

Medical Foster Home: Where Heroes Meet Angels



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Medical Foster Home: Where Heroes Meet Angels

1. Convergence of challenges
2. What is VA Medical Foster Home (MFH)?
3. What is VA Home Based Primary Care?
4. Can we increase access while reducing costs?
5. Clinical and economic outcomes

Convergence of challenges

1. Increasing population in advanced stages of serious chronic disabling diseases
2. Increasing population need for support and long term care
3. Proportionately fewer family caregivers
4. Tightening financial constraints: Unsustainable rise in health care costs

Can we increase care while reducing costs?

What is Medical Foster Home (MFH)?

- Alternative to nursing home in a personal home at half the cost.
- For those with serious chronic disabling diseases who can no longer remain safely at home; lack strong family carer
- Person takes dependent Veteran into their home, as MFH carer. Role of strong family carer.
- VA Home Based Primary Care team provides carer education, comprehensive medical care in home

What is VA Home-Based Primary Care (HBPC) ?

- Comprehensive, longitudinal primary care
- Delivered in the home
- By an Interdisciplinary team: **Nurse, Physician, Social Worker, Rehabilitation Therapist, Dietitian, Pharmacist, Psychologist**
- For persons with advanced chronic disabling disease
- When routine clinic-based care is not effective

For those “too sick to go to clinic”

Disease Prevalence in HBPC

Impairments in Activities of Daily Living, plus -

<u>Disease</u>	<u>% of patients with disease</u>
Heart disease	72%
Diabetes	48%
Depression	44%
Heart failure	35%
Dementia	33%
Substance abuse	29%
Cancer	29%
Anxiety/Personality Disorder	24%
Post-Traumatic Stress Disorder (PTSD)	21%
Schizophrenia	20%

Home Based Primary Care (HBPC)

Impact on Hospital Days and Total Costs - Two studies and Medicare Demonstration

- **Non-VA:** 722 in HBPC; 2161 propensity matched controls
- 2yr study: 20% lower hospital and skilled nursing facility costs
- **HBPC 17% lower total Medicare cost**
 - Effects of Home-Based Primary Care on Medicare Costs in High-Risk Elders., J Am Geriatr Soc Oct 2014
- **VA:** 6951 HBPC Veterans also enrolled in Medicare (MC)
- Hierarchical Condition Category (HCC) scores to project cost
- 36% reduction in combined VA+MC hospital days
- **12% reduction in combined VA+MC costs, including HBPC**
 - Better Access, Quality and Cost for Clinically Complex Veterans with HBPC. J Am Geriatr Soc Oct 2014
- **HBPC emerging in Medicare: Independence at Home**
 - * 8400 Medicare beneficiaries, \$25M lower cost in year 1



JAGS 2014 Article



www.msnbc.msn.com/id/40153870/vp/49934637#49934637

What is VA Medical Foster Home?

- Alternative to nursing home in a personal home, at lower cost
- Merges adult foster home with VA Home Based Primary Care
- Carer takes dependent Veteran into their personal home; role of strong family carer
- MFH Carer provides daily supervision and personal assistance
- VA HBPC team provides caregiver education, comprehensive medical care in home
- VA MFH Coordinator provides oversight

MFH: Different from Assisted Living

- ALL in MFH meet nursing home level of care with need for 24/7 care
- ALL have medical complexity, with medical care provided in the home by HBPC team
- MFH is the carer's personal home
- No more than 3 persons receiving care

An alternative to nursing home, in a personal home, at half the cost





VETERANS HEALTH ADMINISTRATION

How is MFH paid for?

- Veteran pays for room & board (\$2400/mo)
- VA provides HBPC (\$1350/mo)
- VA provides oversight and MFH coordination (\$600/mo)
- Total MFH costs = \$4350/mo or \$52,200/yr
- Nursing Home cost = \$7878/mo or \$94,535/yr

- \$42,000/yr lower direct costs, not accounting for differences in hospital and other costs

Total Costs in Matched Cohorts

- Total costs of care in MFH are \$7,075/month lower than costs of caring for similar Veterans in Community Nursing Homes. Medical care \$5,130 lower compared to community nursing homes; 39% fewer hospital days.
 - E Pracht, C Levy, Am J Med Qual Aug 2015
- Safety in MFH: Equivalent or better than NH in 22 factors
- Self-reported safety in MFH: “Completely/Extremely safe”
- Satisfaction: Exceptional
- Families: Great appreciation



Making a Difference: The VA Medical Foster Home Story

<http://www.msnbc.msn.com/id/40153870/vp/49934637#49934637>

VETERANS HEALTH ADMINISTRATION

Safety is Paramount in MFH

- Carers pre-screened; carer experience; match
- MFH Coordinator makes unannounced home visits, checks in with Veterans, fire/safety
- MFH Carer is responsible for supervision, housing, food & entertainment for Veteran
- Home Visits: 8 in first month; 3.6-4.4/mo after
- No confirmed cases of abuse or neglect
- Concerns proactively addressed; occasionally resident relocated

Geriatrics and Extended Care: The Veteran Experience

- Home Based Primary Care
 - “They kept me out.When you go from five [Emergency Room visits] to none, somebody is doing their job.”
- Hospice/Palliative Care
 - “All the love I’ve ever needed in my life is here. ...I could get to a point where I really don’t care about much of anything. And the people here provide me with the love to never have to go in that direction. It keeps me alive that love.”
- Medical Foster Homes
 - “Freedom. I have freedom. I just appreciate all the VA has done to make living here more comfortable and safe, definitely safe.”

VA Medical Foster Home Summary

- Alternative to nursing home at substantially lower cost, for those needing nursing home care, lack strong family carer
- MFH expanding nationally: 4 cities in 2008 to 118 cities now
- MFH carers have fulfilling employment and personalized training
- Safety equivalent to nursing home; efficient oversight
- MFH carers can care for family member while paid for care of others
- Income for MFH carers, lower societal costs for long term care