

Long Term Care in British Columbia 2010

Residential Facilities

Government Subsidized Nursing Homes

How Nursing Homes are organized and administered

Nursing homes/ residential facilities provide 24-hour professional nursing care and supervision in a protective, supportive environment for people who have complex care needs and can no longer be cared for in their own homes.

Admissions to subsidized nursing homes or beds (subsidized beds within a private nursing home) are managed by the Regional Health Authority (RHA). A client can apply for admission by the local RHA. British Columbia's residential access policy ensures seniors and people with disabilities with the highest need and urgency have priority for the first available, appropriate care facility bed. Clients who have been assessed as needing facility care are expected to take the first room that becomes available. Once in a nursing home, clients may request a transfer to a preferred care facility when there is an opening.

Eligibility/Requirements for Admission

To be eligible for subsidized care services clients must be:

- 19 years of age or older;
- residents of British Columbia and have a valid provincial Health Card
- a Canadian Citizen or have permanent resident status and
- unable to function independently because of chronic, health-related problems or have been diagnosed by a doctor with an end-stage illness.

An assessment by a case manager from the RHA will determine the client's eligibility for services, the client's health care needs and whether the client will be required to pay anything toward the cost of the service.

Income/Asset Test

During the assessment, the case manager from the RHA may ask to see war veteran and pension cheque stubs as well as the client's most recent income tax return or notice of assessment as the fee for subsidized nursing homes is based on income level.

Costs

Subsidized nursing home clients will pay up to 80% of their after-tax income, subject to minimum and maximum rates. Rates are adjusted annually based on the consumer price index.

As of January 2010

	Daily Rate	Monthly Rate
Minimum Client Rate	\$29.81/day	\$894.30/mth
Maximum Client Rate	\$96.40/day	\$2932.00/mth

If a couple receives GIS (Guaranteed Income Supplement) and shares the same room in a nursing home, then the couple is eligible to pay \$24.20 per day or \$736.00 per month per person.

If a client receives an income benefit, including disability assistance, their after-tax annual income will be assumed to be \$7,000 or less if the client is residing in a residential facility.

Clients receiving respite care pay the lowest client rate. The respite care rate applies to all beds used for respite care in government-subsidized nursing homes.

Subsidized Nursing Home fees include:

- an assisted meal service
- medication supervision
- personal assistance with daily living activities, such as bathing, dressing or grooming, and
- a planned program of social and recreational activities

Private Nursing Homes

A senior may choose to live in a private nursing home and pay the full fees charged by the individual nursing home. Each individual private nursing home is in charge of its own admissions procedure, waiting lists and fees.

Room Type	Provincial Median	Provincial Range	Vancouver Median	Victoria Median
Semi-Private	\$4823.00	\$4200.00-\$6300.00	\$4823.00	N/A
Private	\$4950.00	\$4000.00-\$8200.00	\$5000.00	\$5821.50
One-bedroom Suites	\$6870.00	\$5100.00-\$8640.00	\$6870.00	N/A

Retirement Homes/Residences

How Retirement Homes are Organized and Administered

A retirement home in British Columbia is a multi-residence housing facility that provides accommodation and services such as meals and cleaning services for older people. Retirement homes in the province are privately owned and operated and not administered by the provincial government. Each facility usually provides a private or semi-private room or complete living suite and then also provides common living quarters, including a lounge area, a common dining room, recreation rooms, cleaning services, social and/or religious programs and some basic health care services. The unit can be paid for on a monthly fee basis, like an apartment, or can in some instances be bought the same way as a condominium.

Admission, fees and waiting lists for retirement homes are controlled by the homes themselves, not by the government. Admission usually depends on the ability to pay and absence of serious medical conditions that require professional nursing care. Residents are responsible for paying their own fees and government subsidies are not available for accommodation in a retirement residence.

Cost of Retirement Home

Type of Home	Provincial Median	Provincial Range
Private Rooms	\$1965.00	\$995.00-\$4900.00
One Bedroom Suites	\$2675.00	\$1565.00-\$5250.00

Home Care

Government-subsidized Home Care

How Government-subsidized home care is organized and administered

Home support services are designed to help clients remain independent and in their own home as long as possible. Home support provides personal assistance with daily activities, such as bathing, dressing, grooming and light household tasks that help to maintain a safe and supportive home.

To apply for subsidized home care a senior must contact his/her local Regional Health Authority (RHA). The RHA will conduct an assessment. If home support assistance is recommended, a case manager will help the client determine the assistance that will best suit their needs and will make the necessary arrangements.

Eligibility/Requirements for Admission

To be eligible for services such as home care nursing, occupational therapy and physiotherapy, clients must:

- be a resident of British Columbia
- be a Canadian Citizen or have permanent resident status, and
- require care following discharge from an acute care hospital, care at home rather than hospitalization or care because of a terminal illness.

To be eligible for subsidized services such as home support and adult day care centres, clients must:

- be 19 years of age or older
- be residents of British Columbia
- be a Canadian Citizen or have permanent resident status, and
- be unable to function independently because of chronic, health-related problems or have been diagnosed by a doctor with an end-stage illness

Income/Asset Test

During the assessment, the case manager from the RHA may ask to see war veteran and pension cheque stubs as well as the client's most recent income tax return or notice of assessment as there may be a daily charge, depending on income.

Costs

Case management, nursing and rehabilitation services are provided free of charge. There may be a daily charge for home support services, depending on income (for most clients, there is no charge). Senior Centres usually charge a low daily fee to assist with the cost of craft supplies, transportation and meals.

Private Home Care

RHA resources are limited and go to the neediest. As a result, many seniors get inadequate amounts of RHA services and have to rely on private home care services to receive the appropriate amount of care.

Costs of Private Home Care

Type of Service	Provincial Median	Provincial Range	Vancouver Median	Vancouver Range	Victoria Median	Victoria Range
Meal Delivery (per meal)	\$6.00	\$4.00-\$21.75	\$6.00	\$5.50-\$21.75	\$6.15	\$4.00-\$7.25
In-home Meal Preparation (per hr)	\$24.00	\$18.00-\$36.95	\$22.50	\$18.00-\$36.95	\$26.70	\$25.00-\$33.72
Laundry/Housecleaning (per hr)	\$23.50	\$18.00-\$36.95	\$22.48	\$18.00-\$36.95	\$29.75	\$23.00-\$33.72
Personal Care (Bathing/Dressing) (per hr)	\$26.50	\$18.00-\$36.95	\$24.88	\$18.00-\$36.95	\$29.00	\$27.00-\$33.72
Companionship/Supervision (per hr)	\$24.98	\$18.00-\$36.95	\$22.48	\$18.00-\$36.95	\$29.75	\$25.00-\$33.72
Skilled Nursing (per hr)*	\$61.87	\$39.75-\$89.50	\$55.00	\$44.00-\$70.00	\$65.00	\$39.75-\$75.00
Physiotherapy (per hr)	\$95.00	\$60.00-\$150.00	\$95.00	\$90.00-\$150.00	N/A	N/A
Occupational Therapy (per hr)	\$96.00	\$60.00-\$150.00	\$96.00	\$90.00-\$150.00	\$100.00	N/A
Palliative Care (per hr)	\$52.00	\$24.00-\$89.50	\$49.00	\$24.50-\$70.00	\$39.75	\$29.00-\$75.00
In Home Relief (per hr)	\$27.25	\$18.00-\$63.00	\$25.00	\$18.00-\$55.00	\$32.95	\$27.00-\$63.00
24 Hour Live-In Care (per hr)	\$414.00	\$189.00-\$886.80	\$492.00	\$189.00-\$886.80	\$348.00	N/A

* Fees range depending on what kind of nurse, such as a registered nurse (RN) or Licensed Practical Nurse (LPN), delivers care.

Adult Day Care

How Adult Day Care Program Works

Adult day care is a program for the elderly, physically located in the community, to provide a safe group setting during the day when family members are not available to care for them. These centres are usually open daily, Mondays through Fridays. They provide a secure, caring and positive setting for the elderly. Nutritious lunch meals are provided which usually accommodate any special diet, along with an afternoon snack.

Adult day care centres can be public or private, non-profit or for-profit. The purpose of an adult day centre is:

- To provide the elderly time to enjoy a setting outside of their house where they can obtain both mental and social encouragement and stimulation and any required health care.
- To provide family caregivers with a much-needed break in order to focus on themselves, take time and relax or go to work.

Candidates

Candidates for adult day care are the elderly who may be:

- Challenged either physically and/or cognitively, but do not require 24-hour supervision or,
- In the early stages of dementia.
- In need of social contact and stimulation.

Adult day care centre participants need to be mobile, with the possible assistance of a cane, walker or wheelchair and in most cases they must also be continent. There are a few specialized day care programs for seniors with specific medical needs.

Costs

As long as you've been a resident of British Columbia for a year the fee for adult day care is \$4/day, which includes lunch. If transportation is used an additional \$2/day is added.

Typical Home Care Scenarios

Scenario 1: Low Level of Care

Mrs. Williams is an 85 year old widow still living at home. She has osteoarthritis and leg edema that is relieved by support stockings. However, because her fingers are arthritic and she cannot bend forward, she requires assistance to put on her stockings. She is able to get around her home using her rollater.

Two months ago Mrs. Williams had a significant fall and lost 9 kg. Both her daughters assist Mrs. Williams on weekends and in the evenings and one of her daughter's husbands maintain the house, lawn, etc. Her daughters report that Mrs. Williams complains that she forgets to eat and that the food in the refrigerator has spoiled. When they are with her, she eats very little and sometimes chokes on her food. To ensure that she eats safely, Mrs. Williams needs meals delivered to her home and also requires a home maker to supervise her meals. To increase her safety, Mrs. Williams requires a home safety assessment as well as some assistance with bathing.

Care Plan

- Meal Delivery: 2 meals a day for weekdays with Meals on Wheels or other meal delivery programs
- Meal Supervision: 1 hour a day for weekdays including recording her meal intake and providing stand-by assistance if patient chokes
- Bathing: 2 times weekly 1 hour each
- Dressing: 20 minutes for weekday mornings to assist with putting on support stockings
- Occupational Therapist: to provide initial assessment for home safety and to make recommendations

	Services Required	Covered by Government⁽¹⁾	Services required to be paid by client	Cost per unit	Monthly Cost
Meal Delivery	10 meals/wk	0	10 meals/wk	\$6.00/meal	\$258.00
Meal Supervision	5 hr/wk	0	5 hrs/wk	\$24.98/hr	\$537.07
Personal Care: Bathing/Dressing	3.7 hrs/wk	2 hrs/week	1.7 hrs/wk	\$26.50/hr	\$193.72
TOTAL per month					\$988.79

In addition, there may be expenses for two visits of an occupational therapist including a 1 hr initial assessment and 45 min follow up after equipment has been installed. The two visits will cost \$168.00 altogether.

Scenario 2: Intermediate Level of Care

Mr. Leung is a 72 year old widower. He lives alone in an apartment in a senior's apartment building in a small community outside of the city. Mr. Leung has cataracts in both eyes and has been diagnosed with dementia. His son assists Mr. Leung in the evenings but is not available on the weekends so he needs meal preparation on weekends. He occasionally forgets to take his medicines and does not eat properly. His son has arranged for him to attend an Adult Day Program four times a week, but worries that he may not remember the days and will sleep in. Although he does not wander out of his apartment, he requires help to get to and from the bus so that he will not get confused and wander. Mr. Leung requires supervision with bathing, laundry, meal preparation and clean-up.

Care Plan

- In-home meal preparation: 2 hours a day for weekends
- Bathing and Personal care: 4 times weekly 1 hour each
- Dressing: 4 times weekly 1 hour each to assist with morning hygiene and dressing for the Adult Day Program
- Safety Supervision: 4 times weekly 30 minutes each, off of the bus and into his apartment so he does not get lost
- Supervision with medication: 1 hour weekly
- Laundry: 2 hours every other week
- House Cleaning: 1 hour weekly

	Services Required	Covered by Government ⁽¹⁾	Services required to be paid by client	Cost per unit	Monthly Cost
In-home Meal Preparation	4 hrs/wk	0	4 hrs/wk	\$24.00/hr	\$412.80
Personal Care: Bathing/Dressing	8 hrs/wk	3 hrs/wk	5 hrs/wk	\$26.50/hr	\$569.75
Adult Day Care Program (no transportation)	4 times/wk	Managed & operated by the RHA at low daily cost to senior	4 times/wk (low daily fee)	\$4/day + \$2/day for transportation	\$137.60
Safety Supervision	2 hrs/wk	2 hrs/wk	0	0	\$0.00
Supervision with Medication	1 hr/wk	0	1 hr/wk	\$24.98/hr	\$107.42
Laundry/House Cleaning	2 hrs/wk	0	2 hrs/wk	\$23.50/hr	\$202.10
TOTAL per month					\$1429.67

Scenario 3: High Level of Care

Mrs. Jensen is 88 years old and lives with her husband who is 93 yrs old in a two-bedroom condominium. The RHA has recommended that Mrs. Jensen be moved to a nursing home. However, her daughter has promised that she will not send her parents to a nursing home. Mrs. Jensen has had a recent stroke and is diabetic. She can transfer on her own but can only walk short distances as her balance is poor and she is at risk for falls. In addition, she has a stage 2 ulcer on her heel that makes walking difficult. For longer distances, she uses a wheelchair. Mrs. Jensen's husband is alert and aware but he is physically frail. She, therefore, requires a caregiver to provide assistance with bathing, meal preparation, house hold chores and to take her to appointments. She needs a nurse to regularly monitor and chart her medicine use, blood sugar readings and clean her heel ulcer and change her bandages. An Occupational Therapist referral is needed to provide recommendations for safety equipment, (safety bars, raised toilet seat, lighting, removing clutter or loose rugs).

Care Plan

- In home meal preparation: 2 hours daily
- Private caregiver: 8 hours daily to assist with bathing, dressing, toileting, transferring and provide caregiver relief
- Private RN: 4 times weekly 30 minutes each to monitor insulin use and chart; to check that medicines are taken accurately; and to monitor and change dressing on heel ulcer
- Laundry: 2 hours every other week
- House Cleaning: 1.5 hours weekly
- Occupational Therapist: to provide initial assessment for home safety and to make recommendations. Two visits including 1 hour initial and 45 minutes follow up after equipment has been installed.

	Services Required	Covered by Government ⁽¹⁾	Services required to be paid by client	Cost per unit	Monthly Cost
In-home Meal Preparation	14 hrs/wk	0	14 hrs/wk	\$24.00/hr	\$1444.80
Personal Care: Bathing/Dressing	56 hrs/wk	20 hrs/wk	36 hrs/wk	\$26.50/hr	\$4102.20
Skilled Nursing	2 times/wk	1 hr/wk	1 hr/wk	\$61.87/hr	\$266.04
Laundry/House Cleaning	2.5 hrs/wk	0	2.5 hrs/wk	\$23.50/hr	\$252.63
TOTAL per month					\$6065.67

In addition, there may be expenses for two visits of an occupational therapist including a 1 hr initial assessment and 45 min follow up after equipment has been installed. The two visits will cost \$168.00 altogether.

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- (1) The hours of care allotted by the RHA mentioned above are an estimate only. Actual hours allotted by the RHA may be more or less depending on a formal care assessment and regional availability.

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