

## **Assembly Aging and Long-Term Care Committee**

Assemblymember Ash Kalra, Chair

### **Informational Hearing on Services for Seniors at Home**

Wednesday, October 25, 2017

1:30 p.m.

Talmadge Gateway

Community Room

4422 Euclid Avenue, San Diego, CA

### **BACKGROUND**

#### **An Aging California**

California is home to the largest number of seniors in the nation and their numbers are expanding at a pace unprecedented in history. The California Department of Finance's Demographic Research Unit estimates that California's 65+ population will grow by 43 percent between 2010 and 2020 (from 4.4 million to 6.35 million). By 2030 the 65+ population will reach nearly 9 million people. The ratio of 65+ people will grow from about one in ten people today, to one in five by 2030, approaching one in four in 2040 and beyond. As California's aging population expands at a rate much faster than the general population, the need for housing with supports and services will increase significantly. Older adults and people with disabilities are likely to face high housing costs or live in physically unsupportive environments that are disconnected from services. There is an inadequate supply of affordable supportive housing options for people who need more services and support than can be provided in their homes or apartments or who wish to transition out of an institution into the community.

#### **Senior Home Care Types:**

Senior *independent living centers* cater to seniors who are very independent with few medical problems. Residents live in fully equipped private apartments. A variety of apartment sizes are available from studios to large two bedrooms. Fine dining services are offered with custom-designed meal packages. Often, residents can choose to pay for a specified number of meals per day. Frequently, there are numerous social outings and events to choose from for entertainment.

They are also known as retirement communities, retirement villages, 55 + Communities, Senior Apartments, and continuing retirement communities. They are mostly private pay and range from \$1,500-\$3,500 per month.

***Assisted living communities*** are designed for seniors who are no longer able to live on their own safely, but do not require the high level of care provided in a nursing home. Assistance with medications, activities of daily living, meals and housekeeping are routinely provided. Three meals per day are provided in a central dining room. Residents live in private apartments which frequently have a limited kitchen area. Staff is available 24 hours per day for additional safety. Most assisted living communities provide licensed nursing services. Social activities and scheduled transportation are also available in most communities. A special unit for Alzheimer's residents is available in some, but not all communities. They are mostly private pay and some take Medicaid. They range in price from \$2,500-\$4,000 per month depending on the size of apartment and level of assistance required. Alzheimer care can range from \$2,800-\$4,500 for a shared suite.

***Nursing homes*** provide around-the-clock skilled nursing care for the frail elderly who require a high level of medical care and assistance. Twenty-four hour skilled nursing services are available from licensed nurses. Many nursing homes now provide short-term rehabilitative stays for those recovering from an injury, illness or surgery. Long-term care residents generally have high care needs and complex medical conditions that require routine skilled nursing services. Residents typically share a room and are served meals in a central dining area unless they are too ill to participate. Activities are also available. Some facilities have a separate unit for Alzheimer's residents. They are also referred to as Convalescent Care, Nursing Centers, Skilled Nursing and Long Term Care Facilities. They can be private pay as well as Medicare and Medicaid. They range in price from \$4,000-\$8,000 per month.

Numerous ***senior housing options for people with dementia or Alzheimer's*** are available. With memory impaired, it is important to have 24-hour support and structured activities to ensure their safety and quality of life. Alzheimer's care is delivered in the assisted living setting, as well as in nursing homes and occasionally in personal care homes. Generally, the residents live in semi-private apartments and have structured activities delivered by trained staff members. Most of these living environments have secured or locked areas to ensure no one wanders off. Many times, within the secured areas, residents have access to outdoor walking paths or gardens. They are also known as Memory Care or Dementia Care. They are private pay or Medicaid and range in price from \$3,000-\$7,000 per month.

***Residential care homes*** are private homes that typically serve residents who live together and receive care from live-in caretakers. These homes offer assisted care services for seniors who want a more private, home-like community. Assistance with activities of daily living such as bathing and dressing are typically provided. Amenities and nursing services vary greatly between homes. They are also known as Board and Care Homes, Group Homes or Adult Family Homes. They are private pay and Medicaid and they range in price from \$1500-\$3000 per month depending on the services and level of care provided.

***Home care*** allows older people to remain in their own homes while receiving the assistance they need to help them remain independent. Typically, home care involves providing assistance with

Activities of Daily Living (ADLs) such as bathing, dressing and meal preparation or Instrumental Activities of Daily Living (IADLs) such as transportation, paying bills, making appointments and simply being there to provide companionship and emotional support. Home care services range from once a week to 24 hours a day depending on the needs of the client. It is also known as Home Health Care or Home Care Aide. It can be private pay or Medicare or Medicaid via certified home health agencies. Those services range in price from \$20-\$40 per hour. Home care is provided through In Home Supportive Services (IHSS) and Home Health Care Aides.

***Home care aides*** provide a wide array of nonmedical services to elderly individuals and individuals with physical and mental disabilities. They assist with activities of daily living such as housekeeping, meal preparation, and other personal care services. According to the Bureau of Labor Statistics there are approximately 145,000 private home care aides in California.

***The IHSS program*** provides services to eligible people over the age of 65, the blind, and/or disabled. The goal of the IHSS program is to allow the consumer to live safely in their own home and avoid the need for out of home care. Services almost always need to be provided in the consumer's own home. This could be a house, apartment, hotel, or the home of a relative. People who receive Supplemental Security Income (SSI) or meet all Medi-Cal income eligibility requirements may be able to receive IHSS services. IHSS is a Medi-Cal program and is funded by federal, state, and county dollars. Once eligibility is established, the consumer can hire one or more people to provide their care. A friend or relative may serve as their care provider, or a referral may be obtained through the IHSS Public Authority Caregiver Registry. The care provider must complete all the necessary provider enrollment steps prior to starting work.