Component 2: The Culture of Health Care

Unit 3- Healthcare Settings
Lecture f: Long-Term and End of Life Care

Objectives

After completing this unit, the learner will be able to:

- Describe long-term care facilities- nursing homes and assisted-living facilities
- Describe the health professionals that work in long-term care facilities

Introduction

- Definition-
  – Medicare defines long-term care as "a variety of services that includes medical and non-medical care to people who have a chronic illness or disability. http://www.medicare.gov/longtermcare/static/home.asp .
  – Non-medical care usually describe "activities of daily living" such as bathing, eating, using the bathroom, and dressing.

Long-Term Care Facilities

- Services are provided in many ways:
  - Home health care
  - Housing for aging and disabled individuals
  - Board and care homes
  - Assisted living facilities
  - Continuing care retirement communities
  - Nursing homes

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Home Healthcare

- Home healthcare refers to services provided to an individual in his/her home.
- These services can be as simple as help with the laundry, dressing, and cleaning or as complicated as dressing or indwelling catheter care all delivered in the home.
- Care may be delivered by family, friends, unlicensed caregivers, or licensed healthcare professionals

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Home Health Care (continued)

- Services that may be available for individuals include
  - Skilled nursing care
  - Homemaker/Health aides
  - Personal care aides
  - Respite care
  - Medical equipment
  - Home repair and modification

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Housing for Aging and Disabled Individuals

- The federal government and states have housing units available to older and disabled people who have incomes below $46,000 (single) and $53,000 (married)
- People usually have their own apartments.
- There may be help available to do shopping, housekeeping, laundry, and meal preparation.
- Many times there is a waiting list to get into an apartment.

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Board and Care Homes

- These homes provide help to people who are unable to eat, bathe, and use the bathroom without help.
- Also called Group Homes.
- Usually paid for with private insurance.

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Assisted Living Facilities

- These facilities help people with eating, bathing, using the bathroom, taking medication, and getting to appointments.
- Residents live in their own apartment or room within a building or a group of buildings
- They have some or all of their meals together
- Social and recreational activities are usually provided

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Assisted Living Facilities (continued)

- Some facilities have health services on site.
- Residents usually pay a monthly rent and additional fees accompany additional services.

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Continuing Care Retirement Community

- A housing community that offers different levels of service depending upon the client's needs.
- One community can contain individual homes for those who can live independently, assisted living apartments for those who need a little help, and nursing homes for those who cannot take care of themselves

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Continuing Care Retirement Community (continued)

- Individuals can move from one level of care to another and will still remain in the retirement community.
- Members of the community will be required to use the community nursing home, if they require that level of care.

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Nursing Homes

- These facilities provide care to people who are unable to care for themselves, or receive care at home or in the community.
- They provide a wide range of services such as dressing, bathing, using the bathroom, especially for people who are unable to care for themselves due to physical, emotional, or mental problems

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Nursing Homes (continued)

- Nursing homes can also provide skilled care after an individual suffers an injury or is released from the hospital.

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Hospice

- Hospice can be a facility or a concept embracing end of life care.
- Hospice focuses on dying care through medical care, pain management, emotional, and spiritual support.
- A family member or friend is the primary caregiver, with hospice professionals visiting often.

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Hospice (continued)

- Hospice care can be provided at home, nursing homes, assisted living facilities, or at special hospice facilities. Hospice staff are on call 24 hours a day, seven days a week.
- Hospice is available to individuals who have 6 months or less to live.
- When a patient requests hospice, they signal that they are ready to die and will not seek additional treatment for their terminal illness.

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Summary of Long-Term Care Facilities and Services Offered

	Help with activities of daily living	Help with additional services	Help with care needs	Range of costs
Community-Based Services	Yes	Yes	No	Low to medium
Home Health Care	Yes	Yes	Yes	Low to high
In-Law Apartments	Yes	Yes	Yes	Low to high
Housing for Aging and Disabled Individuals	Yes	Yes	No	Low to high
Board and Care Homes	Yes	Yes	Yes	Low to high
Assisted Living	Yes	Yes	Yes	Medium to high
Continuing Care Retirement Communities	Yes	Yes	Yes	High
Nursing Homes	Yes	Yes	Yes	High

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