

When is placement needed?

- Dementia/Alzheimer's behaviors such as Wandering, Exit Seeking, Aggression, etc.
- When the patient requires specialized services that must be cared for or monitored by a Nurse
- When more than 1 person is needed to care for someone (i.e. transfer assistance, bathing, bariatric, bedridden requiring repositioning)
- When the family cannot afford 24 hour services, but their loved one requires 24 hour care and supervision
- When the patient would benefit from a Community Setting for socialization and activities
- Respite relief for families while there is continued recovery
- Hospice (especially for end-of-life care)
- Incident Driven situations – such as strokes, hip fractures, etc.
- Medication administering

What is an RCFE?

- Residential Care Facilities for the Elderly (RCFE) are **non-medical** facilities that provide around-the-clock care and supervision to residents, ages 60 and above, who need help with activities of daily living (ADL's).
- **Activities of Daily Living (ADL's)** - Bathing, dressing, grooming, ambulation, toileting, incontinence, medication management, transportation, meals, laundry, housekeeping, etc.
- **Amenities** - Some RCFE's offer daily activities, outings, allow for personal pets, can arrange for short-term respite stays, provide furnishings, have religious services, etc.
- **Specialized Services** - Only some RCFE's can provide care for: Wander Risks, Exit-Seekers, Sundowner's, Catheters, Ostomies, Two-Person Transfers / Hoyer Lift, Bariatric, Insulin Injections, Special Diets, Bedridden, Feeding Tubes, Hospice, etc.

What types of RCFE's are available?

- **Residential Care Facilities** - Also known as “Board and Care”. 1-15 beds. Staff Ratio of 1-3 caregivers to 6 residents.
- **Assisted Living Communities** - 16+ beds. Staff Ratio of 1 caregiver to 10-15 residents.
- **Alzheimer's/Dementia Care** - Also known as “Memory Care”. Behaviors must be stabilized. Secured for wanderers and some exit seeking.
- **Specialty Alzheimer's/Dementia Care** - For those with behaviors, or those who need a secured environment for severe exit seeking.

Cost of RCFE vs. In Home Services

Average In Home Care cost - \$28.50/hour

Average Total Cost for 24 Hour Care - \$20,520/month

Average RCFE cost - \$5000 - \$6000/month

For heavier needs like, Bedridden (with repositioning every 2 hours), multiple Diabetic Injections, Ostomies, Feeding Tubes, wound care, bariatric, or 24 Hour Awake Staff the rate will average between \$6000 - \$8000/month*

*Rates all vary based on the area.

Funding

- RCFE's are primarily PRIVATELY FUNDED by the Patient
(Not covered by Medicare or Medi-Cal)
 - Long-term Care Insurance
 - Supplemental Security Income (SSI/SSP)
 - Veteran's Aid and Attendance Pension Benefit
 - Family supplementing care costs
 - Reverse Mortgage, Secured Lines of Credit
 - Assisted Living Waiver Program (ALW) through Medi-Cal – Currently, this program has a near 2 year waiting list to apply.

San Diego RCFEs

19,610 RCFE beds in
588 facilities

12,511 Assisted Living beds
(119)

2,834 Board & Care beds (458)

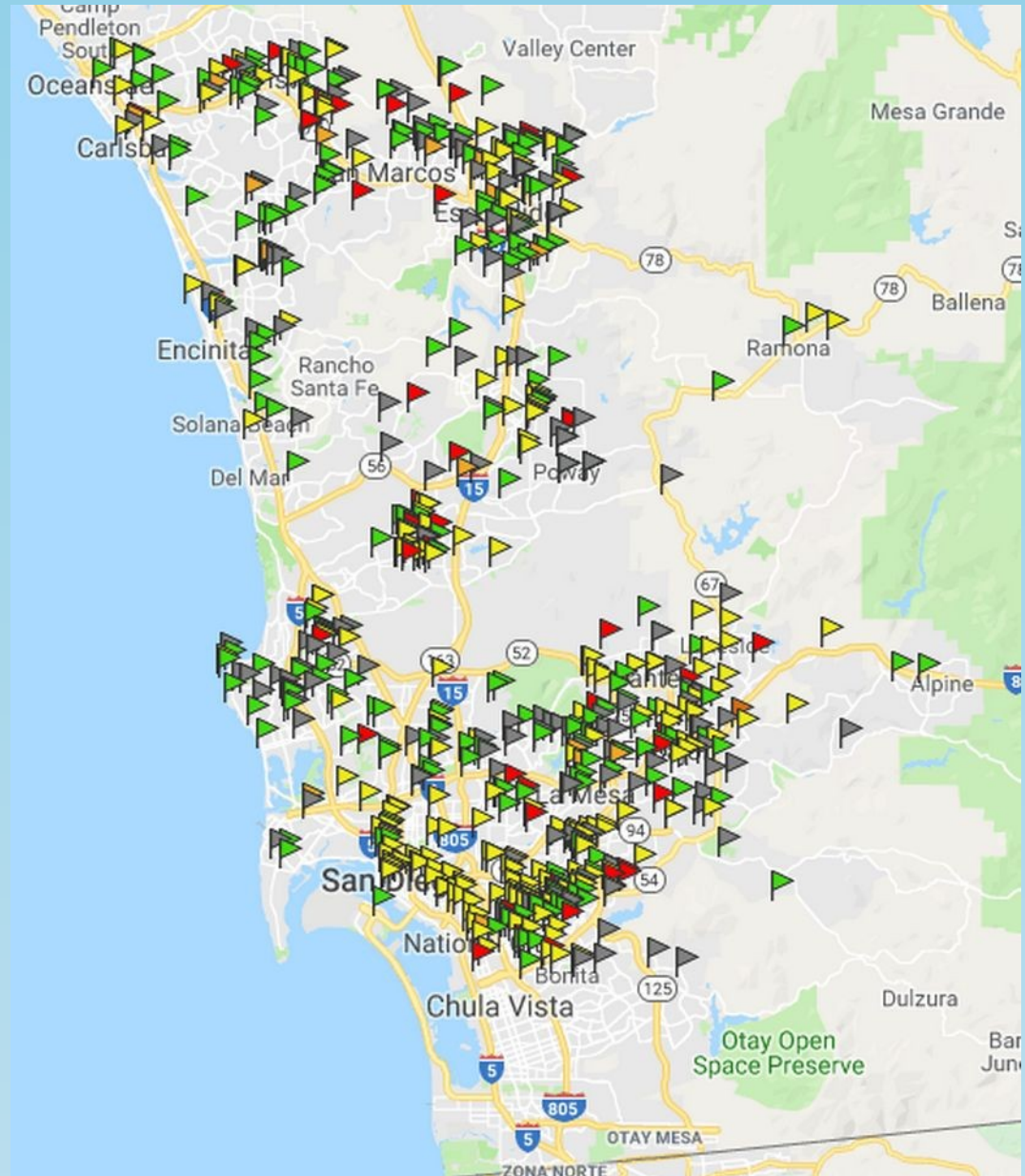
1,195 beds in **21 RCFEs**
Pending Licensure

5,505 Alzheimer's/MC
beds in **57** facilities

399 RCFEs have
Hospice Waivers (**59%**)

Avg. Hospice Rate = \$120

(as of 1/1/19)



Orange County

RCFEs

20,447 RCFE beds
in **947** facilities

12,076 Assisted Living beds
(95)

5,031 Board & Care beds (841)

5,422

Alzheimer's/Memory
Care beds in **51** facilities

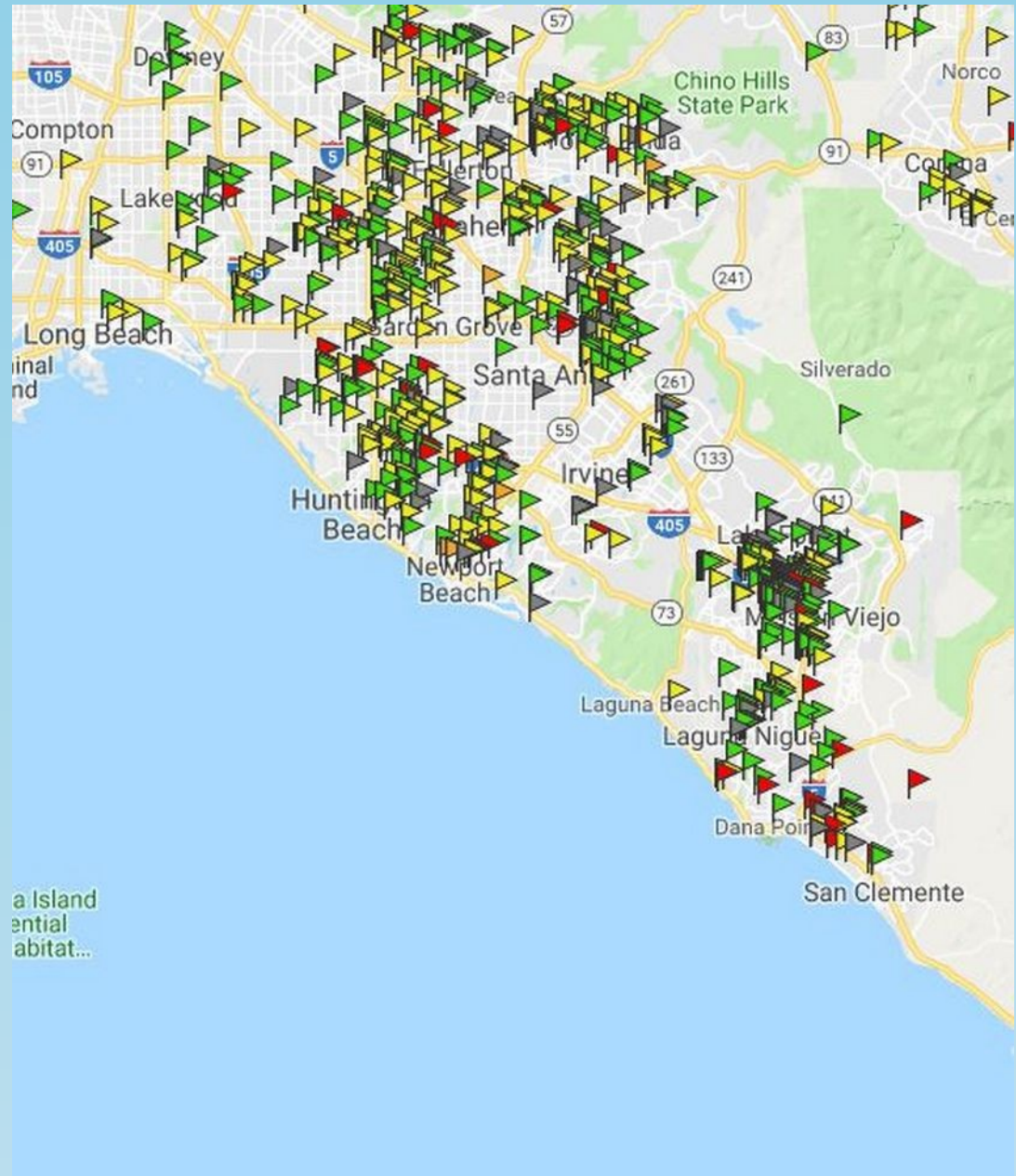
5,368 Assisted Living MC beds
(42)

54 Board & Care MC beds (9)

614 RCFEs have
Hospice Waivers (**66%**)

Approx. 65 Hospice Beds Now
Available in 55 RCFEs

Avg. Hospice Rate = \$120
(as of 1/1/19)



Our Mobile Database App

- **Homes Database** - With nearly 2,000 homes in San Diego and Orange County, we track all licensed RCFE's and regularly check Community Care Licensing to keep up-to-date on all pending locations, as well as those that have closed, or changed ownership. We also monitor their Complaints and Deficiencies with licensing so that we know which homes are having neglect issues, and which homes have a clean standing with licensing.
- **Mobile App** - At the patient's bedside, we are able to help families locate care homes in their preferred area. The app has pictures of each RCFE as well as notes from our personal visits, and family testimonials.

Title 22 Restricted Health Conditions

The following are allowed if self-managed by the resident OR administered by an Appropriately Skilled Professional, such as, a Registered Nurse:

- Oxygen (Gas / Liquid)
- Catheter (staff can only empty the bag of it's contents)
- Colostomy/Ileostomy (staff can only empty the bag of it's contents)
- Fecal Impaction Removal, Enemas and/or Suppositories
- Contractures
- Injections
- Intermittent Positive Pressure Breathing (IPPB) Machine
- Stage 1 & 2 Pressures Sores

Title 22 Prohibited Health Conditions

New Allowances in RCFE, some with Restrictions

- Stage 3 & 4 Pressure Sores (Prohibited, unless on Hospice)
- Communicable Infections – Staph, CDIFF, MRSA, etc. (Prohibited, unless colonized)
- G-Tube, PEG, NG-Tube, IV's (Some allowances on Hospice, or if in a home with 24-hour Nursing)
- Bedridden (Requires Fire Clearance)
- Wound VAC
- Psych/Mental Illness as a primary diagnosis (Must not have any behaviors that would disturb other residents.)

Residential Care Home High End

Private rooms from
\$6500

Shared rooms from
\$5000



Residential Care Home High End

Private rooms from
\$6500

Shared rooms from
\$5000





**Residential Care
Home**
Moderately Priced
Private Rooms from
\$5000
Shared Rooms from
\$4000



**Residential Care
Home**
Moderately Priced
Private Rooms from
\$5000
Shared Rooms from
\$4000





**Residential
Care Home**
Low Cost
Private rooms
from \$3000
Shared rooms
from \$1800





Residential Care Home Low Cost

Private rooms from
\$3000

Shared rooms from
\$1800



Assisted Living - High End

Studios from \$4500

1 Bedrooms from \$7000

2 Bedrooms from \$11,500

*Care Fees are additional, and not included in the above rates



Assisted Living – High End

Studios from \$4500

1 Bedrooms from \$7000

2 Bedrooms from \$11,500

*Care Fees are additional, and not included in the above rates





**Assisted Living -
Moderately Priced
Studios from \$3500
1 Bedrooms from
\$4000**

*Care Fees are additional, and are not included in the above rates.



Assisted Living - Moderately Priced Studios from \$3500 1 Bedrooms from \$4000

*Care Fees are additional, and are not included in the above rates.



Assisted Living - Low End

Private rooms from \$2500

Shared rooms from \$1800

*Care Fees are additional, and are not included in the above rates.





Assisted Living - Low End

Private rooms from
\$2500

Shared rooms from
\$1800

*Care Fees are additional, and are not
included in the above rates.



Assisted Living - Alzheimer's Care

Private rooms from \$4500

Shared rooms from \$3500

*Care Fees are additional, and are not included in the above rates.



Assisted Living - Alzheimer's Care

Private rooms from \$4500

Shared rooms from \$3500

*Care Fees are additional, and are not included in the above rates.



Specialty Alzheimer's/Dementia Care

Specialty Alzheimer's/Dementia Communities focus their services on those who have more severe Dementia symptoms, and it's related behaviors such as: agitation, wandering, exit seeking, yelling, sexual behaviors, etc. While they do specialize in behaviors, they will require that aggressive behaviors such as kicking, hitting, biting, and more severe sexual advances be treated with appropriate medications, and their behaviors to be stable prior to admission.

These Communities have a higher staff ratio to provide more one-on-one care than a standard Memory Care Community. Some have Psychiatrists on site, Geriatric Physician's, and Behavioral Nurses.

When to contact Care Placement

When staying at home is no longer appropriate for the patient and family...

Care Placement will then discuss what options are available to the patient and their family based on their needs. We will also review their finances to see what resources are available to them. With almost 600 RCFEs in San Diego, it can be overwhelming for a family to narrow down their options. Care Placement has a team who specialize in knowing the care homes and communities, and can help narrow down what options are a fit for the family based on the care needs, area, budget, and special requests (likes to garden, has a cat to bring, etc.).