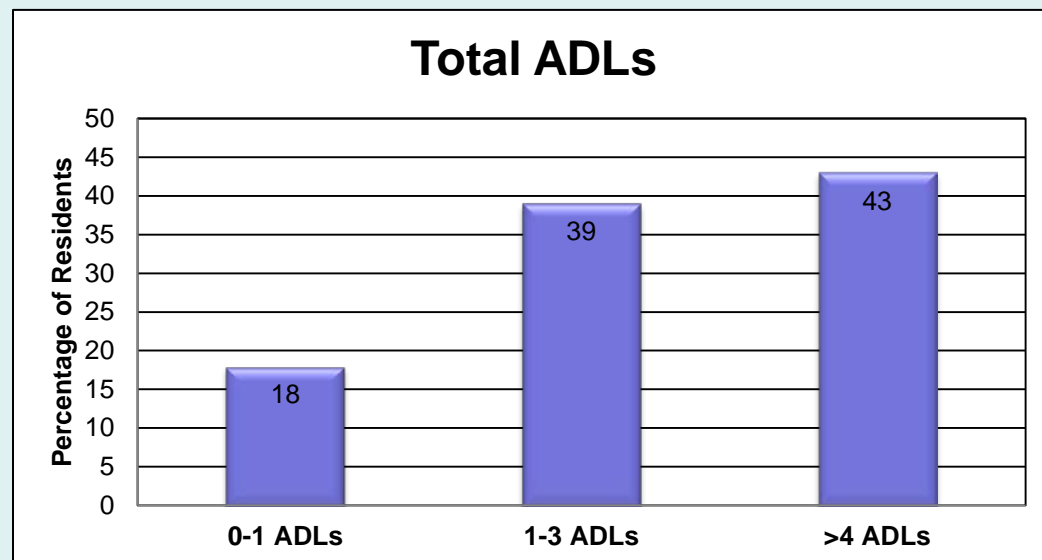


Figure 1. Average Number of ADL Deficits Across Vermont Nursing Home Residents (n = 14)

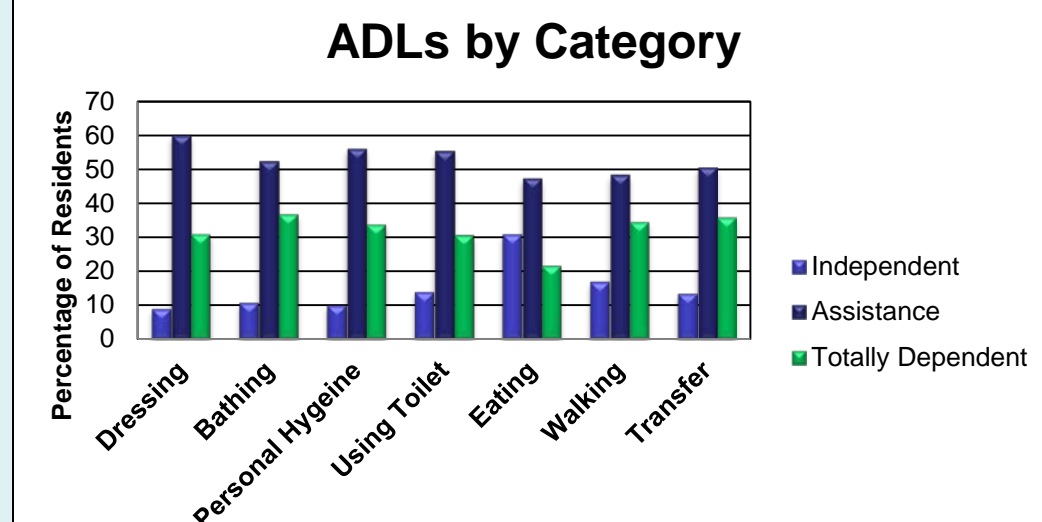


Figure 2. Percentage of Vermont Nursing Home Residents at Varying Levels of Independence Across Selected ADLs (n = 14)

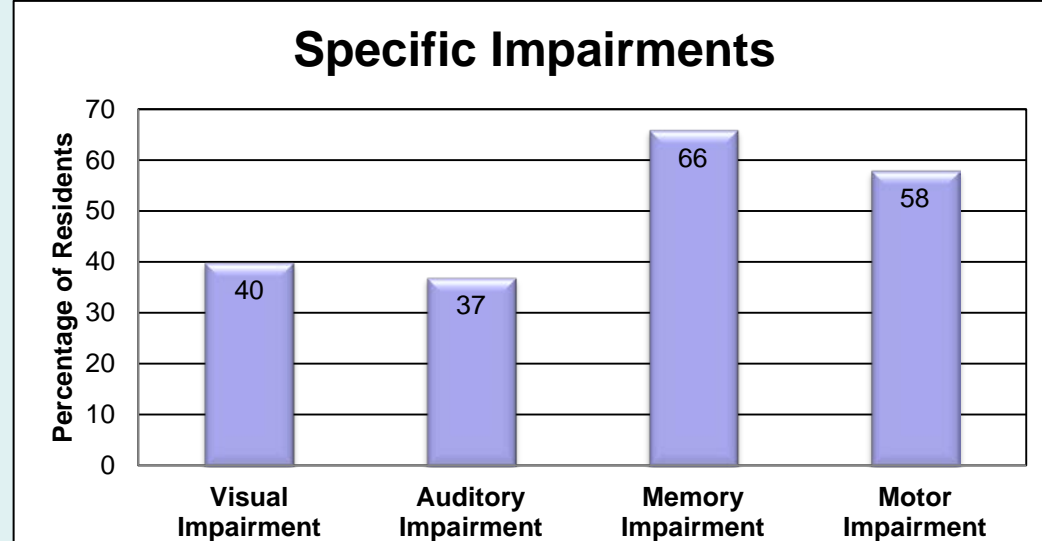


Figure 3. Percentage of Vermont Nursing Home Residents with Selected Specific Impairments (n = 19)

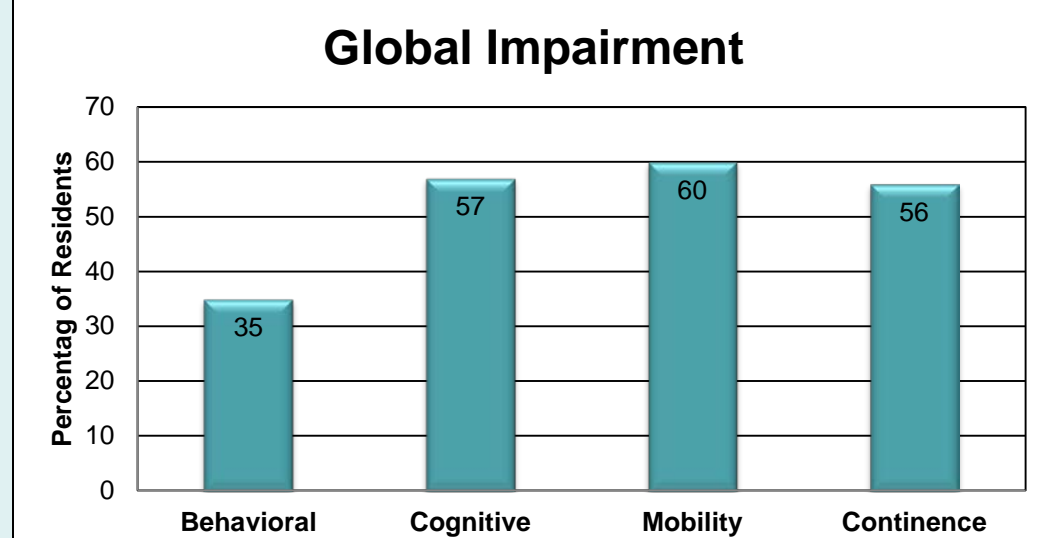


Figure 4. Percentage of Vermont Nursing Home Residents with Selected Global Impairments (n = 19)

INTRODUCTION

The State of Vermont offers several housing options for Medicaid eligible nursing home (NH) residents; however, there are few opportunities to fully integrate into the community. Our aim was to create an option for NH residents to transition into an Adult Family Home (AFH) with financial help from Money Follows the Person. Our motivation for exploring AFHs was to provide NH residents with a better living experience. Individuals admitted into NHs showed decline at 6 months. Changes included: Somatization, Independent Sensitivity, Depression, Anxiety and Psychoticism. Residents transitioning out of NHs into Assisted Living Facilities showed improvements in the following areas: Physical Well Being, Psychological Well Being, Environmental Well Being, Social Well Being and Overall Quality of Life.

METHODS

Survey:

- A 10-question survey was distributed to 38 NHs throughout Vermont by email; 19 total respondents with 14 completed surveys.
- The survey evaluated the needs of the NH population, particularly the level of assistance required in various ADLs.
- Data was analyzed using Microsoft Excel.

Focus Group:

- 5 current home and service providers from Addison County were interviewed by phone.
- Providers shared their perspective regarding: the rewards and challenges of being a home and services provider; the AFH model; quality assurance; and the benefit of residents transitioning out of NHs into the community.

Model:

- A model for an AFH was constructed from components of pre-existing models in other states to address qualification criteria, assessment and care planning, requirements and training for providers, resident agreements, and quality assurance strategies.