Maine Long Term Care: An Overview

Richard A. Erb, President and CEO
Nadine L. Grosso, Vice President & Director of Communications
February 2021
Joint Standing Committee on Health & Human Services
Reduction in Nursing Home beds

- 1994 – Maine had 11,000 beds
- MED '94 – Concerted effort by State
- Nursing home closures
- Today – down to 6,506 beds

Increase in Residential Care or Assisted Living, known as PNMI (private non-medical institution)

- Much of the growth occurred before 2006
- Waiting lists prior to COVID-19
- High consumer satisfaction
- Allows aging in place

LTC System Changes
Assisted Living/Residential Care Profile

According to DHHS:
• 75% of residents are MaineCare beneficiaries

Saves the State money
• About half the cost of nursing home care

Resident acuity has increased
• By 30% since 1998

Increased demand for Memory Care
• Serves people with cognitive needs who may not need nursing home level of care
Assisted Living Resident Profile

- High Percentage with Dementia - 47%
- Average resident is 83 yrs
- 70% are women
- 88% have no spouse
- Most have given up their homes to live in a PNMI and many are eligible for nursing home level of care

Alice Chasse,
Ridgewood Estates
Assisted Living,
Madawaska
Assisted Living/Residential Care Funding

Assisted Living Payer Source

- 75% MaineCare
- 25% Private Pay

Source: DHHS/Muskie School, January 1, 2021
Nursing Home Resident Profile

High percentage with Dementia
Over 53% have dementia diagnosis
15% higher than national average

High Staff to Resident Ratios
Provide average of 4.5 staff hours per resident per day
Highest in New England, 4th highest in the U.S.

High Acuity
Maine nursing home residents need help with an average number of 4.36 Activities of Daily Living, compared to 4.26 nationally

Donald Burke, Marshall Healthcare Facility, Machias
Nursing Home Funding

Nursing Home Payer Source

- MaineCare: 69%
- Private Pay: 21%
- Medicare: 11%

Source: BerryDunn, 2020
The number of people aged 65 and over in Maine is projected to rise 49% over the next 15 years, from 250,195 to 374,017. (Census Bureau)

Alzheimer's Association projects 35,000 Maine seniors will have Alzheimer's disease in 2025, compared to 25,000 in 2014 (Maine Chapter, Alzheimer's Association)

Just 37% of people think they will need long term care, but 69% of people actually will. (Maine Senior Guide)

Persons over 65 in Maine with dementia are 5x more likely to live in a PNMI and 11x more likely to live in a nursing home (Muskie School)

Bertrand Mathieu, Marshwood Center, Lewiston
How to reach MHCA:

Phone: 207-623-1146

Email:
reb@mehca.org
ngrosso@mehca.org

On the Web:
www.mehca.org

Follow us on Facebook:
https://www.facebook.com/Maine-Health-Care-Association-415136628521232
View Dashboard Measures by State

**Maine** and U.S. average; gray represents range of state performance

<table>
<thead>
<tr>
<th>State</th>
<th>Maine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dates</td>
<td>Multiple values</td>
</tr>
</tbody>
</table>

**Nursing Home Resident Deaths**
(COVID-19 deaths per 100 residents)

<table>
<thead>
<tr>
<th>Date</th>
<th>10/18/2020</th>
<th>11/15/2020</th>
<th>12/20/2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deaths</td>
<td>0.47</td>
<td>0.78</td>
<td>1.88</td>
</tr>
</tbody>
</table>

In the last month (four weeks ending 12/20/2020) in Maine, there were 1.03 COVID-19 deaths per 100 nursing home residents.

**Nursing Home Resident Cases**
(COVID-19 cases per 100 residents)

<table>
<thead>
<tr>
<th>Date</th>
<th>10/18/2020</th>
<th>11/15/2020</th>
<th>12/20/2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cases</td>
<td>2.8</td>
<td>5.7</td>
<td>10.8</td>
</tr>
</tbody>
</table>

In the last month (four weeks ending 12/20/2020) in Maine, there were 5.3 COVID-19 cases per 100 nursing home residents.

**Personal Protective Equipment (PPE)**
(% of facilities without at least a 1 week supply of all PPE types)

<table>
<thead>
<tr>
<th>Date</th>
<th>10/18/2020</th>
<th>11/15/2020</th>
<th>12/20/2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facilities without 1 week supply</td>
<td>52.7%</td>
<td>46.7%</td>
<td>54.6%</td>
</tr>
</tbody>
</table>

In the last month (four weeks ending 12/20/2020) in Maine, 54.6% of nursing homes did not have a one week supply of all PPE.

**Staff COVID-19 Cases**
(Confirmed staff COVID-19 cases - rate per 100 residents)

<table>
<thead>
<tr>
<th>Date</th>
<th>10/18/2020</th>
<th>11/15/2020</th>
<th>12/20/2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cases</td>
<td>2.7</td>
<td>5.4</td>
<td>4.9</td>
</tr>
</tbody>
</table>

In the last month (four weeks ending 12/20/2020) in Maine, there were 4.9 nursing home staff cases per 100 residents.

**Staffing Shortages**
(% of facilities with a shortage of nurses and/or aides)

<table>
<thead>
<tr>
<th>Date</th>
<th>10/18/2020</th>
<th>11/15/2020</th>
<th>12/20/2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shortages</td>
<td>35.5%</td>
<td>37.8%</td>
<td>39.8%</td>
</tr>
</tbody>
</table>

In the last month (four weeks ending 12/20/2020) in Maine, 39.8% of nursing homes had a shortage of direct care workers.