



CASTLE WORKS REALTY INC.
REAL ESTATE OPTIONS FOR AGING

HOUSING OPTIONS FOR THE AGING GUIDE

FINDING A NURSING HOME IN NEW YORK



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NURSING HOME PLACEMENT

Individuals who cannot remain at home or in an assisted living facility because they have significant physical or mental health limitations, may need to consider a nursing home. In order to qualify for a nursing home, an individual must have a series of physical and mental evaluations done in order to determine if they meet the level of care provided by a nursing home. This evaluation, referred to as the Patient Review Instrument (PRI), is done by a registered nurse certified to complete the Instrument. The PRI/Screen is the physical and cognitive assessment tool that is performed to understand the patient's physical and mental needs and limitations. Most nursing home facilities regulate assistance with Activities of Aging Living (ADL). These ADL's include bathing, dressing, toileting and feeding, etc. It is important to understand that most of the services provided in a nursing home are provided by nurses' aides under the supervision of licensed healthcare professionals, registered nurses, or a licensed practical nurse. There are two types of care provided in a Nursing Home. The first is short term rehabilitation and the second is long-term care.

Medicare and Nursing Home Coverage for Rehabilitation

Short term rehabilitation centers are designed to help patients heal and build up strength after an illness, medical episode, or a surgical procedure. Patients work with various therapists including physical therapy, occupational therapy and speech therapy. Rehabilitation services are paid for by Medicare for up to 100 days. Days 1- 20 are covered 100% by Medicare. Days 21-100 are paid 80% by Medicare and 20% by the patient. This 20% amount is called a co-pay and it is established annually. For example, in 2020 the co-pay amount is \$176.00 per day. It is important to note that many Medigap insurance policies cover the rehabilitation co-pay. Patients can also remain in the nursing home as a long-term care patient. This requires continued private pay or payment by Medicaid.

Note: Medicaid eligibility rules are discussed in detail under the publication New York Nursing Home Medicaid.

Choosing the Appropriate Rehabilitation Center

In order to choose the proper rehabilitation center, you must first consider the following:

1. Check the New York State Department of health website for rehabilitation care center ratings.
2. You could also check the Medicare site for rehabilitation ratings as well (medicare.gov). It is important to remember that rehabilitation care is for a limited period of time. The stay is not necessarily permanent and the goal is to get back home and/or to an alternate care setting. Some patients may need to convert to long-term care after they have completed rehabilitation care, especially if they have not made significant progress.

The following criteria may be employed when searching for the appropriate rehabilitation care center.

- Is my insurance accepted at the facility?
- What is the patient to staff ratio?
- What are the credentials of the staff?
- Does the facility specialize in any particular area, for example, cardiovascular rehabilitation, orthopedic rehabilitation, post stroke rehabilitation?
- How often is physical therapy, occupational therapy, and speech therapy offered?
- What types of treatment teams will be involved in the care?
- How does the facility appear regarding cleanliness?
- How responsive is the staff to the patients?
- How well do they interact with residents?
- Does the facility schedule care planning meetings on a regular basis?
- Is the patient and family involved in the planning meetings?
- How well is the infection control policy developed and implemented?

Remember to trust your own impressions, feelings and emotions. How does the facility feel to you? Is this a place where you feel you can heal most effectively?

Choosing a Nursing Care Facility for Long-Term Care

When a person can no longer tend to their Activities of Daily Living (ADL's) a nursing home facility may be the most appropriate setting for a person to receive care. Nursing homes, often referred to as Skilled Nursing Facilities provide a spectrum of health and personal services. This type of care is focused more on medical and nursing care and it also provides assistance with all the aspects of activities of daily living (ADLs), including assistance with bathing, dressing, toileting, and eating. Skilled nursing facilities typically include nursing care by registered nurses and licensed practical nurses, 24-hour supervision, attendant care by aides under healthcare professional supervision, three meals per day, assistance with personal care, medication administration, housekeeping and laundry, security, on site staff, social and recreational activities, and access to medical care and supervision. It may also include rehabilitation services such as physical, occupational and speech therapy. When choosing a nursing home for long-term care individuals should consider the following:

- Check the New York State Department of health website for nursing home ratings;
- Check the Medicare survey for individual nursing homes created by the Social Security Administration under Medicare.gov
- In addition, the following criteria may be appropriate:
 - Patient to staff ratio;
 - The availability of physicians and registered nurses on site;
 - Pay close attention to patient to staff ratio on weekdays, nights, weekends and holidays;
 - Appearance and cleanliness in the facility;
 - How are patients being treated?
 - How do the patients interact with the staff?
 - How many patients are being restrained?
 - Where are the patients during the day?
 - How is the staff attending to patient needs?
 - How is the food? Quality? Dietary limitations?
 - What type of food is being offered?
 - Is there availability for counseling of other types of emotional/spiritual being offered?
 - What activities are offered in the facility?

- What religious services are available on site and/or is there transportation to houses of worship nearby?
- How does the facility deal with dementia and other cognitive impediments?
- How does the facility deal with infection control?

Remember to check the DOH website for ratings and also the history with infection and patient care, complaints, and lawsuits;

Also, a resident in a nursing home has certain rights and protections under the federal and New York State law. Residents have the following rights:

- The right to be informed;
- Make his or her own decisions, or designate a representative to make decisions as a surrogate if the resident becomes incapacitated;
- The resident has a right to have personal information kept private;

In addition, residents can expect the following rights as outlined under the federal Medicare law. For more information visit Medicare.gov. Residents can expect:

- To be free from discrimination;
- To be free from abuse and neglect;
- Have the ability to exercise his or her rights as a citizen;
- To designate a representative who must be notified about care;
- To get proper medical care;
- To be treated with respect;
- To be free from restraints;
- To have protections against involuntary transfer or discharge;
- To participate in treatment planning;
- To spend time with visitors and participate in resident groups;
- To get information on services and fees, and how to make complaints.

Remember to choose carefully and be fully informed. Consider the patients desires and goals, talk to family and friends about their experiences with many nursing homes in the area and call different homes to arrange for a visit. Always ask questions that are important. Visit the nursing homes multiple times during

different times of the day and week. It may be advisable to visit on a weekend and remember to carefully review any contracts or admission agreements. It may be appropriate to have any legal documents reviewed by legal professional familiar with Elder Care. For further information contact Family Care Connections at 516-248-9323