Coordinating the Hospital Discharge: Long-Term Care Options

Presentation to the DC Hospital Association

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Agenda

- The Long-Term Care Landscape in DC
- Out-of-State Nursing Facility Policies and Procedures
- Connecting People with Home and Community-Based Services
- Additional Resources
THE LONG-TERM CARE LANDSCAPE
Long-Term Care in the District of Columbia

- Medicaid/Alliance covers 1 out of 3 District residents
- Approximately 33% of DC Medicaid spending was on long-term care in FY 2007
- Long-term care is provided in nursing facilities and in the community through the District’s home and community-based services waiver programs
- Over 4,100 District residents utilize nursing facility services and home and community-based services
Nursing Facility Services

- 19 nursing facilities in DC in 2009
  - Most at 95% occupancy
  - More than 3/4 paid for by Medicaid

- Approximately 2,200 Medicaid beneficiaries in NFs
  - 2,000 found in in-state NFs
  - < 200 in out-of-state (OOS) NFs

- NF care provided to DC Medicaid beneficiaries based on their need for assistance with activities of daily living and instrumental activities of daily living
  - Must meet “Nursing Facility Level of Care”

- Placement must be in a NF that can provide *appropriate* care based on beneficiary’s needs
  - DCHCA website upgrade to provide real-time information to help discharge planners with NF placements
Home and Community-Based Services (HCBS)

- Elderly and Individuals with Physical Disabilities (EPD) Waiver
  - Provides home and community based services to the elderly and individuals with physical disabilities in the District who meet eligibility criteria.

- Approximately 2,000 beneficiaries enrolled in EPD Waiver Program as of April 30, 2009

- 23 EPD providers and growing

- Eligibility criteria:
  - 300% SSI
  - Ages 65+ or individuals with physical disabilities ages 18-64
  - Require NF level of care

- Services include: case management, personal care aide, homemaker, chore aide, respite, personal emergency response system, environmental accessibility adaptations, and assisted living.
Enrollment Trends in Long-Term Care in the District, 2006-2008

- Nursing Facility
- EPD Waiver

Year 2006: Nursing Facility: ~1,500, EPD Waiver: ~2,000
Year 2007: Nursing Facility: ~2,000, EPD Waiver: ~2,500
Year 2008: Nursing Facility: ~2,500, EPD Waiver: ~3,000
CONNECTING PEOPLE WITH LONG-TERM CARE SERVICES
Nursing Facility Placement

- In-State
- Out-of-State
Out-of-State Nursing Facility Placement Process (Big Picture)

Submit Request for Medicaid Level of Care (Form 1728) and Pre-Admission Screening and Resident Review (PASRR) to Delmarva and receive an LOC approval.

Determine if beneficiary can receive care in community. If HCBS not appropriate, contact DC NFs.

Contact at least 2 DC NFs that can provide appropriate care to determine if a bed is available.

If no appropriate beds in DC are available, submit request for OOS placement to DHCF/CLTC*.

Proceed with discharge once OOS approval letter received.

If HCBS is appropriate, contact ADRC.

If bed is available, beneficiary stays in DC.

*DHCF= Department of Health Care Finance; CLTC= Office of Chronic and Long-Term Care
Documents to Submit to DHCF

- **DHCF Out-of-State Placement Forms:**
  - Cover Page for Request for Out-of-State Nursing Facility Placement
  - Request for Out-of-State Placement
  - Proof of Contact of In-State Nursing Facilities (a minimum of two (2) DC facilities must be contacted and deny placement)
  - Beneficiary Agreement

- **Other Required Documentation:**
  - Copy of Request for Medicaid Nursing Facility Level of Care (Form 1728)
  - Copy of Level of Care approval from Delmarva
  - Copy of Pre-Admission Screening and Resident Review (PASRR)
  - Beneficiary’s history and physical. If already completed, the discharge summary may be included as well
  - If the beneficiary requires specialized care (such as trach, dialysis, etc), a copy of the physician and nurse notes
Steps to Follow

- Fax complete packet to the attention of Paula Johnson or Caroline Haarmann in Office of Chronic & Long-Term Care at (202) 442-4799

- Call or email to confirm the packet has been received
  - Paula Johnson: (202) 442-5819 or paula.johnson@dc.gov
  - Caroline Haarmann: (202) 442-9193 or caroline.haarmann@dc.gov

- Once a complete packet is received, DHCF completes its review within 2 business days

- DHCF staff will fax notice of the Department’s decision to discharge planner
Connecting Individuals with Medicaid HCBS/ EPD Waiver

Submit Request for Medicaid Level of Care (Form 1728) to Delmarva and receive an LOC approval.

Determine if beneficiary can receive care in the community. If yes, contact the ADRC.

ADRC Social Worker (SW) will work with applicant and discharge planner on putting in place HCBS including EPD Waiver services.

SW and discharge planner help patient apply for community Medicaid to receive HCBS “bridge” services while simultaneously applying for waiver.

Contact Medicaid home health agency to begin “bridge” services upon discharge.

Proceed with discharge to community. ADRC follows up and monitors application for waiver services.

If no, contact DC NFs.
Facilitating Appropriate Placements

- Facilitate connections between hospitals and NFs, hospitals and home health agencies in same area of city
  - Convene meeting with DCHA and DCHCA or DCHA and HHCADC

- Conduct training session for hospital discharge planners on home and community-based services to increase familiarity with programs and policies
  - Hospitals and home health agencies may both bill for services on day of discharge

- Increase patient awareness of home and community-based services by making patient education materials available in ERs, etc.

How else can DC Government agencies help to facilitate a smooth discharge?
Additional Resources

- **DHCF/CLTC contacts for questions about OOS NF placement:**
  - Paula Johnson: (202) 442-5819, paula.johnson@dc.gov
  - Caroline Haarmann: (202) 442-9193, caroline.haarmann@dc.gov

- **Aging and Disability Resource Center (ADRC):**
  - Connects individuals with a social worker to begin process for enrollment in the EPD waiver program
  - More information on the DC ADRC is at (202) 724-5626 or [www.adrcdc.org](http://www.adrcdc.org)

- **DCHCA Bed Availability Website:**
  - [www.dchca.org](http://www.dchca.org) and select ‘Bed Availability’ link