Financing & Delivering Comprehensive Supportive Housing Services for Older Adults and Seniors

www.csh.org
www.hearth-home.org
www.nationalchurchresidences.org
Who is Hearth?

Hearth is a non-profit organization dedicated to the elimination of homelessness among the elderly.

This mission is accomplished through a unique blend of prevention, placement, and housing programs all designed to help elders find and succeed in homes of their own. To this end, all housing operated by Hearth provides a creative array of supportive services that assist residents to age with dignity, regardless of their special medical, mental health, or social needs. Hearth believes these goals are best accomplished through respect for elders and staff, with the desire to see both achieve their highest degree of potential.
Who Hearth Serves

- Men and women ages 50 and over, formerly homeless or at risk of homelessness
- Diverse racial and ethnic population
- Physically disabled
- Chronically mentally ill
- Veterans
- Substance users/abusers
- Long term care residents
- Trauma survivors
Hearth’s Housing

• Hearth has successfully created 195 units of permanent service-enriched housing located in eight different residences throughout the Greater Boston area.

• Each of Hearth’s eight residences has a unique character and community for the elders who live there and call it home.

• Hearth offers a continuum of care, including independent housing with supports to assisted living level care.

• Hearth’s assisted living site allows residents who require more service to transition from supportive housing to a higher level of care.
Hearth’s Service Delivery Model

• Hearth’s model integrates housing, mental health, medical and social services supports in a manner that permits even very frail elders to live with considerable independence in their own apartments.

• All of these services are provided in house.

• Hearth’s team is comprised of a Property Manager, MSW’s, RN’s, Site Directors, Resident Assistants, Personal Care Homemakers, Activity Staff and a Representative Payee.

• Substance Awareness Group led by on-site alcohol & substance abuse counselor.
Services provided

- All Hearth residents receive:
  - Bio-psychosocial assessment
  - Case management
  - Consultation with nursing and social work
Additional Services at Hearth

• Some Hearth residents also receive:
  - Comprehensive bio-psychosocial assessment and care planning
  - Substance abuse counseling
  - Help with ADLs and IADLs
  - Medication management and coordination with medical providers
  - Brief counseling
  - Money management
Residential Services - Hearth

- Residents with mild to moderate dementia are served in both our supported and assisted living sites. Hearth does not have a secure unit for residents with moderate to advanced dementia who wander.

- Hearth works with area hospice providers and family/significant others to provide end of life care whenever possible.

- When residents require more assistance (24 hour skilled care), Hearth staff work with the resident, family (when available) and medical providers to transition to a skilled nursing facility.
Complexity of Needs: Physical & Mental Health

• Older homeless adults have been shown to have the range and severity of health issues similar to people in the general population who are 15 years older.


• A recent study on geriatric syndromes in homeless adults aged 50-69 in Boston found higher comorbidity rates than among other older adults, including hypertension, asthma or COPD, and depression.

Most experts estimate that about 1/3 of single homeless adults have a serious mental health illness.


Most commonly diagnosed mental health problems of Hearth residents: schizophrenia, depression & paranoia

Lifelong struggles or late-life onset of severe mental illness, cognitive impairments or addiction disorders also increase elders’ vulnerability for homelessness.

Medical Provider Partnerships

• Approximately 85% of Hearth residents are followed either at Boston Medical Center (BMC) through the BU Geriatric Clinic/BU Geriatric Home Visiting team or at Beth Israel Deaconess (BIDMC) or BIDMC Home Visiting Team.

• Residents are also followed at Brigham & Women’s Hospital (BWH) and McInnis Healthcare.

• Each Hearth site team works closely with community agencies, including Certified Home Health Agencies, Aging Service Access Points (ASAPs) and Adult Day Health Programs, to help coordinate care and promote wellness.
Academic Partners

• Masters in Social Work interns - Boston University, Simmons College, Boston College and Bridgewater State

• Nursing Students - Simmons College (through Boston VNA Community Service Program)

• Mass College of Pharmacy Doctoral Students

• Masters in Physical Therapy – Simmons College

• Masters in Expressive Therapy Students – Lesley College

• Geriatric Fellows – Harvard University
HRSA Fellowship

• HRSA (Health Resources and Service Administration)

• HRSA is the primary Federal agency for improving access to health care services for people who are uninsured, isolated, or medically vulnerable

• Monthly consultations with Harvard affiliated medicine, psychiatry, dental and pharmacy geriatric fellows

• Case conferences
Hearth is a subcontractor for Massachusetts’ Department of Mental Health/ Community Based Flexible Supports (CBFS) program. In this capacity, Hearth provides supportive housing, case management and clinical support services to persons living with chronic mental illness.

Hearth receives a per person daily rate to provide these comprehensive services.
Group Adult Foster Care (GAFC)

- GAFC is a Medicaid (MassHealth) funded program which provides for daily help with personal care and homemaking assistance to eligible residents.

- RN over-site and supervision of personal care homemakers.

- Daily rate reimbursed by the state through MassHealth.
Senior Care Options (SCO)

- Senior Care Options is a partnership between MassHealth and Medicare that provides a complete package of health care and social services for low-income seniors age 65+
- Hearth contracts with area SCOs to deliver case management services (personal care homemaking, adult day health, transportation, medication management, etc.)
- SCOs have a (Medicaid) waiver that allows them to enroll a person who has Medicare into the MassHealth program even when their income is above the federal poverty level—up to and including 300 percent.
National Church Residences

- Founded in 1961 by 4 Presbyterian ministers including John R. Glenn
- Viewed as a leader in developing safe, affordable, housing, with services aimed at improving peoples’ lives
- Strong focus on the intersection of housing and integrated healthcare and the triple aim of achieving better care, better outcomes, and lower medical cost.
- Medicaid reimbursement in community based settings through provision of both “behavioral” and “medical” healthcare.
NATIONAL CHURCH RESIDENCES
PERSON-CENTERED CARE SYSTEM

Adult Day Health
Largest not-for-profit provider of adult day services in Ohio, providing comprehensive adult day services to adults with cognitive and physical impairments.

Service Coordination
Our coordinators link and refer clients to available resources, allowing them to age in place in their homes and enhance their quality of life.

Assisted Living
We are the largest provider of Medicaid Assisted Living in Ohio, bridging the gap between living alone and living in a nursing home.

Senior Housing
We are Ohio's largest not-for-profit developer and manager of affordable senior housing and services.

Skilled Nursing Homes
Our communities are staffed with caring nursing professionals dedicated to helping our clients experience the abundance of life in later years with the quality of life they desire and deserve.

Rehabilitation Centers
We pride ourselves on our comprehensive team approach that provides each client with the rehabilitation care that they need.

Outpatient Therapy Services
Focusing on our clients, helping them to achieve their goals with therapies including physical, occupational, and speech and community re-entry programs.

Supportive Housing for the Homeless
Helping residents gain a sense of order to their lives in many important aspects, including employment, social and health needs.

Continuing Care Retirement Communities
Helping our residents live full lives, from the intelligent design of our residences, health & wellness programs, and a wide range of professional services and care facilities.

Aging at Home Medical Practice
Providing on-site, integrated, person-centered primary care in four different service environments to demonstrate better care, better health and lower costs through the integration of primary care.

Innovative Fire House Program
A sponsored program to provide a service coordinator working in a firehouse to field referrals from firehouse staff, police and citizens, connecting and linking seniors with services.

Home Health Care
Our Medicare and Medicaid-certified visiting nurse team serve Ohio seniors offering affordable alternatives to skilled nursing and assisted living keeping seniors active and independent in their own homes.

Hospice
Compassionate, comprehensive end-of-life care provided through a team approach to our clients and their families in a private home or home-like setting.

Non-Medical Home Assistance
We provide comprehensive, non-medical home assistance, with the objective of keeping seniors active and independent in their own homes.

Transitional Home Choice Program
We facilitate the steps needed to help a consumer transition from a long-term care facility to a home in the community.
CURRENT STATS

- 297 Senior Housing Communities/ 19,722 units
- 25 Family Housing Communities/ 3,658 units
- 6 Permanent Supportive Housing Communities/ 490 units
- 380 additional PSH units in development
- 5 Assisted Living/Skilled Nursing Facilities
- 3 Home and Community Based Service Agencies/serving 450 clients
- 6 Adult Care Centers/serving 560 clients
- 4 Continuing Care Retirement Communities

Updated: July 25, 2012
A Permanent Solution for Ending Homelessness

2003
The Commons at Grant
Columbus, Ohio
100 Units

2006
The Commons at Chantry
Columbus, Ohio
100 Units

2010
The Commons at Buckingham
Columbus, Ohio
100 Units

2011
The Commons at Livingston
Columbus, Ohio
50 Units (Veterans)

2011
Chestnut Hill (VOA)
Toledo, Ohio
40 Units

2012
The Commons at Third
Columbus, Ohio
100 Units

2012
The Commons at Madeline Park
Akron, Ohio
60 Units

2013
The Commons at Imperial
Atlanta, GA
100 Units

In Development

People are more likely to become stable, contributing members of society when provided a safe, affordable place to live.
Challenges:

• Baby Boomers are “aging out” at a rapid pace: every 10 seconds a baby boomer turns 50 – that is 300,000 people a month!

• Seniors are living longer and experiencing more complex health issues…

• Rising healthcare costs are a major contributor to our nation’s deficit problem. (*Legislators will have to fix it…regardless of who’s in office!*)

• Traditional funding sources will not be sufficient to support the housing and services that seniors need…
“Collaboration, creativity and innovation are the way of the future…”
Traditional funding sources for services in supportive housing:

- HUD SHP (McKinney-Vento funds)
- Local funding (county levies; CDBG funds, etc.)
- United Way, Foundations, Corporate Sponsors
- Charitable contributions
- Partnerships (Area Agency on Aging, Senior Options, etc.)
- Mainstream resources (Medicaid, Medicare, Insurance, etc.)
Collaboration, creativity, and innovation…

Partnering with community-based organizations maximizes service delivery while controlling costs:

- Onsite service delivery by the VA, meals-on-wheels, Senior Options
- Co-locating housing with Adult Day Health Centers

Creative, low or no cost programming results in better outcomes:

- Onsite Tai Chi classes helps reduce slips and falls
- Flu shot clinics reduce incidents of illness
- Volunteer opportunities through AARP keeps seniors active…
Funding Services in Senior Housing

Challenge:
- A small percent of “high cost” individuals drive health care costs
- High cost Medicaid enrollees (over $25,000 annual spending) are 4:5 of enrollees, yet 49% of all spending
- 49% are elderly and 43% are disabled
- Nursing homes or other long-term care represent 77% of cost attributable to elderly “high-cost enrollees” of Medicaid

Solution:
Moving high-users of medical services out of expensive institutional settings into unlicensed “communities of care” is more desirable to seniors and results in cost savings to public budgets.
The Assisted Living Conversion Program is a HUD program that allows 202 operators to convert some or all of the dwelling units into Assisted Living Facilities (ALF) or Service-Enriched Housing (SEH).

- Designed to accommodate frail elderly and people with disabilities who can live independently but need assistance with activities of daily living (e.g. assistance with eating, bathing, dressing)
- HUD will pay for physical conversion of existing project units, community space, and service areas.
- ALF’s or SEH must have sufficient space to accommodate provision of meals and supportive services. ALs provide personal care, meals, housekeeping and laundry
- HUD’s Office of Multifamily Housing is responsible for administering the Assisted Living Conversion Program. For more information, contact your local HUD office.
Ohio AL Waiver

- Medicaid funds pay for the service component of AL
- Administered through Ohio Department of Aging (ODA) and Ohio Department of Jobs and Family Services (ODJFS)
- Tiered reimbursement based on service
- Income eligibility (Medicaid)
- Costs savings to State (50% Nursing Home)
- Incentive payments of $5,000 per placement available to organizations who serve as “transition coordinators” to help people make the transition from nursing home placement to independent living in an apartment setting.
“Serving frail seniors in supportive housing can result in 40-60% cost savings compared to skilled nursing or residential care facilities…”
Integrated, person-centered health homes

- National Church Residences is creating “Integrated Health Homes” to ensure access to healthcare that is comprehensive, coordinated, multidisciplinary, and easily accessible to its residents.
- National Church Residences’ “Aging at Home Medical Practice” employs nurse practitioners, care coordinators, consulting physicians and psychiatrists create “healing communities” by providing onsite care at our housing facilities.
- Currently implemented in Senior Day Health Centers, Assisted Living Facilities, ALCP Communities, and Permanent Supportive Housing (for the homeless) settings.
- Employs group appointments, telemedicine, wellness exams, home visits, and electronic health records and care plans to ensure holistic, integrated care.
Integrated, person-centered health homes

“Aging at Home” Medical Practice

**Reduces unplanned hospital admissions and readmissions**

**Reduces ER Utilization**

**Reduces number of physicians seen, redundant testing and non beneficial care**

**Reduces Nursing home days**

**Reduces avoidable admissions and readmissions**

**Improves medication adherence and healthy lifestyle change which stabilizes chronic diseases and delays progression**
Integrated, person-centered health homes

Clinical Principles

• Person centered care – we are focused on and accommodate our patients' needs
• Outcomes focused – we do whatever it takes to optimize clinical outcomes
• Care is directed by an individualized care plan
• Seamless, integrated care – we do not let people fall through the cracks
• Care delivery through a team
• Easy access for urgent medical problems
• 24/7 access to provider who knows me
Shared Cost Savings Model - Medicaid

Ohio Home Choice Demonstration Study

- National Church Residences is partnering with the Ohio Department of Job and Family Services (ODJFS - Ohio’s Medicaid Agency) on a demonstration pilot to measure the health outcomes and cost savings of serving mental health consumers in permanent supportive housing (PSH) instead of nursing homes.

- National Church Residences has set aside 25 units in a new PSH community – Commons at Third.

- ODJFS will fund a full-time Care Coordinator, part-time Nurse Practitioner, and a consulting psychiatrist to serve the consumers.
Ohio Home Choice Demonstration Study (cont)

- Target population is mental health consumers who have been in nursing home for at least 90 days, but no longer requires that level of care.
- Most are still in nursing homes because they have nowhere to go...these consumers tend to have very high behavioral and medical healthcare needs that result in high cost to the public health system.
- Savings from this study are expected to be significant. It is hoped that future savings may be able to help fund acquisition and development of PSH in the future.
Franklin County Alcohol, Drug, and Mental Health Board (ADAMH) Board

- National Church Residences is partnering with the Franklin County, Ohio ADAMH board to work with mental health and AOD consumers in its PSH facilities.
- Set asides of 15 units each at three different National Church Residences permanent supportive housing communities in Columbus, Ohio.
- A grant from the ADAMH board will pay for a full-time “Residential Liaison” to act as a liaison between the Franklin County ADAMH-funded community mental health system and National Church Residences’ five PSH facilities in central Ohio.
In addition to serving as the “care coordinator” for the 45 ADAMH set aside beds, the “Residential Liaison” will also serve as a liaison to the network of community mental health case managers to ensure that consumers entering our PSH programs have treatment plans that name National Church Residences as supportive housing provider, and specifies medically necessary services that may be provided by National Church Residences’ behavioral healthcare team.
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