

Long Term Care Facilities

Choosing a long term care facility is a very important and very personal decision. You must realize that long term care facilities fall into two major categories:

1. **Rest Homes** which provide continuous general supervision and sheltered care services to residents who are in need of a protective environment, but are otherwise able to manage the normal activities of daily living.
2. **Skilled Nursing Facilities** which provide some level of 24 hour skilled supervision and nursing services.

Rest Homes

Rest homes provide for continuous general supervision or “custodial care” for those people in need of a protective environment, but are otherwise able to manage the normal activities of daily living, and who do not require ongoing, skilled nursing. They are required to have a Registered Nurse or Licensed Practical Nurse on staff to provide 4 hours of consultation per unit each month. Rest Homes are required to have a responsible person on duty 24 hours a day. A physician must see each resident every six months.

Nursing Homes

There may come the time when elders and their families need to think about nursing home placement. The decision a family may be faced with is to place an elder temporarily or permanently in a nursing home facility. This can be the most emotionally stressful decision caregivers face. It is advisable to start investigating long before the decision needs to be made.

Nursing Homes or Long Term Care Facilities or Skilled Nursing Facilities, provide long term care for those people who are no longer able to remain in an independent living situation because of physical and/or psychological issues. Nursing Home placement usually occurs once all other community based service options have been exhausted.

Skilled nursing facilities provide some level of 24-hour supervision and nursing services. The following is a list of services and care that one may find offered at a nursing home facility: medical, rehabilitation, occupational and physical therapy, speech pathology, pharmacy, social services, recreational, and nutrition. Registered nurses, licensed practical nurses and certified nurses' aides provide nursing care as has been prescribed by the resident's physician.

Nursing Home Screenings

Prior to admittance to a skilled nursing facility, an assessment of an individual's need for 24-hour skilled nursing is necessary (if the payment source for the potential resident is Long Term Care Medicaid). The purpose of the screening is to offer Long Term Care Medicaid the assurance that this person is medically in need of long term care in a skilled nursing facility and that all other community housing options have been exhausted.

If the payment source is private funds, a screening is not required but is often suggested. It is suggested due to the fact that frequently residents' funds will be depleted when paying privately for a stay in a skilled nursing facility, yet the resident plans to remain in the long-term care facility. At this time, the resident would apply for Long Term Care Medicaid and a screening would be required. It is helpful for the prospective resident to be aware prior to fund depletion

and admission to a facility if they are not going to meet Medicaid eligibility criteria for long term care.

The Aging Service Access Points have contracted with the Division of Medical Assistance, which administers the Long Term Care Medicaid program, to provide screenings for Long Term Care Medicaid eligible individuals. Long Term Care Facilities can also do Long Term Medicaid Screenings. For those intending to pay privately, the Aging Service Access Points can still provide the screening for a fee.

Your Aging Service Access Point can also assist you with further information on nursing home admission criteria and procedures.

Elder Services of Worcester Area, Inc.

411 Chandler St., Worcester, MA 01602

Service Area: Central Mass.

www.eswa.org

Email: irinfo@eswa.org

800-243-5111

508-756-1545

(TDD) 508-792-4541

Montachusett Home Care Corporation

Crossroads Office Park

680 Mechanic St., Leominster, MA 01453

Service Area: North Central Mass

www.montachusetthomecare.com

Email: info@mhcc-1.org

800-734-7312

978-537-7411

(TTY) 978-534-6273

Tri-Valley Elder Services, Inc.

251 Main St., Webster, MA 01570-2213

Service Area: South Central Mass.

www.tves.org

Email: info@tves.org

800-286-6640

508-949-6640

(TTY) 508-949-6654

Long Term Care Facilities Services

There exists a wide variety and many levels of medical services available to residents of a long term care facility. Most of these services fall into one of the following three categories:

1. **Sub Acute:** Includes highly skilled, rehabilitative or medically intensive services that can be substituted for some or all of the medical/post surgical care that is now provided in hospitals. A physician must order these therapies.
2. **Skilled Nursing:** Includes rehabilitative services for those residents who have the ability to achieve a higher level of functioning. These services include therapeutic services such as occupational, speech or physical therapy. The goal of these skilled nursing services is to help residents attain their optimum level of functioning.
3. **Nursing Services:** Those patients who have reached their maximum level of functioning but do require continued nursing care to maintain this level are provided nursing services.

It is important to note that each resident must be seen by his/her physician every 30 days and each resident must have a written, individualized care plan. An interdisciplinary team, the resident, and his/her family develop this individualized care plan. The care plan includes such specifics as diagnosis, significant conditions, mental conditions, medications, diet, ability to complete activities of daily living and treatments. Each plan must be kept current