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Opieka długoterminowa nad osobami starszymi w USA

Long term care for elderly in USA

Streszczenie

Celem artykułu jest przedstawienie lekarzom i pracownikom służby zdrowia w Polsce systemu opieki długoterminowej nad osobami starszymi w USA. Liczba osób powyżej 65 roku życia wzrasta i przewiduje się, że pomiędzy rokiem 2009 i 2050 osiągnie w Stanach Zjednoczonych około 80 milionów. Podobną tendencję obserwuje się na całym świecie. Jest to spowodowane ogromnym postępem w medycynie, nowymi technologiami diagnostycznymi i leczniczymi, wzrostem poziomu świadomości zdrowotnej w społeczeństwie, jak również opracowywaniem profilaktycznych programów, co konsekwentnie prowadzi do przedłużenia średniej życia. Osoby starsze będą wymagały kompleksowej, kosztownej i długoterminowej opieki.

W artykule przedstawione zostały różne formy opieki nad osobami starszymi: opieka w domu pacjenta, opieka z rozszerzoną opieką socjalną oraz medyczną, krótkotrwałe leczenie w domach starców (w przypadku potrzeby rehabilitacji pooperacyjnej), domy starców oraz nowe formy opieki w tak zwanych Green House.

Słowa kluczowe: opieka długoterminowa, opieka socjalna, osoby starsze, Stany Zjednoczone.

Summary

The main purpose of this article is to introduce physicians and health care providers in Poland to American system that was designed to care for elderly in the different settings. During the 20th century the number of people under 65 in US has tripled. It is predicted that between now and the year 2050, the number of elderly will double and will reach 80 million in USA alone. This tendency will be seen all over the World and it will become a global health and management problem. With the tremendous advances in medical research and technology, development of new diagnostic procedures and medications, people will live longer, therefore elderly population will need more services and long term care options.

Key words: long-term care, social care, elderly, USA.

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INTRODUCTION TO DIFFERENT TYPES OF LONG TERM CARE OF ELDERLY IN U.S TO POLISH PHYSICIANS AND HEALTH CARE PROVIDERS

Long-term care services for older adults represent a substantial share of total health care spending in the United States and an area of major concern for state policymakers. Nursing homes and home health care accounted for almost 12 percent of personal health expenditures in 1995, and they were approximately 14 percent of all state and local health care spending. Neither private insurance nor Medicare covers long-term care to any significant extent, and few older adults have private long-term care insurance. The disabled elderly must rely on their own resources or, when these are depleted, turn to Medicaid or state-funded programs to pay for their long-term care. Because of the high cost of long-term care (a year in a nursing home cost an average of \$46,000 in 1995), Medicaid coverage for long-term care provides a safety net for the middle class as well as the poor. In 1997, 68 percent of nursing home residents were dependent on Medicaid to finance at least some of their care. Medicaid long-term care expenditures for the elderly are projected to more than double in inflation-adjusted dollars between 1993 and 2018 because of the aging of the population [1].

ECONOMICS AND STATISTICS ADMINISTRATION, U.S DEPARTMENT OF COMMERCE

During the 20th century, the number of persons in the United States under age 65 has tripled. At the same time, the number of aged 65 or over has jumped by a factor of 11! Consequently, the elderly, who comprised only 1 in every 25 Americans (3.1 million) in 1900, made up 1 in 8 (33.2 million) in 1994. Declining fertility and mortality rates also have led to a sharp rise in the median age of Nation's population from 20 years old in 1860 to 34 in 1994. According to the Census Bureau's "middle series" projections, the elderly population will more than double between now and the year 2050, to 80 million. By that year, as many as 1 in 5 Americans could be elderly. Most of this growth should occur between 2010 and 2030, when the "baby boom" generation enters their elderly years. During that period, the number of elderly will grow by an average of 2.8 percent annually. By comparison, annual growth will average 1.3 percent during the preceding 20 years and 0.7 percent during the following 20 years [2] (See figure 1).

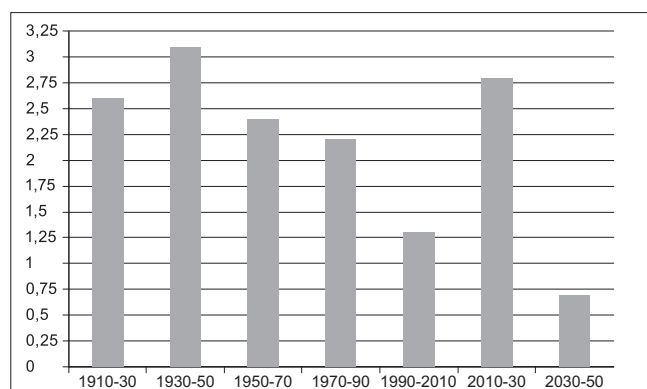


FIGURE 1. Fifteen years from now, elderly population growth will explode. Average annual growth rate (in percent) of the elderly population 1910-1930 to 2030-50.

LONG TERM CARE FACILITIES FOR ELDERLY

Nursing Homes are designed to care for very frail people that are not able to care for themselves and have numerous health care requirements. Assisted living facilities are designed to assist elderly persons who are able to care for themselves except for a few activities. Assisted living facilities are often deemed necessary when the person in question needs help preparing meals, bathing, dressing, performing household chores, is sometimes confused, or is experiencing memory problems. Assisted living facilities are often connected with independent living residences and nursing homes. The combination is known as a continuing care retirement community. The resident can take advantage of the full range of services and the ease of transfer to a different type of facility as his or her condition and needs change without needing to look for a new facility, relocate, or adapt to a new setting. For example, the resident may begin in the independent living residences, move to assisted living as he or she needs help with activities of daily living, and eventually move to the nursing home as ongoing care becomes necessary [3].

INDEPENDENT LIVING

Independent living is for people who want to and are able to live independently but do not want to maintain a home. Many people prefer to live in a community with others of the same age and with similar interests. An independent retirement community allows for a great deal of social activities and trips. Many independent living facilities also offer prepared meals and provide a wide range of amenities [4].

PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE)

PACE is unique. It is an optional benefit under both Medicare and Medicaid that focuses entirely on older people, who are frail enough to meet their State's standards for nursing home care. It features comprehensive medical and social services that can be provided at an adult day health center, home, and/or inpatient facilities. For most patients, the comprehensive service package permits them to continue living at home while receiving services, rather than be institutionalized. A team of doctors, nurses and other health professionals assess participant needs, develop care plans, and deliver all services which are integrated into a complete health care plan. PACE is available only in the States which have chosen to offer PACE under Medicaid [5]. Eligible individuals who wish to participate must voluntarily enroll. PACE enrollees also must:

- Be at least 55 years of age.
- Live in the PACE service area.
- Be screened by a team of doctors, nurses, and other health professionals as meeting that state's nursing facility level of care.
- At the time of enrollment, be able to safely live in a community setting.

PACE offers and manages all of the medical, social and rehabilitative services their enrollees need to preserve or restore their independence, to remain in their homes and communities, and to maintain their quality of life.

The PACE service package must include all Medicare and Medicaid services provided by that State. In addition, the PACE organization provides any service determined necessary by the interdisciplinary team. Minimum services that must be provided in the PACE center include primary care services, social services, restorative therapies, personal care and supportive services, nutritional counseling, recreational therapy, and meals. Services are available 24 hours a day, 7 days a week, 365 days a year.

GREEN HOUSE HOMES

Green House homes are residences for 6 to 10 elders who require skilled nursing care and want to live a rich life. They are a radical departure from traditional skilled nursing homes and assisted living facilities, altering size, design, and organization to create a warm community. Their innovative architecture and services offer privacy, autonomy, support, enjoyment and a place to call home. Green House homes are developed and operated by long-term care organizations in partnership with The Green House Project and NCB Capital Impact [6, 7].

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