



LONG TERM CARE (LTC) E- NEWSLETTER – July – August 2012: Volume 10, Number 6

Welcome to the [LTC E-NEWSLETTER](#), a monthly electronic newsletter of the [Long Term Care Community Coalition](#). Note to Readers: To go directly to an article, click on its page number in the Table of Contents. Once you are at the article, click on any underlined text for a link to more information or to send a message in “Spotlight on Advocacy.”

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TABLE OF CONTENTS

STUDY: ONE IN FIVE NURSING HOME RESIDENTS FALL IN 1ST MONTH; FEWER FALLS OCCURRED WITH HIGHER RATIOS OF CERTIFIED NURSE AIDES..... 1

FEDERAL GOVERNMENT RELEASES 2011 FIGURES ON UNPAID ELDER CARE..... 2

SPOTLIGHT ON ADVOCACY: NEW YORK STATE MEDICAID REDESIGN WAIVER: URGE STATE TO INVEST IN DEPARTMENT OF HEALTH OVERSIGHT STAFF 2

WE’RE ON THE WEB! 3

LTCCC LINKS OF INTEREST..... 4

[Study: One in Five Nursing Home Residents Fall in 1st Month; Fewer Falls Occurred With Higher Ratios of Certified Nurse Aides](#)

[Philly.com](#) reported on a new study that examined nursing home resident falls in their first month of residency in the nursing home. The study, published in the [Journal of the American Geriatric Society \(Volume 60, June 2012\)](#), examined the relationship between an individual experiencing a fall during this time period and various nursing home facility characteristics, including staffing, profit and chain status, religious affiliation and number of beds). The study found that nursing homes with higher ratios of certified nurse aides to residents had lower incidence of residents falling in their first month in the facility. The philly.com article noted that

[t]his is likely because certified nursing assistants provide most of the hands-on patient care during high fall-risk activities such as dressing, using the bathroom, and moving around, said lead author Natalie Leland, a research gerontologist and occupational therapist at the University of Southern California, and colleagues. ...Identifying and managing fall risks among these residents is a challenge because these people are in a new place and are unfamiliar to staff, the study authors said.

[http://www.philly.com/philly/health/HealthDay665947_20120625_One-Fifth_of_Nursing_Home_Residents_Fall_in_First_Month.html?cmpid=138896554]

Federal Government Releases 2011 Figures on Unpaid Elder Care

[The New York Times](#) reported on July 5 that the federal Bureau of Labor Statistics began collecting information on elder care for the first time last year. Those data, [published by the Bureau](#) at the end of June, provide numerous interesting insights into elder care in the United States, including:

- “16 percent of the U.S. civilian noninstitutional population age 15 and over were eldercare providers” (almost 40 million Americans);
- The majority of elder care providers (56 percent) were women; and
- Middle aged individuals were most likely to provide elder care (almost one in four people ages 45-64).

The Bureau defines elder care providers as “those who provided unpaid care to someone over the age of 65 who needed help because of a condition related to aging.” Further information, including data on number and percent of the U.S. population and various subpopulations who were eldercare providers is available on the [Bureau’s website](#). [The New York Times article](#) provides a number of interesting insights into the relevance of the Bureau’s findings.

[<http://www.bls.gov/news.release/atus.t13.htm>]

Spotlight on Advocacy: New York State Medicaid Redesign Waiver: Urge State to Invest in Department of Health Oversight Staff

New York State is proposing an amendment (MRT Waiver) to its 1115 waiver to implement the Medicaid Redesign Team's Action Plan to change Medicaid in the state. It is proposing to use some of the federal savings from the managed long term care

mandate in various ways. [See http://www.health.ny.gov/health_care/medicaid/redesign/mrt_waiver.htm for information on this amendment.]

LTCCC is urging the state to use some of the money (if it gets approval from the federal government) to invest in more and better trained inspectors for nursing homes as well as more staff to oversee the transition from fee-for-service to mandatory managed long term care. See, "[Comments on MRT Waiver - Reinvestment Strategy: INVEST IN MONITORING AND OVERSIGHT OF LONG TERM CARE.](#)"

The MRT Action Plan is a major change for the state's long term care consumers. Over time all Medicaid/Medicare recipients over 21 needing over 120 days of community based long term care services and nursing home residents will be required to join a mandated managed long term care plan or other care coordination model. In addition, within a few years, all nursing homes wanting to serve such a population will be required to have a contract with a managed long term care plan that will pay them for their costs. As a result, quality oversight will become much more complex and challenging. At the same time as these Medicaid program changes are being implemented, due to fiscal issues, government oversight offices, already understaffed and, in our opinion, unable to ensure adequate protections, will have to deal with these changes with the same or diminishing resources.

The state is soliciting comments from the public. Please let our state leaders know that you agree with LTCCC and urge it to invest in more and better trained surveillance and oversight staff.

[Click here](#) to send a message now:

http://capwiz.com/nhccnys/issues/alert/?alertid=61485886&MC_plugin=3202.

We're on the Web!

www.ltccc.org: Our main website, with access to all of our issues, policy briefs and research.

www.assisted-living411.org: For information on assisted living, including consumer issues and policies.

www.nursinghome411.org: For information on developments in nursing home care, regulation and policy issues.

LTCCC Links of Interest

[View](#) the latest enforcement actions against nursing homes in New York State.

[Read](#) the latest edition of LTCCC's quarterly newsletter, The Monitor.

[Tools for Stakeholders & National Report on Increasing Transparency and Consumer Involvement in States' Uses of Nursing Home Civil Money Penalties](#) to Improve Care and Quality of Life.

LTCCC study: Government Monitoring & Oversight of Nursing Home Care in [Word](#) or [PDF](#).

Long term care information booklet in [Chinese](#) and [English](#) for Chinese consumers: What You Need to Know about Long Term Care.

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