



# Are Residential Care Facilities “Community Services”?

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## Disclaimer

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## Introduction and Background

- Residential Care Facilities (RCFs) play important role in state efforts to balance LTC system
- RCFs straddle institutions and traditional home and community-based services
  - Group residential settings, like nursing homes
  - Not licensed and regulated as nursing homes
- What are home and community-based services?
  - Consumer-empowerment and choice
  - Home-like environment, including apartments
  - Integration into community

## Introduction and Background (cont.)

- CMS seeking to define “home and community-based services” for purposes of home and community-based services waivers and other service options under Medicaid
  - If settings do not meet standards, they would be ineligible for Medicaid funding
  - Residents in those settings would not be eligible for Medicaid funding for their services

## Research Questions

- To what extent do RCFs (total, non-Medicaid participating, and Medicaid-participating) have the characteristics and policies consistent with home and community-based services?
- To what extent do RCF residents (total, non-Medicaid, and Medicaid beneficiaries) live in facilities that have the characteristics and policies consistent with home and community-based services?

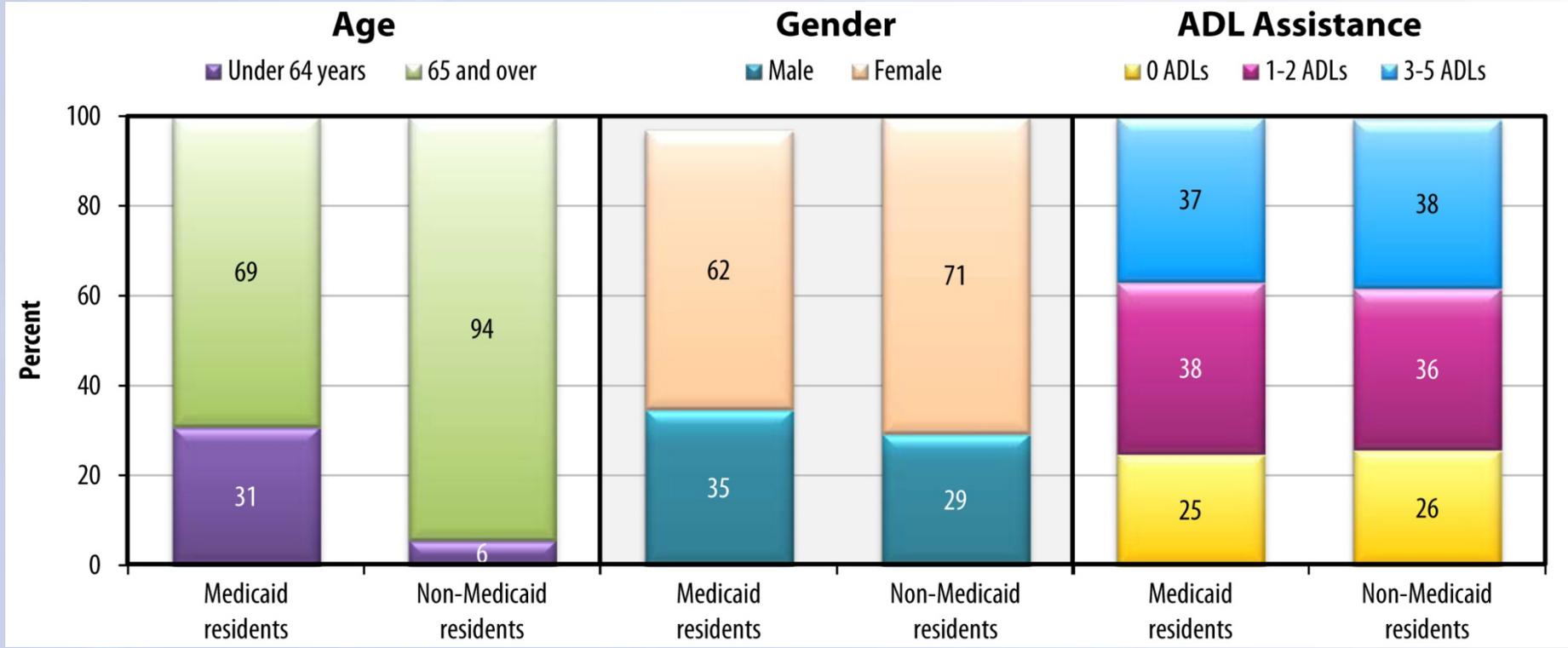
## Data

- Merged facility-level and resident-level data from the 2010 National Survey of Residential Care Facilities (NSRCF)
- 2,302 RCF facilities
  - 43% of facilities with at least one resident on Medicaid
  - 57% of facilities had no residents on Medicaid

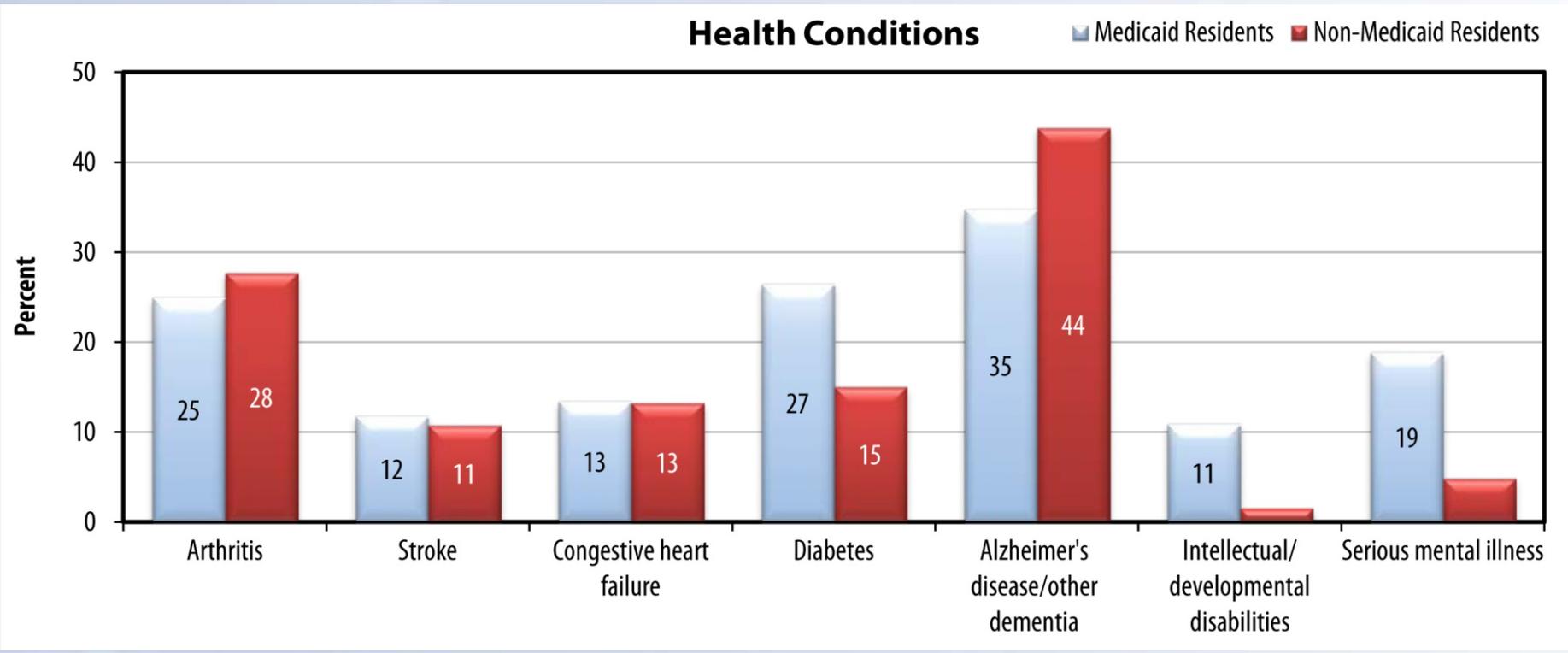
## Data (cont.)

- 8,094 current RCF residents
  - 19% of residents had Medicaid paying for their care in the 30 days preceding the survey
  - 81% of residents were not Medicaid beneficiaries

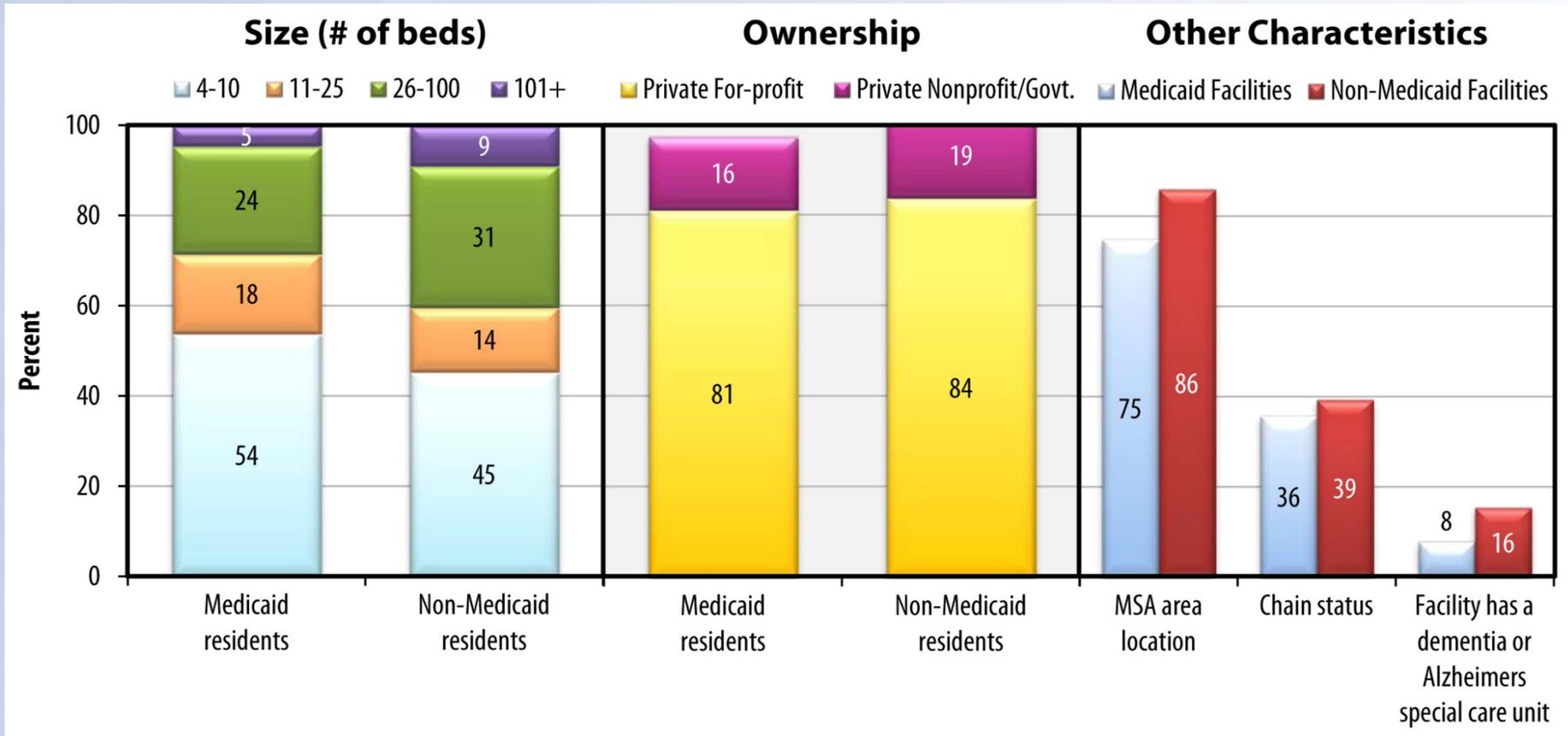
# Profile of RCF Residents by Medicaid Status



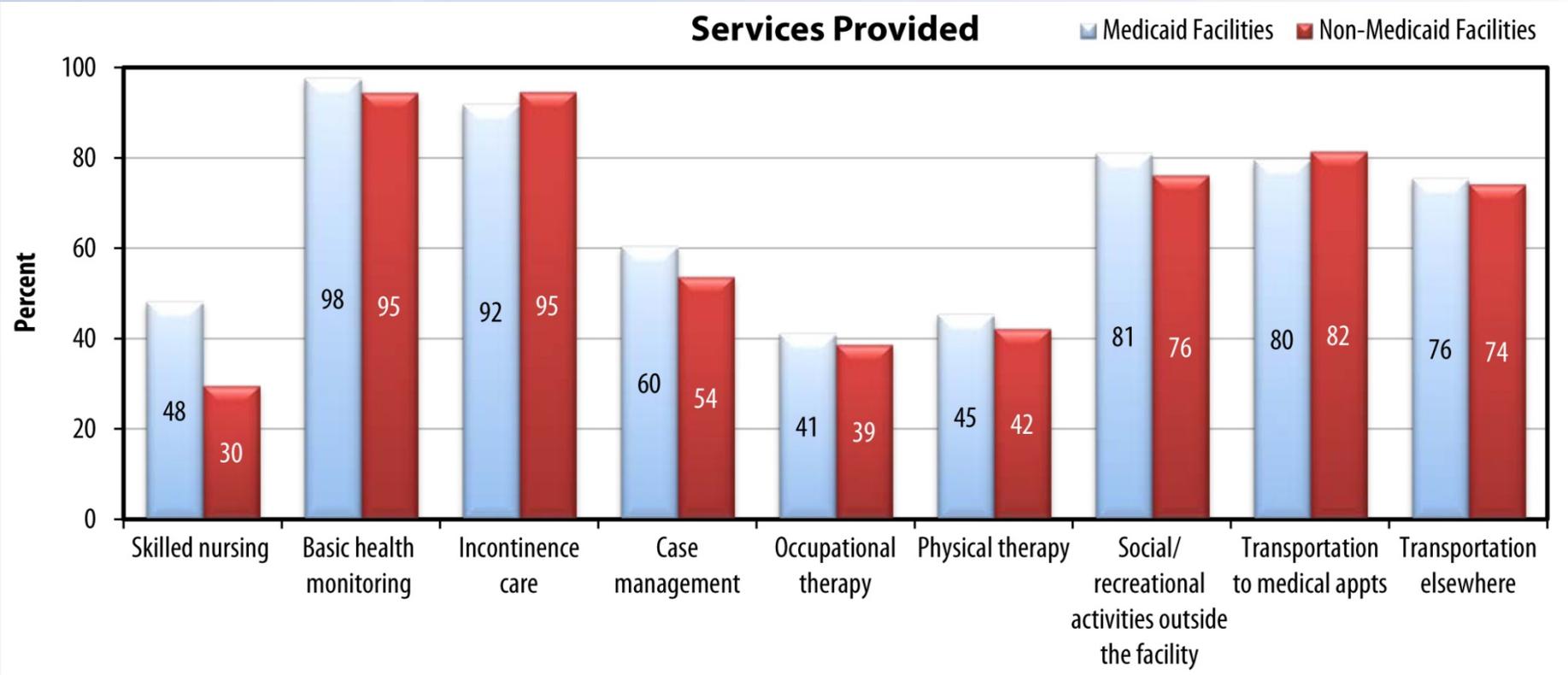
# Profile of RCF Residents by Medicaid Status



# Facility Characteristics by Facility Medicaid Status



# Facility Characteristics by Facility Medicaid Status



# Residents' Living Arrangements: Apartments/Rooms

Type of Living Arrangement	Total Residents (%)	Non-Medicaid Residents (%)	Medicaid Residents (%)
Room designed for one person	31.6	32.8	26.6
Room designed for two or more persons	26.9	22.5	45.5
Apartment	41.5	44.7	22.9
Percent of facilities that have apartments	22.9	26.9	18.8

## Freedom of Choice

<b>Facility Characteristics</b>	<b>Total RCFs (%)</b>	<b>Non-Medicaid Facilities (%)</b>	<b>Medicaid Facilities (%)</b>
Facility uses physical restraints	14.1	12.4	15.9
Facility staff regularly give drugs to any resident to control behavior or to reduce agitation	69.4	68.9	69.9
Residents required to eat meals in a specific location like a dining room	64.0	64.3	63.7

# Integration Into the Community: Visitors and Community Activities

<b>Frequency of Resident Visitors and Trips Outside of Facility</b>	<b>Total Residents (%)</b>	<b>Non-Medicaid Residents (%)</b>	<b>Medicaid Residents (%)</b>
Visitors at least once a week	67.2	70.1	51.9
No visitors in the last 30 days	8.5	6.3	17.9
Leaves the facility grounds at least twice a month	50.0	49.5	51.9

## Aging in Place: Facility Discharge Policies

<b>Facility Would Discharge Resident:</b>	<b>Total RCFs (%)</b>	<b>Non-Medicaid Facilities (%)</b>	<b>Medicaid Facilities (%)</b>
Who has moderate to severe cognitive impairment	23.5	23.5	23.8
Who is regularly incontinent of feces	16.4	15.8	18.8
Who requires end-of-life care	6.7	5.8	10.8

# HCBS: Summary Measure

Facility Characteristics	Total RCFs (%)	Non-Medicaid Facilities (%)	Medicaid Facilities (%)
1. Facility provides transportation to nonmedical events	76.4	75.9	76.9
2. Facility does not use physical restraints	85.9	87.7	84.1
3. Facility does not require residents to eat meals in a specified location	36.0	35.7	36.3
4. Facility does not discharge residents with moderate or severe cognitive impairment	81.8	81.4	82.2
Summary: Facility Meets 1+2+3+4	20.2	19.4	21.1

## Conclusions

- Residential care facilities are an important component of the long-term care system
- About 40% of facilities have Medicaid residents and 19% of residents are Medicaid beneficiaries
- Overall, residential care facilities are highly diverse
  - About one-fifth have a combination of characteristics and policies consistent with home and community-based services
  - Others have some but not all of the characteristics of the consumer-driven home and community-based services philosophy

## Conclusions (cont.)

- A minority of residents live in apartments; most live in rooms, many with other people
- For facility characteristics that are matters of policy rather than physical plant, higher percentages have the element but substantial proportions do not
- With exception of living arrangements, Medicaid facilities are roughly comparable to non-Medicaid facilities and the settings for Medicaid beneficiaries are roughly comparable to non-Medicaid residents

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