Senior Adult Housing

Choices your Grandmother Never Had

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Objectives

Learn about available choices for future care and how you can "customize" to meet ever-changing needs

Learn how to find what "grade" the government has given a facility and why

Compare real-time Denton Area pricing so you know how to “shop”
## Housing Options

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<th>AGING IN PLACE</th>
<th>MANAGED LIVING</th>
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<tbody>
<tr>
<td></td>
<td>(1) Home Health Care</td>
<td>(2) Support Services</td>
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<tr>
<td>IADL’s</td>
<td>X</td>
<td>X</td>
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<tr>
<td>ADL’s</td>
<td>X</td>
<td>X</td>
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<tr>
<td>SKILLED CARE</td>
<td>X</td>
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<tr>
<td>COST</td>
<td>$-$$$$</td>
<td>$-$$</td>
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Supportive Housing and Independent Living are usually NOT licensed by the state of Texas or by Medicare or other entities.

They are typically inspected by Fire Marshals and other inspectors such as Dept. of Health.

Most do NOT provide any medical care other than First Aid. They cannot be considered “Independent” if they do.
Independent Subsidized Senior Housing
Subsidized by the U.S. Department of Housing and Urban Development (HUD), for low income seniors. (Sometimes waiting lists can take years.)

*Pecan Place Apts.*  * - * *Heritage Oaks Apts.* *

(www.dentonhousingauthority.com)
Independent Retirement Communities

Groups of housing units for those of certain ages. Can be single family homes, duplexes, mobile homes, townhouses, or condominiums. Additional monthly fees may cover services such as maintenance, recreation, or transportation.

*Dogwood Estates of Denton*
Assisted Living

Provide residents with assistance with basic IADL’s and ADLs such as bathing, grooming, dressing, cooking and more. Some offer medication assistance and/or reminders. They do not offer complex medical services. (Typically apartment style)

*Sterling House of Denton*
Managed Housing

These three types of Managed Housing above are not inspected or regulated by the State of Texas, Medicare/Medicaid or other health entities as much as Skilled Nursing Facilities. They are inspected by the Fire Marshal and other inspectors. City and State regulations always apply, but not always federal regulations.

Form to use when visiting:
https://apps.state.or.us/Forms/Served/se9098a.pdf
**Managed Housing**

**Continuing Care Retirement Communities (CCRC)** - Offer service and housing packages that allow access to Independent living, Assisted Living, and Skilled Nursing Facility (SNF) in one community.

*Good Samaritan* - *The Vintage*
Managed Housing

Skilled Nursing Facilities (SNF) (or Nursing Homes)

Licensed healthcare facilities that are inspected and regulated by a state’s Department of Health Services. If they accept Medicare and/or Medicaid, then they are inspected by the Federal Government as well. They provide ADL care and Skilled Care.
Definitions of Housing and Care

Memory Care/Alzheimer Units

Regulations are just now being established. Higher prices must be justified with customized services. (Make sure you inspect and observe this specialty service to ensure it is a true memory unit and not just a locked wing without employee training for this type of care.)

Self-Standing or Part of other SNF or CCRC
How Do I Know When?

1. IADL’s – < Property care, Daily tasks
2. ADL’s – < Daily self-care
3. Medical – >Meds & Healthcare
4. Social - < Interaction & Desire
5. Financial – Afford long-term
Government Grading of Facilities

Center for Medicare and Medicaid
United States Government

“Improving Nursing Home Compare for Consumers”
Five-Star Quality Rating System (2008)

http://www.medicare.gov/nursinghomecompare/search.html
Government Grading of Facilities

Five-Star Quality Rating System

- Much Above Average
- Above Average
- Average
- Below Average
- Much Below Average
Government Grading - Overall

- Staffing
- Health Inspections
- Quality Measures
1. Health Inspections

1st
- 3 most recent annual inspections – weighted in favor of most recent surveys

2nd
- All complaint health inspections – last 3 years
- The rating considers the number and the scope and severity of deficiencies

3rd
- More serious, wide spread deficiencies have a lower rating
- Less serious, isolated deficiencies have a higher rating
Government Grading of Facilities

2. Staffing

1st
- Number of hours of care on average provided to each resident each day

2nd
- Nursing Staff: RN, LPN/LVN & CNA. Total number of registered nurses hours worked and non-registered nursing assistants hours worked

3rd
- Case-Mix Adjusted – accounting for differences in the level of need for care of residents in different nursing home beds
Government Grading of Facilities

Quality Measures

Long-Stay Prevalence Measures
* Mobility change
* High-risk pressure ulcers
* Long-term catheters
* Physical restraints
* Urinary Tract Infection
* Pain
* ADL Change

Short-Stay Prevalence Measures
* Delirium
* Pain
* Pressure Ulcers
Government Grading of Facilities

Strength of New Grading System

➢ Objective professional multi-disciplinary team
➢ Comprehensive look at 180 aspects of care
➢ National standards + Protocols; Oversight by Federal agency
➢ Shows relationship between staffing + quality
➢ In-Depth look at key aspects of care (e.g. pressure ulcers)
Weaknesses of New Grading System

➢ Onsite surveys can be of limited frequency (generally 1-2 times per year)
➢ Different interpretations by individual survey teams
➢ Some variation between States’ systems
➢ Self-Reported by NH staff can vary
➢ Quality Measures are narrowly focused
➢ Limited external quality assurance
1. Nursing Home Name and Information
2. Overall Rating, Health Inspections, Staffing, and Quality Measures
3. Program Participations
4. Number of Certified Medicare/Medicaid Beds
5. Type of Ownership

www.medicare.gov/nursing/checklist.pdf
Excellent Checklist to Take With You to Inspect
CCRC

1. **Good Samaritan Society – Denton Village**
   Independent Living -
   - **60 Twin Homes** - $119,000 to $249,000/buy (Service fee of $875/month) or rent from $1725 to $3275/month.
   - **93 Apts** - $26,240 to $54,080/buy (Service fee of $875/month) or rent from $835 to $1115/month
Denton Area Housing and Prices

CCRC

1. **Good Samaritan Society – Denton Village (cont)**
   
   **Assisted Living -**
   
   14 Beds from $2800 to $3400/month
   (additional fees apply)

   **Skilled Nursing Facility –**
   
   68 Beds - Medicare and Medicaid Licensed
   $241 suite, $211 single, $193 double per day
2. Good Samaritan Society – Lake Forest Village

Independent Living -

67 Twin Homes/Cottages - $38,000 to $62,000/buy. (Service fees of $700-$1100/month) or rent from $1475 to $2224/month.

53 Apts - $20,000 to $61,000/buy (Service fees of $435-1232/month) or rent from $962 to $2285/month.
2. Good Samaritan Society – Lake Forest (cont)

   Assisted Living -
   16 Beds from $3045 to $4770/month
   (additional fees apply)

   Skilled Nursing Facility –
   45 Beds - Medicare and Medicaid Licensed
   $264 suite, $234 single, $215 double per day
3. **The Vintage**

**Independent Living** - No twin homes

**62 Apts** - Cannot purchase apartments. Rent from $1352 to $2195/month. Additional fees apply.

**Assisted Living** -

**43 Beds** from $2580 to $3840/month (additional fees apply)
3. The Vintage

Skilled Nursing Facility –
110 Beds - Medicare and Medicaid Licensed
$248 single, $143 double per day

Alzheimer’s Wing –
18 beds in locked wing. Pricing varies with needs. (Be aware of this....)
Denton Area Housing and Prices

Independent Living – (Stand alone)

Dogwood Estates

116 Apts. – Cannot purchase. Rent from $1900 to 4600/month. Three meals a day required. No cooking allowed. No Medical provided.
Sterling House – Denton

37 Beds – No purchase. Rent from $2850 to $3300/month. Suites extra $.

Admission fee of $2000. Other fees apply. Medicare B certified
Denton Area Housing and Prices

Assisted Living – (Stand alone)

Sterling House – Parkway (same owner)
44 Beds – No purchase. Rent from $3400 to $4010/month. Extra fees apply. Medicare certified

At the Right Place
6 Beds – Rent from $2610 for double to $4800 single. Private pay only.
Denton Area Housing and Prices

**Assisted Living – (Stand alone)**

**Autumn Leaves – AL and Memory Care**

46 Apts – Rent from $5100 to $5850/month. Extra fees apply. Respite care offered. Memory Care offered.

**Denton Golden Meadows**

3 Rooms – Rent from $3000 to $3510/month. Home atmosphere.
Assisted Living – (Stand alone)

Willow Bend AL and Memory Care

24 Memory Care Rooms – Rent from $5280/Month. Extra fees apply. Private pay only for both.
Denton Area Housing and Prices

Assisted Living – (Stand alone)

Shalom’s Place- Bernard Street

Phone was busy every time. Stay away...
Skilled Nursing Facilities (Stand Alone)

Cottonwood Nursing and Rehab

60 Beds – Medicare Certified, $123/day double, $141/day single.

Denton Rehab and Nursing Center

196 Beds – Medicare Certified, $160/day double, $190/day single. Rehab and therapy. Hospice and Palliative Care.
Denton Area Housing and Prices

Skilled Nursing Facilities (Stand Alone)

Senior Care Health and Rehab
146 Beds (only 40 Medicare) - $160/day double only. Rehab offered.

Cross Timbers Rehab and HealthCare
120 Beds - $147 double and $223 single
Skilled Nursing Facilities (Stand Alone)

Lake Village Nursing and Rehab
120 Beds - $145/day double to $195/day single. Rehab offered. Medicare certified.

Longmeadow Healthcare Center
120 Beds - $140 double. Rehab offered. Memory care offered.
Denton Area Housing and Prices

Skilled Nursing Facilities (Stand Alone)

The Corinth Rehab Suites on the Parkway

139 Beds - $160/day double to $240/day single. Rehab offered. Medicare certified.
Veteran’s Benefits are at: Benefits.va.gov

Veteran’s Forms are at
Benefits.va.gov/transformation/disabilityexams/

Local Veteran’s Office is here in Denton
1505 E. McKinney St, Suite 183
Monday-Thursday 8:00 a.m. - 12:00 p.m. and 1:00 p.m. - 5:00 p.m.
Friday 8:00 a.m. - 12:00 p.m.
(940) 349-2950 (Metro) - (972) 434-8813 (Metro)
(Some housing benefits provided if qualified)
**Additional Resources**

**Medicare.gov** - An all-purpose site with interactive tools for planning and paying for long-term care and choosing among drug plans.

**NIHSeniorHealth.gov** - A collaboration of the National Institutes of Health and the National Library of Medicine that provides authoritative information on all diseases and disorders of old age.

**National Institute on Aging** - Describes ongoing research on aging and health and lists clinical trials seeking participants. (http://nihseniorhealth.gov)
Additional Resources

**U.S. Administration on Aging** - Brief fact sheets on aging and links to outside resources for an assortment of caregiving issues, including financial planning, residential options, in-home services, case management and the law. (www.aoa.gov)

**Care Planner** - Free worksheets help users to create a care plan, keep track of medications and expenses, and plan home modifications. (www.longtermcare.gov)

**Govbenefits.gov** - A tool to help determine benefit eligibility for a variety of government programs.
Additional Resources

**American Association of Home and Services for the Aging** - Consumer information on senior housing from an association of non-profit nursing homes, assisted living centers, continuing care retirement communities, adult day care centers and the like. (www.leadingage.org/)

**Assisted Living Federation of America** - Among other resources, offers a database of assisted living facilities searchable by location or parent company. (www.alfa.org/)
Additional Resources

SNAPforSeniors - A searchable housing locator with 60,000 listings, including facilities for Asst. Liv, residential care, nursing and rehabilitation, CCRC and independent living. (www.snapforseniors.com/)

Family Caregiver Alliance - Tips on a wide range of topics, including how to hire help, hold a family meeting, balance work and caregiving, find important papers, and decide where parents should move. (www.caregiver.org/)

National Family Caregivers Association - Provides statistics, research and policy reports, tip sheets, first-person accounts, a newsletter and an exhaustive resource list. (www.nfcacares.org/)
Additional Resources

**Family Caregiving 101** - Advice on time management, asking for help, navigating the health care maze and communicating with insurance companies and hospitals. (http://www.familycaregiving101.org)

**BenefitsCheckUp** - A search tool by the National Council on Aging to determine eligibility for 1,300 benefit programs that help pay for medications, health care, utilities, etc. (www.benefitscheckup.org)

**AARP** - Political position papers, member discounts, demographic research, online versions of its bulletin, and magazine and consumer advice. (www.aarp.org)
Center for Medicare Advocacy - Detailed information about what Medicare covers, and how to enroll and, if necessary, appeal denial of claims. (www.medicareadvocacy.org)

Medicare Rights Center - A similar tutorial on how this government health care program for the elderly works. A link to the Kaiser Family Foundation's "Medicare 101" and a hotline for questions and complaints. (www.medicarerights.org)

National Association of Area Agencies on Aging - Articles on caregiving, policy reports, and links to eldercare service agencies. (www.n4a.org)
Thank you for your time and participation!