

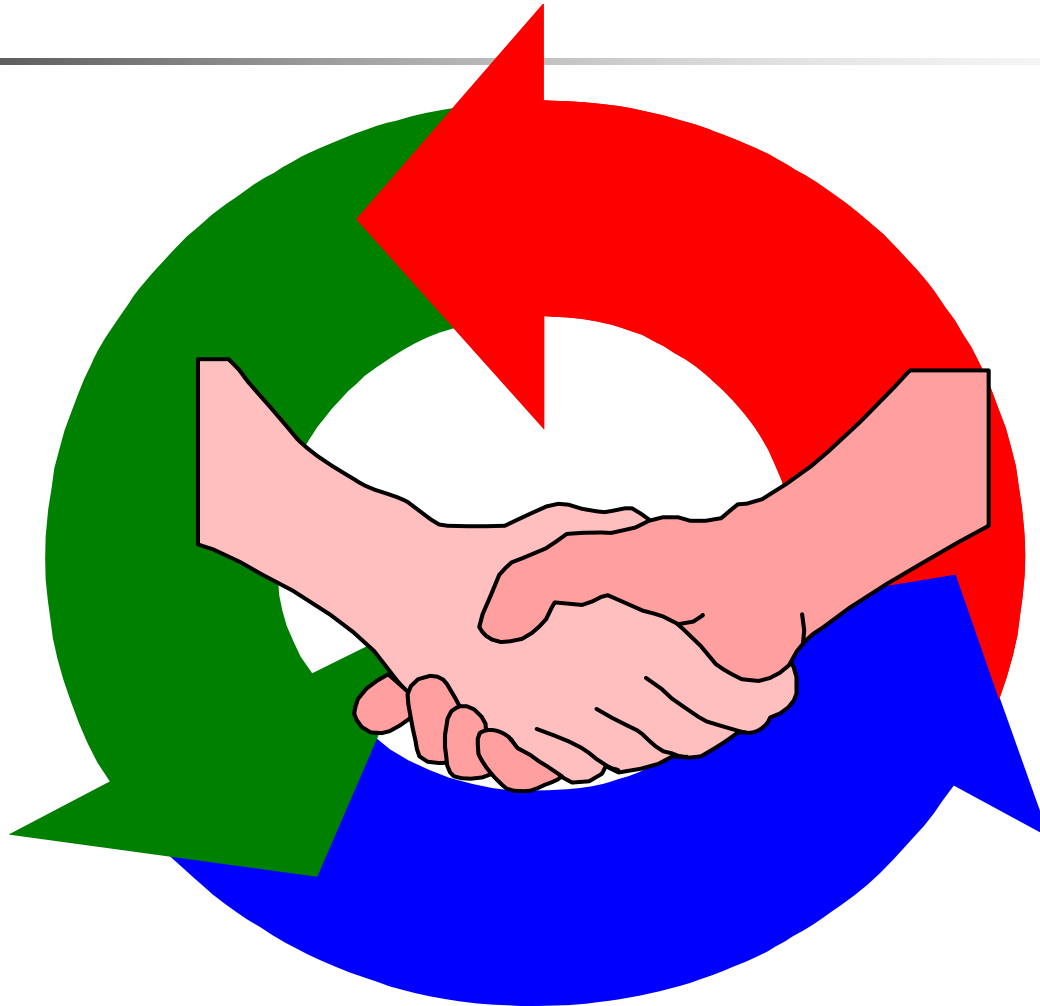
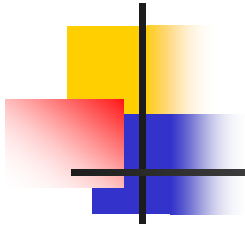
Living Independently For Elders: A Nursing Academic Owned PACE Model



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CMS, State, PACE Organization Partnership



The Philadelphia Inquirer

Nursing care takes a smart detour

A new approach to the frail elderly finds it's cheaper to help them maintain their independent lives at home — which most prefer.

By Michael Vitez
INQUIRER STAFF WRITER

Ruby Biggs is an example of America's looming problem — and of one solution. How do we care for soaring numbers of old, frail people?

Biggs is young by today's standards, just 73. But her arthritis is so bad that even with a walker she can take only a few steps and is still prone to falls. She has an ulcer, diabetes, memory loss. She has no husband, no children.

She is a classic American nursing home resident.

Except she lives at home, alone — the beneficiary of a pioneering new program in long-term care that is taking off, especially in Pennsylvania.

The program, LIFE (Living Independently for Elders), is designed to give people sick enough for a nursing home another option — to live at home, but get their medical care, socialization, and even a hot meal at a center in their community.

And at less cost than a nursing home. Biggs visits a LIFE center in West Philadelphia by van five days a week, where she receives medical care from a team of doctors, nurse practitioners, nurses, social workers and therapists.

She eats lunch there, plays bingo, and returns home in the afternoon. The program also pays for an aide to come by her apartment every morning and evening to help her dress and undress. On weekends, a nurse visits to help with insulin.

"Without our program she would default to a nursing home," said Peter Stein, a geriatrician with the LIFE/Penn

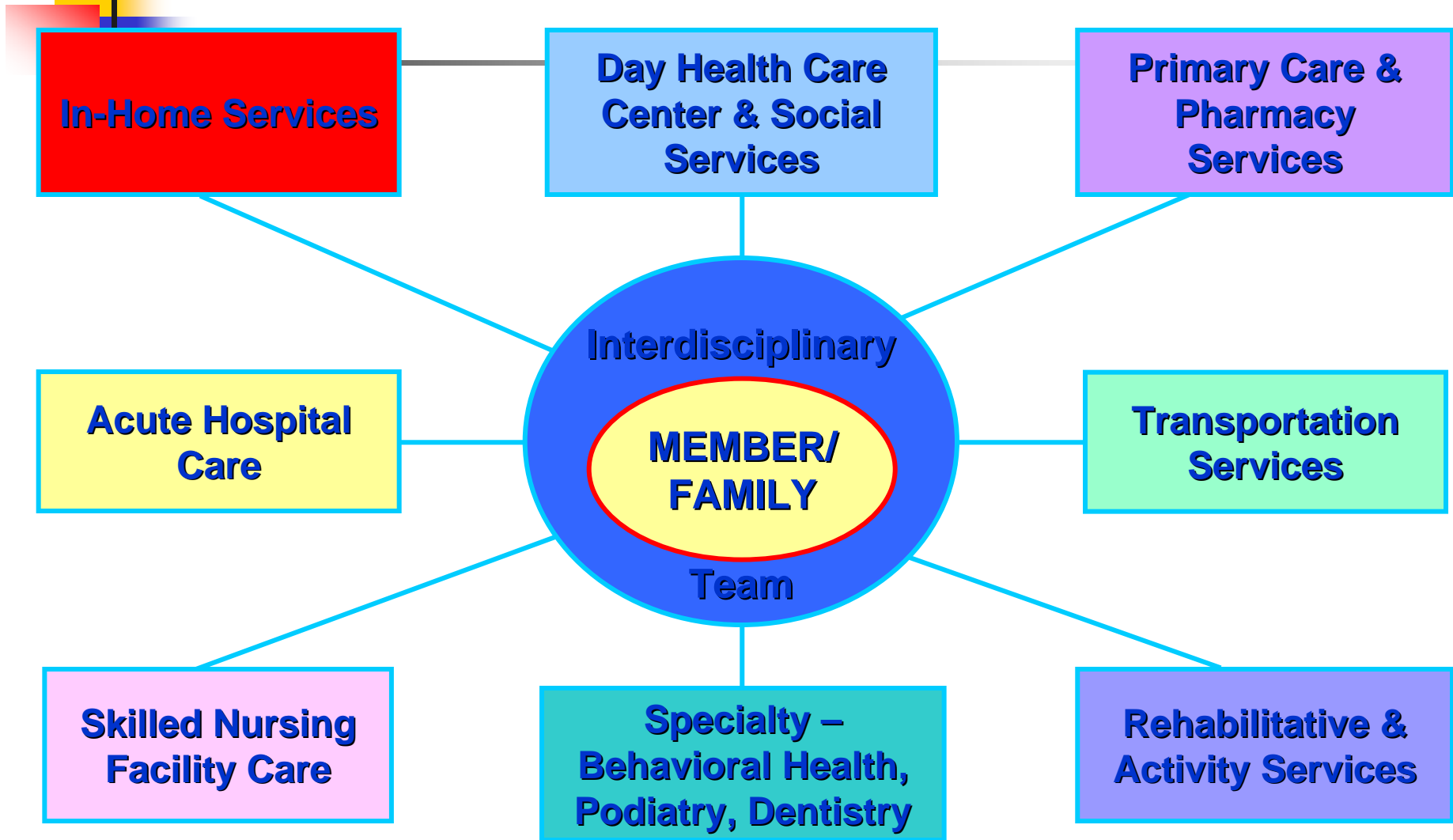


Established 1998 by Penn School of Nursing



INSIDE
Boomers need a push to plan and save for long-term care, a health-care expert says.
Currents, D1.

Living Independently for Elders (LIFE) PACE Integrated Model of Care

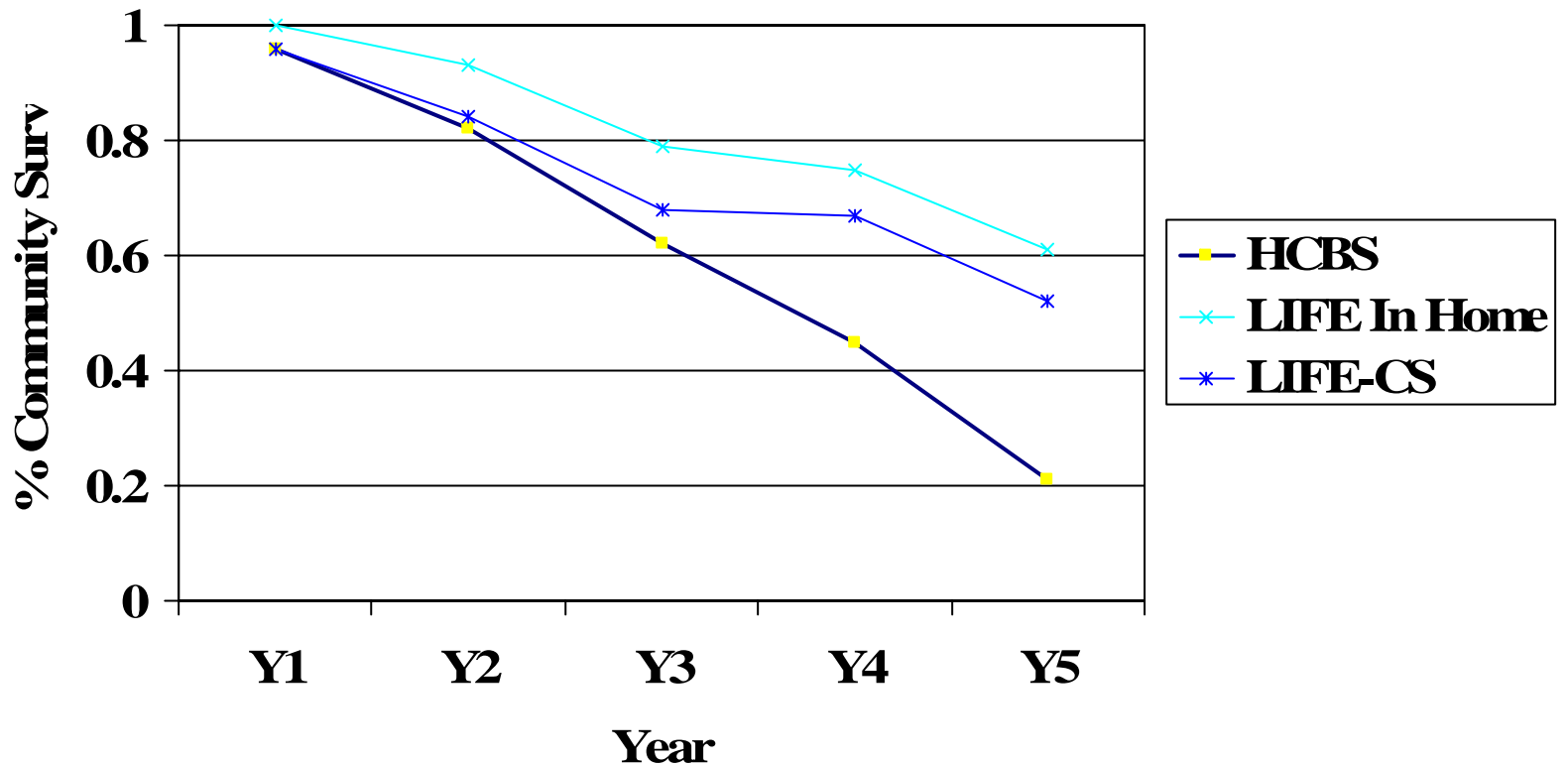


LIFE Nursing Professional Model

- Owned and operated – Penn School of Nursing
- Director of Nursing & Member Services
- Primary Care – Nurse Practitioners
- Geropsychiatric Nurse
- Home Health Nurse Practitioner
- Home Care Nurses
- Day Center Triage Nurses



Community Survival with In-Home LTC Services in a 5-year Inception Cohort (2001-2005)



Outcomes of LIFE UPenn

- In patient Admissions = 7.6%
- ER Visits = 2.1%
- Nursing Home = 11.7%
- Save Commonwealth 15-20% on Medicaid reimbursement (15 cents on the dollar)
- 6-9% turnover rate among staff at LIFE UPenn (9.1% 2006-07)

“Medically the LIFE Center has really helped control my blood pressure, but it also gives me communication with others, and that’s important since I live by myself. I look forward to singing in the choir, playing *The Price Is Right*, and doing ceramics here. . . even going to the zoo. You need to get out, you can’t just sit home and rock in a chair.”

Vivian Lites, 70,
LIFE Council Board
Member,
former child day care
provider



“When I came here I couldn’t use my hands, and could hardly walk. The LIFE Center does wonders for me two days every week. The pain medication I get here is the most important thing after my strokes, heart attacks, arthritis, and gout. They keep me active with my hands, just like when I used to make plaques for the government.”

Robert L. Hale, Sr., 68,
LIFE Council Board
member,
retired carpenter and
masonry man



Transitional Care Model

Naylor et al., 2004

Blumenauer Transition Care Bill Proposal

