

# Supportive Housing and Nursing Homes for Older Adults

~ Having the right place to live ~

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## In this presentation...

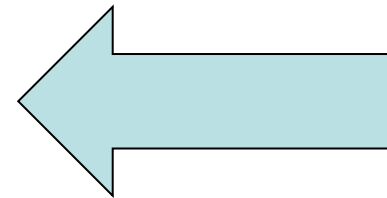
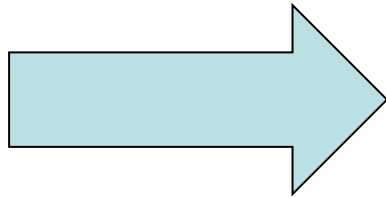
- Introduction to this research and long term care in Manitoba
- Some of the characteristics of people using supportive housing and those using nursing homes
- What we've found about out-of-pocket expenses for people using these programs
- How we identified “look-a-likes” who enter a nursing home
- A little bit about health services utilization by these individuals
- Plans for further analysis

# The Project

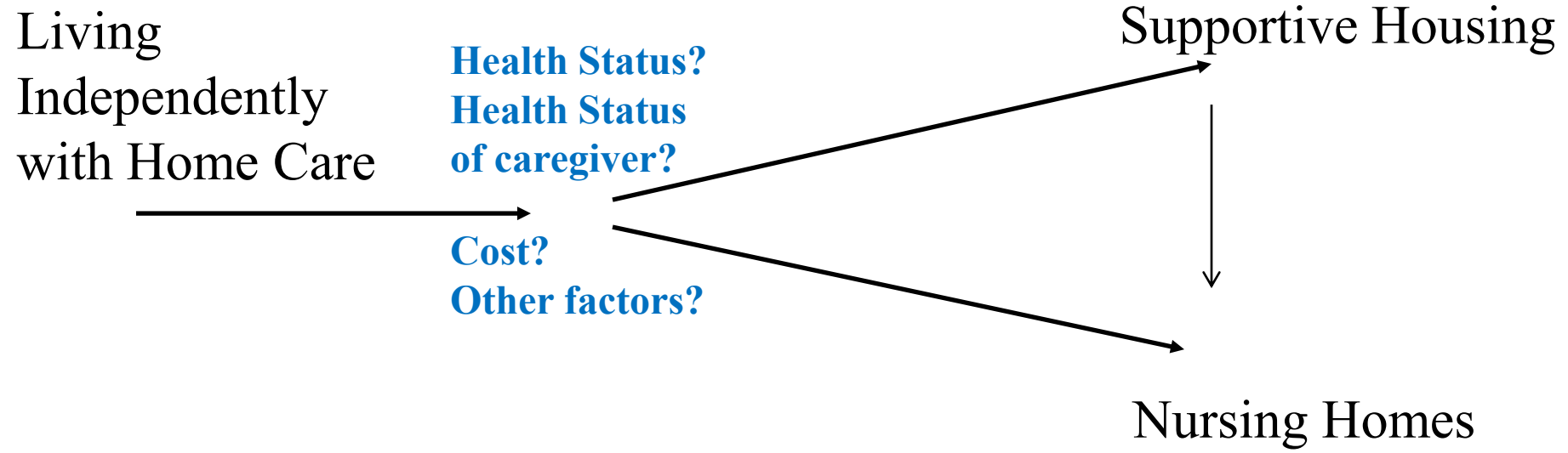
- Different functional needs dictate the most appropriate type of housing (independent living, supportive housing, nursing home)
- We have identified individuals who, at time of admission to a nursing home, may have been able to be accommodated in supportive housing
- There may be financial issues that determine whether people go into nursing homes or into supportive housing
- Manitoba's "aging in place" program is designed to help seniors delay or avoid nursing home placement until a higher degree of care is needed.
- Research Question – What are the out-of-pocket expenses to individuals and the government that are associated with supportive housing and nursing homes?

# Overview of Results to Date

1. About 12%-14% of new nursing home residents are similar clinically to supportive housing clients. Many of these people with fewer health care needs who live in nursing homes come from low income areas, and have long lengths of PCH stay. These residents' informal care providers often have challenges.
2. “Full pay” supportive housing clients have much higher out-of-pocket costs compared to nursing home residents. This is not the case for subsidized supportive housing clients (~25% of all clients).



# Manitoba's Continuum of Care



## Out-of-pocket expenses

### Personal

- a) Rent / services
- b) Drugs and medical/surgical supplies

### Government

- a) Capital
- b) Operational
- c) Other health care use (e.g., emergency departments)

## What is Supportive Housing in Manitoba?

- A private apartment
- Housekeeping and laundry service
- Meals
- Common kitchen and lounge area
- Social and recreational opportunities
- Assistance with personal care
- Availability of 24-hour support care and supervision (1 – multi-skilled worker per 12 residents 24/7)
- Access to professional Home Care services for eligible clients
- Owned by government or non-profit organizations



## What is included in nursing home care in Manitoba?

- Accommodation
- Meals (including meals for special diets)
- Assistance with daily living activities like bathing getting dressed and using the bathroom;
- Necessary nursing care
- Routine medical and surgical supplies
- Prescription drugs eligible under Manitoba's Personal Care Home Program
- Physiotherapy and occupational therapy, if the facility is approved to provide these services
- Routine laundry and linen services
- Owned non-profit groups or for-profit organizations.



## Out-of-pocket costs for residents

- Nursing Homes
  - Payment is based on a sliding scale determined by income and marital status
  - \$1,031 to \$2,409 monthly
  - Per diem covers all services
  - 39 locations
- Supportive Housing
  - Two tiers for payment
    - Full Pay
    - Subsidized (by government or organization)
  - \$1,195 to \$2,385/month
  - Additional costs for prescription drugs and medical supplies
  - 10 locations

# Monthly Client Out-of-Pocket Expenses

	Supportive Housing			Personal Care Home		
	Overall	Full Pay	Subsidized	Overall	Fewer Health Problems	More Health Problems
<b>Total Cohort, N (%)</b>	<b>927 (100.0)</b>	<b>677 (73.0)</b>	<b>250 (27.0)</b>	<b>5,267 (100.0)</b>	<b>780 (14.8)</b>	<b>4,487 (85.2)</b>
<b>Rent &amp; Service Package (\$)</b>						
<b>10th Percentile</b>	978	1,368	808	921	929	919
<b>25th Percentile</b>	1,325	1,564	924	1,002	1,038	996
<b>50th Percentile</b>	1,625	1,789	1,031	1,287	1,305	1,284
<b>75th Percentile</b>	1,872	1,918	1,305	1,929	1,805	1,947
<b>90th Percentile</b>	1,926	1,932	1,322	2,158	2,137	2,162
<b>Medications</b>						
<b>10th Percentile</b>	0	0	0	-	-	-
<b>25th Percentile</b>	49	56	40	-	-	-
<b>50th Percentile</b>	93	104	73	-	-	-
<b>75th Percentile</b>	148	160	106	-	-	-
<b>90th Percentile</b>	227	248	162	-	-	-
<b>Total (Rent, Service, Medications)□□</b>						
<b>10th Percentile</b>	1,046	1,486	866	921	929	919
<b>25th Percentile</b>	1,401	1,661	1,000	1,002	1,038	996
<b>50th Percentile</b>	1,733	1,886	1,096	1,287	1,305	1,284
<b>75th Percentile</b>	1,977	2,019	1,327	1,929	1,805	1,947
<b>90th Percentile</b>	2,078	2,105	1,422	2,158	2,137	2,162

**April 1, 2006 – March 31, 2011** <sup>S</sup>

Supportive Housing Site	# of Units
Arlington Haus	20
Chez Nous	24
Windsor Park Place	24
Lions Centre	36
Riverside Lions	48
Fred Douglas Heritage House	28
Rosewood Retirement Communities	144
Residence Despins	48
Harmony Court	96
Irene Baron Eden Centre	48
<b>TOTAL # OF UNITS</b>	<b>516</b>

**Rent Geared to Income  
(Manitoba Housing); N=68  
units (13.2%)**

**Subsidized Units; N~95 units  
(18.4%)**

- a. Lions Centre
- b. Up to 50% of Riverside Lions
- c. Select units across remaining sites

**Full Pay; N~ 353 units (68.4%)**

## Determining Nursing Home residents who may have been candidates for supportive housing; referred to as people with “fewer health care needs.”

- Cluster Analysis was used to classify individuals according to their:
  - ADL needs
  - level of cognitive impairment
  - degree of bladder and/or bowel incontinence
  - behavioral symptoms
- Determined those with similar profiles to individuals in supportive housing

Doupe et al., 2011

## The people entering supportive housing or nursing homes April 1, 2006 to March 31, 2011

	Supportive Housing			Personal Care Home		
	Overall N (%)	Full Pay	Subsidized	Overall N (%)	Fewer Health Care Needs	More Health Care Needs
<b>Total</b>	<b>927 (100.0)</b>	<b>677 (73.0)</b>	<b>250 (27.0)</b>	<b>5,267 (100.0)</b>	<b>780 (14.8)</b>	<b>4,487 (85.2)</b>

## Demographic Counts and Percentages for Supportive Housing and Personal Care Home Cohorts Demographic Profiles at Move In (April 1, 2006 - March 31, 2011)

	Supportive Housing			Personal Care Home		
	OVERALL N (%)	Full Pay	Reduced Cost	OVERALL N (%)	Fewer Health Care Needs	More Health Care Needs
<b>Total</b>	<b>927 (100.0)</b>	<b>677 (73.0)</b>	<b>250 (27.0)</b>	<b>5,267 (100.0)</b>	<b>780 (14.8)</b>	<b>4,487 (85.2)</b>
<b>Age</b>						
64 and under	14 (1.5)	8 (1.2)	6 (2.4)	175 (3.3)	31 (4.0)	144 (3.2)
65-74	50 (5.4)	31 (4.6)	19 (7.6)	408 (7.7)	65 (8.3)	343 (7.6)
75-84	348 (37.5)	261 (38.6)	87 (34.8)	1,732 (32.9)	261 (33.5)	1,471 (32.8)
85 and over	515 (55.6)	377 (55.7)	138 (55.2)	2,952 (56.0)	423 (54.2)	2,529 (56.4)
<b>Sex</b>						
Male	180 (19.4)	141 (20.8)	39 (15.6)	1,706 (32.4)	245 (31.4)	1,461 (32.6)
Female	747 (80.6)	536 (79.2)	211 (84.4)	3,561 (67.6)	535 (68.6)	3,026 (67.4)

## Demographics, continued

	Supportive Housing			Personal Care Home		
	OVERALL N (%)	Full Pay	Reduced Cost	OVERALL N (%)	Fewer Health Care Needs	More Health Care Needs
<b>Total</b>	<b>927 (100.0)</b>	<b>677 (73.0)</b>	<b>250 (27.0)</b>	<b>5,267 (100.0)</b>	<b>780 (14.8)</b>	<b>4,487 (85.2)</b>
<b>Geography</b>						
Rural	73 (7.9)	55 (8.1)	18 (7.2)	451 (8.6)	70 (9.0)	381 (8.5)
Urban	854 (92.1)	622 (91.9)	232 (92.8)	4,816 (91.4)	710 (91.0)	4,106 (91.5)
<b>Income Quintile</b>						
Lowest (NF/Q1)	365 (39.4)	243 (35.9)	122 (48.8)	1,972 (37.4)	337 (43.2)	1,635 (36.4)
Middle (Q2)	185 (20.0)	128 (18.9)	57 (22.8)	1,035 (19.7)	139 (17.8)	896 (20.0)
Highest (Q3-Q5)	377 (40.7)	306 (45.2)	71 (28.4)	2,260 (42.9)	304 (39.0)	1,956 (43.6)

A large number of the people who moved into a nursing home from a low income neighbourhood may have been accommodated in supportive housing

## Emergency Room Visits by Supportive Housing Clients and PCH Residents, 2006/07-2011/12

Number of Visits	Number of Supportive Housing Clients			Number of PCH Residents		
	Overall N (%)	Full Pay	Reduced Cost	Overall N (%)	Fewer Health Care Needs	More Health Care Needs
0	251 (27%)	186 (27%)	65 (26%)	2,178 (41%)	310 (40%)	1,868 (42%)
1	278 (30%)	212 (31%)	66 (26%)	1,500 (28%)	207 (27%)	1,293 (29%)
2	164 (18%)	123 (18%)	41 (16%)	748 (14%)	122 (16%)	626 (14%)
3	104 (11%)	76 (11%)	28 (11%)	378 (7%)	61 (8%)	317 (7%)
4 or more	130 (14%)	80 (12%)	50 (20%)	463 (9%)	80 (10%)	383 (9%)

**A greater proportion of SH clients have ED visits.**



## Key Messages

- There may be a financial disincentive resulting in a person choosing a nursing home over supportive housing.
- There may be a lack of affordable supportive housing to accommodate all who could use this type of accommodation.
- We need to understand all of the government costs including utilization of health services covered through medicare/pharmacare.
- Further research is needed to fully understand the reasons people choose nursing homes over supportive housing.

# Next Steps

- ***Calculate Government Costs, for both types of accommodation***
- ***Calculate Health Care Use by Each Group***
  - ***Emergency department use***
  - ***Primary care visits***
  - ***Hospital use***
  - ***Prescription drugs***
  - ***Home care (for supportive housing only)***

# Thank You

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