Industry Perspective on the National Study of Residential Care Facilities

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Why the NSRCF was Successful

- The four trade associations had worked together to collect industry data twice before. We all believe in data.
- Two of the researchers were familiar to us
- The others were people friendly
- Frequent communication (meetings and emails) worked and avoided miscommunication
- Regularly soliciting industry input built trust
- CEAL played a role in keeping us organized and communication flowing
Member Communication was Key

- Regular “blurbs” allowed the trade associations to raise awareness among providers in e-communications and articles
- Stump speeches & presentations
- NCHS booths in national convention expo halls
- The Purple Brochure was an effective “leave behind”
- Signing on in support of the survey reduced provider fears
- Nomenclature mattered “study” vs. “survey”
The Survey Findings Were Relevant

• Two user-friendly fact filled data briefs that could be used with a number of audiences, including:
  • Providers
  • Policymakers
  • Media
  • The public
  • Other researchers

• The data contained answers to most of the common questions we receive
Regional Variation

U.S. Dept. of HHS
2010 National Survey of Residential Care Facilities

Residential care facility beds per 1,000 persons aged 85 and over, by region

<table>
<thead>
<tr>
<th>Region</th>
<th>Beds/1,000 persons 85+</th>
</tr>
</thead>
<tbody>
<tr>
<td>West</td>
<td>245</td>
</tr>
<tr>
<td>South</td>
<td>164</td>
</tr>
<tr>
<td>Midwest</td>
<td>177</td>
</tr>
<tr>
<td>Northeast</td>
<td>131</td>
</tr>
<tr>
<td>Total: United States</td>
<td>177</td>
</tr>
</tbody>
</table>
Percent of facilities offering selected services, and residents using them

<table>
<thead>
<tr>
<th>Service</th>
<th>Facilities that offer</th>
<th>Residents that use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic health monitoring</td>
<td>96</td>
<td>75</td>
</tr>
<tr>
<td>Incontinence care</td>
<td>93</td>
<td>38</td>
</tr>
<tr>
<td>Transportation to medical appts</td>
<td>81</td>
<td>59</td>
</tr>
<tr>
<td>Social activities outside facility</td>
<td>79</td>
<td>45</td>
</tr>
<tr>
<td>Other transportation</td>
<td>75</td>
<td>39</td>
</tr>
<tr>
<td>Skilled nursing services</td>
<td>39</td>
<td>13</td>
</tr>
<tr>
<td>Social services counseling</td>
<td>35</td>
<td>16</td>
</tr>
</tbody>
</table>

2010 National Survey of Residential Care Facilities
Health Conditions

2010 National Survey of Residential Care Facilities Data
National Center for Health Statistics

- Hypertension 56.7%
- Alzheimer’s/Dementia 41.8%
- Diabetes 17.2%
- Coronary Heart Disease 13.2%
- Congestive Heart Failure 13.2%
- Heart Attack 4.2%
- Other Heart Condition 14.4%
- Stroke 10.9%
- Cancer 10.7%
Health Conditions

2010 National Survey of Residential Care Facilities Data
National Center for Health Statistics

- Osteoporosis  20.4%
- Arthritis      25.1%
- Depression    27.4%
- Serious Mental Problems  7.6%
- Intellectual Disability  3.3%
- Asthma         4.2%
- Chronic Bronchitis   2.0%
- COPD           10.8%
Health Conditions

2010 National Survey of Residential Care Facilities Data
National Center for Health Statistics

- MS/Parkinson’s: 7.7%
- Anemia: 9.6%
- Macular Degeneration: 5.9%
- Glaucoma: 6.3%
- Gastro Intestinal: 7.5%
- Kidney Disease: 5.7%
- Traumatic Brain Injury: 1.5%
- Blind/both eyes: 3.4%
Assistive Devices

2010 National Survey of Residential Care Facilities Data
National Center for Health Statistics

- Dentures: 39.4%
- Glasses/Contacts: 9.6%
- Hearing Aids: 18.6%
- Cane: 12.9%
- Walker: 45.9%
- Wheel Chair: 22.9%
- Scooter/Electric Wheel Chair: 5.3%
- Oxygen: 7.6%
# ADL Dependence

<table>
<thead>
<tr>
<th>ADL</th>
<th>ALF</th>
<th>NF</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bathing</td>
<td>72%</td>
<td>96%</td>
</tr>
<tr>
<td>Dressing</td>
<td>52%</td>
<td>90%</td>
</tr>
<tr>
<td>Toileting</td>
<td>35%</td>
<td>86%</td>
</tr>
<tr>
<td>Transfer</td>
<td>13%</td>
<td>83%</td>
</tr>
<tr>
<td>Eating</td>
<td>22%</td>
<td>54%</td>
</tr>
</tbody>
</table>

*(NCHS 2010 Res. Care Survey & 2011 CMS NF Data)*
Other Health Related Characteristics

- 19.9% bowel incontinent in last 7 days
- 36.6% urinary incontinent in last 7 days
- 77.1% need help with medications
- 37% receive help with 3+ADLs
- 24% admitted to a hospital in last 12 months
- 35% treated in hospital ED in last 12 months
- 14% fell in last 12 months resulting in injuries other than hip fractures
Residents’ Cognitive Abilities

- 48.7% experience confusion
- 46% experienced difficulty with short term memory in the last 7 days
- 28% experienced difficulty with long term memory in the last 7 days
- 18% could not find apartment
- 21% could not recognize staff names & faces
- 15% don’t know they are in a facility
- 22% don’t know what season it is

Source: NSRC 2010 Survey
Outreach for the 2012 National Study of Long-term Care Providers

- Communication started early
- Conference calls and meetings played an important role once again
- Fall outreach is set and everyone knows what is coming and is planning accordingly
- We’re largely working with the same NCHS staff as we have in the past so there is buy-in
- NCHS has effectively explained why it is collecting data biennially
Major Changes in Federal LTC Data Collection

• National Center for Health Statistics also reconfiguring how Feds will collect data on paid, regulated LTC providers:
  - Nursing Homes
  - Home Health Care
  - Residential Care (including assisted living)
  - Adult Day Care
  - Hospice

• Biennial collection of ALF data will include:
  - Provider Services
  - Provider Staffing
  - Provider Practices (e.g., transitioning or PCC)
  - User Characteristics (e.g., % needing ADL assistance)