Long Term Care in Prince Edward Island 2016

Residential Facilities

GOVERNMENT-SUBSIDIZED NURSING HOMES

How Nursing Homes are Organized and Administered

Nursing homes in Prince Edward Island are residential long term care facilities that provide accommodation, supervisory care, personal care and nursing, and medical services on a 24-hour basis. “Nursing homes” refer to both publically supported manors and licensed nursing care beds in private nursing homes.

Assessment and admission for a nursing home within Prince Edward Island is managed by the Department of Health. The Department of Health also sets fees for public nursing homes.

Eligibility/Requirements for Admission

To be eligible for admission into nursing homes a client must:

- be a citizen or permanent resident of Canada,
- be ordinarily present for six months or more (in a year) in Prince Edward Island,
- hold a valid Provincial Health Card for Prince Edward Island, and
- have been assessed as needing a nursing home level of care.

Income/Asset Test

Persons going into, or already in, a nursing home who have sufficient income to pay nursing home costs are not required to go through the income assessment process.

Individuals who cannot afford the standard rate can apply to have their accommodation rate reduced by undergoing an income-based financial assessment. At this time, the applicant will be asked to provide his/her most recent income tax information (Notice of Assessment provided by Canada Revenue Agency). Qualified applicants will be eligible for subsidization by the government. The Department of Health will pay the shortfall of the resident’s actual income and the accommodation costs, and there is a provision for a comfort allowance in the amount of $103.

Costs

The Department of Health funds the basic health care services for all residents in manors and private nursing homes. Basic health care services include nursing and personal care services on a 24/7 basis, including administration of medication and assistance with the activities of daily living. They also include services and supplies for the care of residents such as blood glucose monitoring, management of skin care, management of incontinence, infection control, lab tests,
basic supplies for personal hygiene and grooming, equipment for general use of the resident and foot care.

The nursing home resident pays for the accommodation as well as personal items such as clothing, telephone/internet, personal equipment, transportation, recreation and health related services not funded by the government e.g. ambulance services, prescription drugs (if not funded under medication programs), physiotherapy, private nurse or other health care provider.

The cost of accommodation to self-paying residents in publically supported manors is $82.59/day.

PRIVATE NURSING HOMES

A client may choose to live in a private nursing home and pay the full fees charged by the individual nursing home. Each individual private nursing home is in charge of its own admissions procedure, waiting lists and fees. However, for residents of PEI, the government contributes up to $82.59/day towards private nursing home health care costs, but not accommodation costs.

Costs for Private Nursing Homes

<table>
<thead>
<tr>
<th>Type of Accommodation</th>
<th>Provincial Median</th>
<th>Provincial Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Rooms(per month)</td>
<td>$3,981.60</td>
<td>$2,850.00 - $5,453.70</td>
</tr>
</tbody>
</table>

RETIREMENT HOMES / RESIDENCES

How Retirement Homes are Organized and Administered

A retirement home in Prince Edward Island is a multi-residence housing facility that provides accommodation and services such as meals and cleaning for older people. Retirement homes in the province are privately owned and operated and not administered by the provincial government. Each facility usually provides a private or semi-private room or complete living suite as well as common living quarters, including a lounge area, a common dining room, recreation rooms, cleaning services, social and/or religious programs and some basic health care services. The unit can be paid for on a monthly fee basis, like an apartment, or can in some instances be bought the same way as a condominium.

Admission, fees and waiting lists for retirement homes are controlled by the homes themselves, not by the government. Admission usually depends on the ability to pay and absence of serious medical conditions that require professional nursing care. Residents are responsible for paying their own fees and government subsidies are not available for accommodation in a retirement residence.
## Cost for Retirement Homes

<table>
<thead>
<tr>
<th>Type of Accommodation</th>
<th>Provincial Median</th>
<th>Provincial Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Rooms (per month)</td>
<td>$2,878.05</td>
<td>$2,008.50 - $4,206.00</td>
</tr>
<tr>
<td>One-Bedroom Suites (per month)</td>
<td>$3,128.25</td>
<td>$600.00 - $5,656.50</td>
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</tbody>
</table>

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## Home Care

### GOVERNMENT-SUBSIDIZED HOME CARE

#### How Government-subsidized Home Care is Organized and Administered

Home support services are designed to help clients remain independent and in their own home for as long as possible. Home care services include professional health care services as well as personal care services such as bathing, dressing, grooming and light household tasks that help to maintain a safe and supportive home.

In Prince Edward Island, home care is managed by the Home Care Department of the Department of Health. Referrals can be made to Department of Health by the individual requiring care, a family or friend. A care co-ordinator will conduct a home care assessment which involves looking at care services that an individual is eligible to receive based on his/her needs as well as the ability of the family to provide care. The hours of care granted by the Department of Health depend upon assessment. Subsequent to the major overhaul of long term care and home care services that took place in April 2007, the tentative maximum for home care is 28 hours per week.

#### Eligibility/Requirements for Admission

To be eligible for the Home Care Program an individual must:

- be a citizen or permanent resident of Canada,
- be a resident of Prince Edward Island,
- have a need that can be feasibly fulfilled with home care.

#### Income/Asset Test

There is no income or asset test.

#### Costs

There are no charges for home care. All home care is publicly funded.
PRIVATE HOME CARE

Home care resources are limited and go to the neediest. As a result, many clients get inadequate amounts of home care services and have to rely on private home care services to receive appropriate care.

Costs of Private Home Care

<table>
<thead>
<tr>
<th>Type of Service</th>
<th>Provincial Median</th>
<th>Provincial Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal Delivery (per meal)</td>
<td>$4.00</td>
<td>$3.00 - $5.00</td>
</tr>
<tr>
<td>In Home Meal Preparation (per hr)</td>
<td>$20.25</td>
<td>$18.75 - $21.75</td>
</tr>
<tr>
<td>Laundry/Housecleaning (per hr)</td>
<td>$20.88</td>
<td>$18.75 - $26.00</td>
</tr>
<tr>
<td>Personal Care (Bathing/Dressing) (per hr)</td>
<td>$22.75</td>
<td>$20.50 - $26.00</td>
</tr>
<tr>
<td>Companionship/Supervision (per hr)</td>
<td>$19.88</td>
<td>$19.75 - $26.00</td>
</tr>
<tr>
<td>Skilled Nursing* (per hr)</td>
<td>$51.00</td>
<td>$45.00 - $55.00</td>
</tr>
<tr>
<td>Physiotherapy (per hr)</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>Occupational Therapy (per hr)</td>
<td>N/A</td>
<td>N/A</td>
</tr>
<tr>
<td>In Home Relief (per hr)</td>
<td>$20.00</td>
<td>$19.75 - $26.00</td>
</tr>
<tr>
<td>Palliative Care (per hr)</td>
<td>$26.00</td>
<td>$20.50 - $55.00</td>
</tr>
<tr>
<td>24 Hour Live-in Care (per hr)</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

N/A = Insufficient sample size obtained to justify inclusion

* Fees listed are for RNs however, these fees may vary depending on the type of nurse, such as a Registered Nurse (RN) or a Licensed Practical Nurse (LPN), delivering the care.

Adult Day Programs

How Adult Day Programs Work

Adult day programs are designed for special needs adults, physically located in the community, to provide a safe group setting during the day when family members are not available to care for them. These centres are usually open daily, Mondays through Fridays (some on Saturdays as well). They provide a secure, caring and positive setting for adults with special needs – those experiencing memory loss, communication disorders, social isolation or physical disabilities. Nutritious lunch meals are provided which usually accommodate any special diet, along with an afternoon snack. Participants need to be mobile, with the possible assistance of a cane, walker or wheelchair. Adult Day programs can be public or private, non-profit or for-profit.

Adult day programs in Prince Edward Island are managed and operated by and accessed through the Department of Health, Home Care program. Seniors pay daily fees to cover part of meals & activities.
The purpose of an adult day program is:

- to provide special needs adults time to enjoy a setting outside of their house where they can obtain both mental and social encouragement, stimulation and any required health care, and
- to provide family caregivers with a much-needed break in order to focus on themselves, take time and relax or go to work.

Candidates for adult day programs are special needs adults who may be:

- challenged physically and/or cognitively, but do not require 24-hour supervision or,
- in the early stages of dementia or,
- in need of social contact and stimulation.

Costs

The cost for an adult day program in Prince Edward Island is $5 - $6/day. Transportation is extra.

Typical Home Care Scenarios

Scenario 1: Low Level of Care (Early in the crisis management stage of care)

Mrs. Williams is an 85 year old widow living in her own home. She has osteoarthritis and leg edema. She must wear support stockings to relieve her edema and because her fingers and back are arthritic, she needs help getting dressed. To get around her home, she uses a walking support device or rollator. Both of Mrs. Williams’ daughters help her out regularly on weekends and evenings while her son-in-law helps maintain the house and takes care of the lawn.

After fracturing her femur in a significant fall 9 months ago, Mrs. Williams’ mobility has severely decreased and she lost 9 kg or almost 20 lbs. as a result. She tells her daughters that she forgets to eat and the food in her refrigerator is spoiled. During their visits, her daughters notice she eats very little and sometimes chokes on her food.

To help her eat safely and address other needs, Mrs. Williams and her daughters agree it’s time for some formal care. She needs meals delivered to her home, someone to supervise her meals and assistance with dressing and bathing. She would also benefit from a home safety assessment.

Care plan to assist family caregivers part-time

- Meal delivery – 2 meals a day on weekdays provided by Meals on Wheels or another meal delivery program
- Meal supervision – 1 hour a day on weekdays (to include a record of food intake and assistance if patient chokes)
- Personal Care (bathing, dressing) – 1 hour a day on weekdays
- Occupational therapist: to provide initial home safety assessment and recommendations
### Services Required

<table>
<thead>
<tr>
<th>Services Required</th>
<th>Frequency</th>
<th>Covered or Subsidized by Government (1)</th>
<th>Services Required to be Paid by Client</th>
<th>Cost per Unit</th>
<th>Monthly Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal Delivery (meals/wk)</td>
<td>10</td>
<td>0</td>
<td>10</td>
<td>$4.00</td>
<td>$172.00</td>
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<tr>
<td>Meal Supervision (hrs/wk)</td>
<td>5</td>
<td>0</td>
<td>5</td>
<td>$22.75</td>
<td>$489.13</td>
</tr>
<tr>
<td>Personal Care (Bathing/Dressing) (hrs/wk)</td>
<td>5</td>
<td>2</td>
<td>3</td>
<td>$22.75</td>
<td>$293.48</td>
</tr>
</tbody>
</table>

**Total per month**

$954.60

In addition, there will be expenses for two visits of an occupational therapist including a 1 hr. initial assessment and 45 min follow up after equipment has been installed. The two visits will cost $175.00 altogether.

### Scenario 2: Intermediate Level of Care (Late in the crisis management stage of care)

Mr. Leung is a 72 year old widower. He lives with his daughter and her husband in a small community outside the city. Mr. Leung has cataracts in both eyes. He also has dementia which has progressed to the point where he requires continual supervision. He forgets to take his medication, does not eat properly and cannot safely prepare meals. He needs cues for dressing and bathing.

Mr. Leung’s daughter and her husband assist him in the mornings, evenings and weekends but aren’t available during the day on weekdays. For weekdays, they enrolled him in an adult day program 2 days per week and hired someone to accompany him to and from the program. For the remaining 3 days of the week they’ve hired someone to supervise him and keep him company. They’ve also arranged help for laundry and house cleaning.

**Care plan to assist family caregiver full time, during the week**

- Companionship/Supervision: 3 times a week, 8 hours a day
- Adult Day Program: 2 days a week
- Safety Supervision: to and from the Adult Day Program - 2 times a week, 30 minutes each way
- Laundry/House cleaning: 3 hours a week

<table>
<thead>
<tr>
<th>Services Required</th>
<th>Frequency</th>
<th>Covered or Subsidized by Government (1)</th>
<th>Services Required to be Paid by Client</th>
<th>Cost per Unit</th>
<th>Monthly Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Companionship/Supervision (hrs/wk)</td>
<td>24</td>
<td>3</td>
<td>21</td>
<td>$19.88</td>
<td>$1,795.16</td>
</tr>
<tr>
<td>Adult Day Program (excluding transportation) (days/wk)</td>
<td>2</td>
<td>2</td>
<td>2</td>
<td>$5.50</td>
<td>$47.30</td>
</tr>
<tr>
<td>Safety Supervision (hrs/wk)</td>
<td>2</td>
<td>2</td>
<td>0</td>
<td>0</td>
<td>$0.00</td>
</tr>
<tr>
<td>Laundry/Housecleaning (hrs/wk)</td>
<td>3</td>
<td>0</td>
<td>3</td>
<td>$20.88</td>
<td>$269.35</td>
</tr>
</tbody>
</table>

**Total per month**

$2,111.82
**Scenario 3: High Level of Care (Dependence stage of care)**

Mr. and Mrs. Jensen live in a two-bedroom condominium. Mr. Jensen is 93 years old, alert and aware but physically frail. Mrs. Jensen is 88 years old, diabetic and recently had a stroke. Her balance is poor and she’s at high risk for falling. She can only walk short distances and needs help to get around. She also has heel ulcers that make walking even more difficult. For longer distances, she uses a wheelchair.

Her family doctor recommends Mrs. Jensen move to a nursing home. But because Mr. and Mrs. Jensen’s daughter promised she wouldn’t send her parents to a nursing home, she needs to make alternate arrangements. Options include using a caregiver to assist Mrs. Jensen with bathing, dressing, toileting, walking, meal preparation, household chores and transportation to and from appointments. A nurse could monitor and chart her medicine use and blood sugar levels, clean her heel ulcers and change her bandages. Mr. and Mrs. Jensen would also benefit from a home safety assessment by an occupational therapist who may recommend safety bars, raised toilet seats, better lighting, removing clutter and securing loose rugs.

**Care plan to assist family caregivers full-time, every day**

- In-home meal preparation – 7 days a week, 2 hours daily
- Private caregiver – 7 days a week, 8 hours daily to assist with bathing, dressing, toileting and walking and relieve spouse of caregiver duties
- Private Registered Nurse – 4 times a week for 30 minutes to monitor and chart medicine use and blood sugar levels and monitor and change dressing on heel ulcers
- Laundry – 2 hours every other week
- House cleaning – once a week for 90 minutes
- Occupational therapist: to provide initial home safety assessment, recommendations and a 45 minute follow-up after equipment installation

<table>
<thead>
<tr>
<th>Services Required</th>
<th>Frequency</th>
<th>Covered or Subsidized by Government(1)</th>
<th>Services Required to be Paid by Client</th>
<th>Cost per Unit</th>
<th>Monthly Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>In Home Meal Preparation (hrs/wk)</td>
<td>14</td>
<td>0</td>
<td>14</td>
<td>$20.25</td>
<td>$1,219.05</td>
</tr>
<tr>
<td>Personal Care (Bathing Dressing) (hrs/wk)</td>
<td>56</td>
<td>13</td>
<td>43</td>
<td>$22.75</td>
<td>$4,206.48</td>
</tr>
<tr>
<td>Skilled Nursing (hrs/wk)</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td>$51.00</td>
<td>$219.30</td>
</tr>
<tr>
<td>Laundry/Housecleaning (hrs/wk)</td>
<td>2.5</td>
<td>0</td>
<td>2.5</td>
<td>$20.88</td>
<td>$224.46</td>
</tr>
<tr>
<td>Total per month</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>$5,869.29</td>
</tr>
</tbody>
</table>

*In addition, there will be expenses for two visits by an occupational therapist including a 1 hr. initial assessment and a 45 min follow up after equipment has been installed. The two visits will cost $175.00 altogether.*
(1) The hours of care allotted by the Department of Health mentioned above are an estimate only. Actual hours allotted by the Department of Health may be more or less depending on a formal assessment and regional availability.

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