

New Frontiers: Managing Dementia in PACE Supportive Housing

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Older Adults in Community
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Aging in Place 101

How can you age in place?

IN YOUR CURRENT HOME

1 Mobility Equipment:

- Wheelchair Ramps
- Turning Automotive Seats
- Sit-to-Stand Recliners
- Home Elevators
- Bath & Pool Lifts
- Grab Bars
- Vertical Platform Lifts
- Stair Lifts
- Scooter Lifts for Vehicles
- Scooters



101 Mobility

Sources: aarp.org - nahs.org - leaconhillvillage.org

2 Universal Design:

- No-step entryways
- One-story living
- Wide doorways & hallways
- Open floor plan
- Non-slip flooring
- Reachable controls & switches

3 Opt for a Village:

- Villages are non-profit residential communities for older adults that support residents' medical and social needs.



AGE
— IN —
PLACE



OR

MAKE
— A —
MOVE?

NEIGHBORHOOD FEATURES PLAY A ROLE IN
Healthy Aging in Place



Certified
Aging-in-Place
Specialist



le Communities

Aging in Place
TECHNICAL ASSISTANCE GUIDE

The story



Objectives

- What is PACE?
- Supportive housing and the PACE model
- 2 case studies patients with dementia

PACE

- Program of **A**ll-Inclusive **C**are for the Elderly
 - Focus on Frail, Disabled, Complex Older Adults
 - Comprehensive
 - Integrated
 - Community-Based

PACE Eligibility

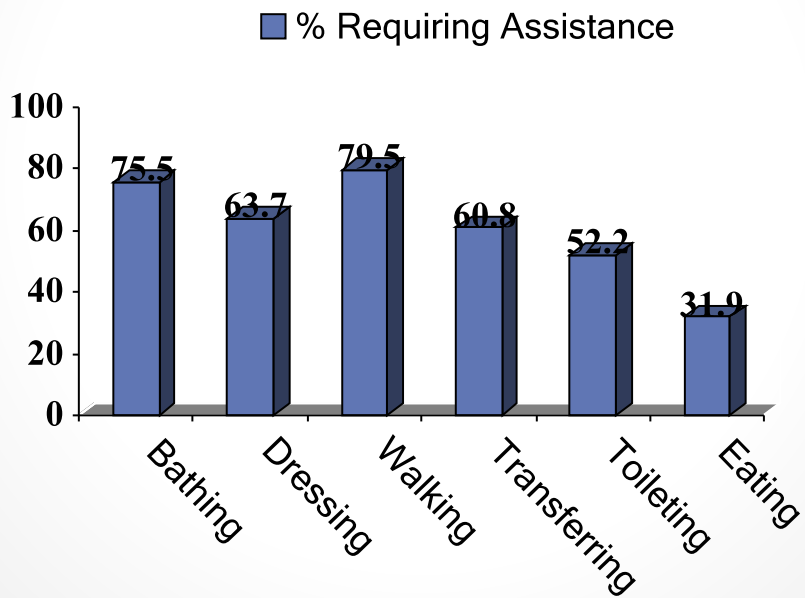
- Age 55 +
- **Nursing Home Certified**
- PACE Service Area
- “Able to Live Safely in the Community”
- Must Enroll All Eligible Applicants

- *90% Dually Eligible*

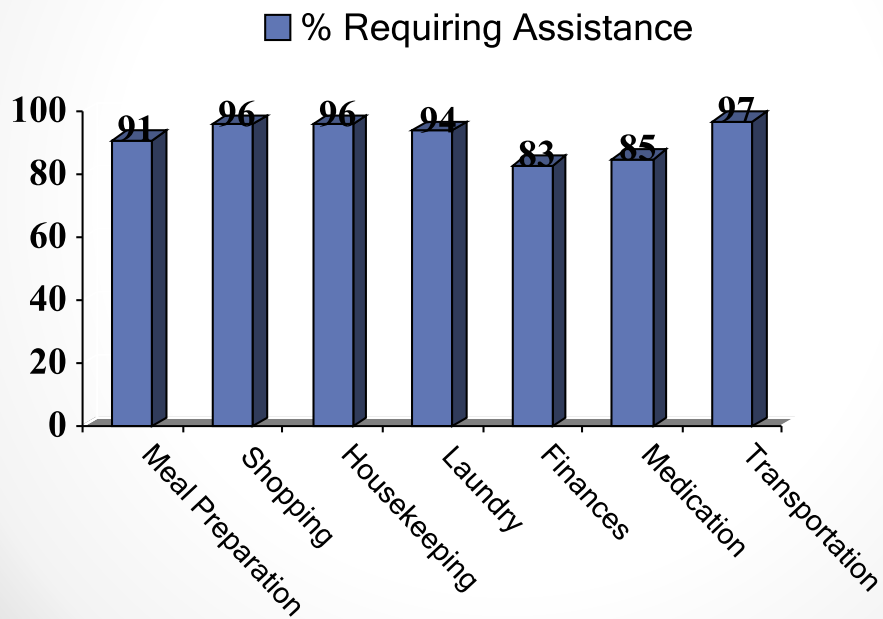
PACE Enrollees

- Mean Age: 77
 - 15% age 55-64
- 70% women
- 60% need help with 3 or more basic ADLs
- 50% have dementia
- Average Life Expectancy: 4.5 years

ADL Deficits in PACE



IADL Deficits in PACE



PACE Nationally

- 122 PACE Organizations
 - 235 PACE Centers
- 32 States
- > 44,000 PACE Participants
- 100 to 3000 Participants per program

PACE Key Points

- **Traditional Model**

- Fragmentation

- Care

- Multiple Providers
- Discontinuity
Across Sites

- Financing

- Multiple Payers
- Institutional Bias
- Restrictions

- **PACE Model**

- Integration

- Care

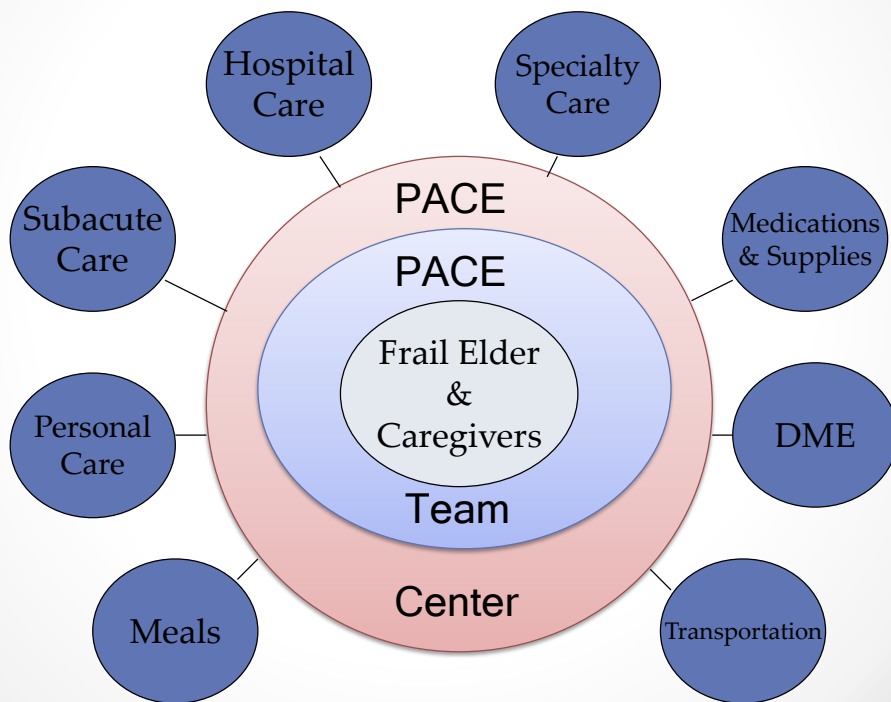
- Outpatient Care
- Acute Care
- Long-Term Care

- Financing

- All-Inclusive
- Full Risk
- No Restrictions

PACE

Integration & Coordination



PACE Interdisciplinary Team

- **Primary Care**
 - MD
 - NP
- **Nursing**
 - Day Center Nurses
 - Home Care Nurses
- **Rehabilitation**
 - Physical Therapy
 - Occupational Therapy
- **Social Work**
- **Activities**
- **Nutrition**
- **Home Care**
- **Pharmacy**
- **Behavioral Health**
- **Transportation**
- **Personal Care**

PACE Center

- Social Center
- Observation & Care Environment
- Full-Service Clinic
- Team Base

Upham's PACE Elder Service Plan

- Operated & Managed by Upham's Corner Health Center
- Serves core neighborhoods of Boston
- 1st PACE Center in Dorchester
 - Opened March 1996
- 2nd PACE Center in Roxbury
 - Opened April 2008
- 3rd PACE Center in Jamaica Plain
 - Opened March 2013
 - BHA campus
 - **12-unit PACE SUPPORTIVE housing wing**

Supportive Housing

Provides a home for vulnerable individuals who need *HOUSING* and *SUPPORT SERVICES* to retain this stable housing and maintain healthy lives



Upham's Amory PACE Housing



Upham's Amory PACE housing

- 12 apartments, each with kitchens
- Common area
- 7 medical assistants, 4 HHA/CNAs
- Additional home care staff to fill gaps and per individual care plans
- Three shifts: AM, PM, overnight
- Medication cueing
- Meals
- Activities
- Costs ~\$6700 week (~\$2300 per person/month)

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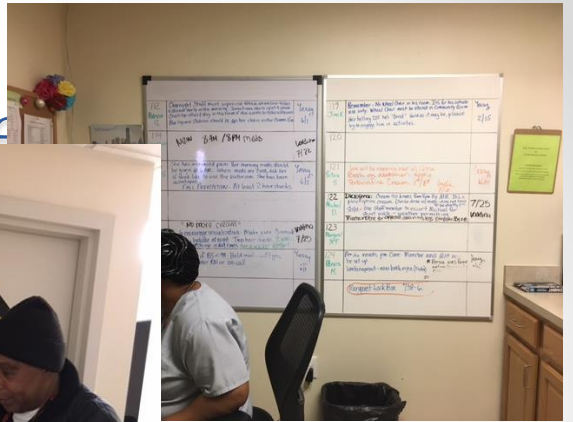
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Staffing

- Key part of the supportive housing unit and interface with PACE team
- Orientation
- Cross-training
- Competency
- SH nurse manager role

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Who can live here?

- Residents must have BHA housing and be enrolled in PACE
- Participants must agree to attend the PACE center daily.
- Participants sign a lease with same rights and responsibilities as any other tenant in the building
- *Eligibility is discussed on a case-by-case basis to determine who is appropriate*

Participant selection

- Reasons for referral
- Level of cognition
- Goals for supportive housing
- Current housing
- Legal issues
- ADLs/IADLs
- Nursing needs
- Community and social situation
- Center attendance



Challenges

- Nursing care: wounds, catheter care, narcotic administration
- Fall risk
- Drinking, cooking, and eating!
- Dementia vs. autonomy to make poor choices
- Overnight guests
- End-of-life care (3 expected deaths)
- When to transfer to LTC in a nursing home (5 transfers)

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Case #1: James

- 64 y/o M with multiple comorbidities as mentioned before. Struggled with housing for several years before joining PACE in 2014. Had been living in a nursing home prior to moving to supportive housing.

Case #1: James (cont)

- MoCA 11/30
- Independent in all ADLs
- IADLs: range from independent to dependent
- **Care plan:** daily HHA to assist with meal prep, weekly homemaker for laundry, groceries. Supportive housing staff administers medication. Sister manages finances. Attends center daily. Has full DME set up in apartment. Uses rollator.

Case #2: P.S.

- 89 year old Spanish speaking female participant who was wheelchair bound and home bound. Lived with her husband in BHA apartment until he passed away from a stroke unexpectedly. She had not left the apartment in 2 years when she joined PACE in 2014.

Case #2: P.S. (cont.)

- PMH includes osteoarthritis, back pain, right shoulder pain, urinary incontinence, hypertension, vascular dementia, low vision, and hard of hearing.
- Multiple bed bug episodes
- Multiple losses: husband and son within a year after joining PACE
- Son here temporarily from Puerto Rico to help care for her but very difficult

Case #2 P.S. (cont.)

- MoCA 5/30
- ADLs: independent with eating only, some assistance with all else
- IADLs: dependent in all except can use phone with some assistance
- **Care plan:** 2x/day HHA to assist with ADLs, weekly homemaking and laundry, home delivered meals, center attendance with daily exercise program, full bathroom DME set up, phone to accommodate poor vision and hearing. Uses walker.

Summary

PACE: program providing fully integrated services in 31 states for nursing home eligible older

Supportive Housing: housing linked with social services tailored to the needs of the population served (www.NHI.org)

PACE Supportive Housing:

- Serves PACE participants exclusively
- PACE organization controls access to housing
- PACE organization provides 24-hour support by PACE staff

Thank you!

