



Respite Care KC LLC

Dolly Wood, Owner



Who Am I?

I'm Dolly Wood, owner of Respite Care KC, LLC. This business was born out of personal experience while working at a large university hospital for over 20 years as an Occupational Therapy Assistant and a team lead for the trauma and orthopedic rehabilitation services.

Witnessing the need for caregiving firsthand, particularly when patients required constant supervision for safety, made it evident that families faced significant burdens in fulfilling this role. The high demands placed on caregivers often lead to burnout and exhaustion. By offering dedicated and compassionate caregivers, we aim to alleviate the burden on families and ensure that individuals receive the quality care they require in a safe and nurturing environment.

Senior Living Options

- Aging in Place
- Continuing Care Retirement Communities
- Assisted Living
- Memory Care Facilities
- Long Term Care Facilities



Aging in Place

- Staying in your own home as you get older is called "aging in place."
 - <https://www.nia.nih.gov/health/aging-place-growing-older-home>
- The aging of the baby boomer generation could fuel a 75 percent increase in the number of Americans ages 65 and older requiring nursing home care, to about 2.3 million in 2030 from 1.3 million in 2010.
- Baby boomers are living longer than previous generations. They also have, on average, higher levels of education and more work experience, which bode well for their economic security in old age.

Aging in Place

- In addition to the rising need for nursing home slots, demand for elder care will also be fueled by a steep rise in the number of Americans living with Alzheimer's disease, which could nearly triple by 2050 to 14 million, from 5 million in 2013.
- The concept of aging in place, already growing in popularity before the pandemic, has found renewed interest among baby boomers, some of whom are now wary of nursing homes, where at least one third of U.S. Covid-19 deaths have occurred.

Aging in Place

- Age-restricted communities are housing options where residence is limited to people over a certain age(usually 55+). Depending on the community, residents might live in a single-family home, a condo, a townhouse or an apartment. Whether they rent or own their residence will depend on each individual community.
- Some 55+ communities offer apartments for rent or lease, while others are neighborhoods where residents purchase their homes. As such, the cost of living in a 55+ retirement community is highly variable, ranging from \$1,000 per month to over \$1 million to purchase a home.

Continuing Care Retirement Communities

- Continuing-care retirement communities (CCRCs) include several types of housing options for older people. CCRCs vary, but one might have senior apartments, assisted living facilities and nursing homes all on the same property. Residents can move from one area to another as their needs change.
- CCRCs are good options for those who no longer want to deal with the demands of owning their own home and don't intend to move in with friends or relatives at any point in the future.
- CCRCs let residents transition from one type of care to another, so they're a good choice for anyone who's still independent and ready to move into a senior community but who may need more assistance in the future.
- Residents can move to a place that offers a higher level of care without losing access to their social community.
- Residents can get to know the staff who will help them long before they move into an assisted living facility or nursing home.
- CCRCs often offer a lot of social activities to keep people active and engaged.
- Couples who need different levels of care can live near one another.
- The cost of living in a CCRC depends on the community's payment structure. The average entry fee for a CCRC is \$329,000, according to AARP. Most CCRCs charge this fee in addition to a monthly fee of \$2,000 to \$4,000. However, others operate on a rental basis, charging \$3,000 to \$6,000 per month with no upfront fee.

Assisted Living

- Assisted living facilities are designed for people who need help with basic activities, like cooking and doing laundry, on a regular basis.
- Residents get the professional help they need with daily activities.
- There are lots of choices available, so you'll likely find a residence you and your loved one like.
- State and local agencies regulate the facilities to ensure appropriate care.
- The average monthly cost for a private, one-bedroom unit in an assisted living facility nationwide is about \$4,000 per month, with state averages ranging from \$3,000 to \$10,000, according to Genworth's Cost of Care Survey. These prices depend on the facility's and needs of individual.

Memory Care Facilities

- Memory care facilities are usually part of a nursing home or an assisted living community that is specifically for people with dementia. These facilities typically have a larger staff that offers more supervision, and they include security features to prevent residents from wandering outside unsupervised.
- Memory care units have security features to keep residents safe.
- These facilities have design features to make those who suffer from dementia feel more at ease.
- Staff in memory care units may be specially trained to care for people with dementia.
- Memory care comes with a higher level of supervision and personalization, so it tends to be one of the most expensive types of care for older adults. Memory care is often available as an add-on service at assisted living facilities for an average of \$1,000 more per month. In a nursing home, memory care is typically included in the cost.



RESPITE CARE



('respət,ri' spīt) *noun*: Temporary care of a dependant elderly, ill, or person with disability, providing relief for the usual caregiver.

42.1 million



42.1 million family caregivers provide care in the United States to an adult with limitations in daily activities

Source – National Respite Coalition “Benefits and cost savings due to respite care” - <http://archrespice.org/national-respice-coalition>



Hospitalizations



75%



Physicians



64%



Antibiotics



71%

\$1,000

SPENT IN RESPITE CARE

=

8%

DROP IN HOSPITALIZATIONS

To learn more about home health care visit, www.BAYADA.COM

RESPITE CARE SAVES

\$1.12 Billion

*“Family caregivers save the government billions of dollars – respite saves the caregiver”
– National Respite Coalition*



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Statistics

What is Respite Care and Who Needs it??

- 'Respite' or 'respite care' is when someone else takes care of the person you care for, so that you can have a break. A break can give you time to do everyday activities or to relax, deal with stress and look after yourself.
- Respite care can take place in your own home, at day-care centers, or at residential or nursing facilities that offer overnight stays.
- Some disadvantages to respite care facilities are that the patient may not feel comfortable in a new environment. This could also add to more confusion/delirium.

Does Insurance cover in home care?



Medicare covers home care through its home health benefit if you meet the eligibility requirements. You must need skilled care to qualify for Medicare's home health benefit. If you are eligible, Medicare may also cover other services, such as personal care.



Remember: If you need home health care and/or personal care services but do not need skilled care, Medicare will not pay for your care. If you are not eligible for Medicare-covered home care, you may want to consider other options, such as the following:

Non-skilled personal care, like help with activities of daily living like bathing, dressing, eating, getting in or out of a bed or chair, moving around, and using the bathroom.



Facility-based respite care costs an average of \$100 to \$250 per day. The price depends on location, services and type of care needed. Skilled nursing or physical therapy typically costs more than assistance with ADLs or daily check-ins and meals. The cost also depends on how long the stay will be and what type of facility you choose.

Medicare

- Part A:
 - Pays for hospitalization costs
- Part B:
 - Pays for physician services, lab and x-ray services, durable medical equipment, and outpatient and other services
- Part C:
 - Medicare Advantage Plan (like an HMO or PPO) offered by private companies approved by Medicare
- Part D:
 - Assists with the cost of prescription drugs

Medicaid

- Qualifying income is less than \$2,000
- Home and community based services (HCBS) provide opportunities for Medicaid beneficiaries to receive services in their own home or community rather than institutions or other isolated settings. These programs serve a variety of targeted populations groups, such as people with intellectual or developmental disabilities, physical disabilities, and/or mental illnesses.
- Kansas Medicaid Long-Term Care Definition
- Medicaid is a health care program for low-income individuals of all ages. While there are many different coverage groups, the focus of this page is on long-term care Medicaid eligibility for elderly Kansas residents, aged 65 and over. In addition to care services in nursing homes, assisted living facilities, and adult foster care homes, KS Medicaid pays for non-medical services and supports to help frail seniors remain living in their homes. There are three categories of Medicaid long-term care programs for which Kansas seniors may be eligible.
- 1) Institutional / Nursing Home Medicaid – This is an entitlement program; anyone who is eligible will receive assistance. Benefits are provided only in nursing home facilities.
- 2) Medicaid Waivers / Home and Community Based Services (HCBS) – These are not entitlement programs; there are a limited number of participant slots and waiting lists may exist. Intended to delay the need for nursing home admissions, services are provided at home, adult day care, adult foster care homes, or in assisted living. More on Waivers.
- 3) Regular Medicaid / Aged Blind and Disabled (ABD) – This is an entitlement program; anyone who meets the requirements will receive benefits. Limited long-term care services, such as personal care assistance or adult day care, may be available.
- In Kansas, the Medicaid program is called KanCare. While the program is jointly funded by the state and federal government, it is administered by the state under federally set parameters. The Kansas Department of Health and Environment (KDHE) is the administering agency.

2023 KS Medicaid Eligibility for Seniors

2023 Kansas Medicaid Long-Term Care Eligibility for Seniors									
Type of Medicaid	Single			Married (both spouses applying)			Married (one spouse applying)		
	Income Limit	Asset Limit	Level of Care Required	Income Limit	Asset Limit	Level of Care Required	Income Limit	Asset Limit	Level of Care Required
Institutional / Nursing Home Medicaid	No set income limit*	\$2,000	Nursing Home	No set income limit*	\$3,000	Nursing Home	No set income limit*	\$2,000 for applicant & \$148,620 for non-applicant	Nursing Home
Medicaid Waivers / Home and Community Based Services	No set income limit†	\$2,000	Nursing Home	No set income limit†	\$3,000	Nursing Home	No set income limit†	\$2,000 for applicant & \$148,620 for non-applicant	Nursing Home
Regular Medicaid / Aged Blind and Disabled	\$475 / month‡	\$2,000	Help with ADLs	\$475 / month‡	\$3,000	Help with ADLs	\$475 / month‡	\$3,000	Help with ADLs

What Services do you provide?

- Personal Care Attendant
 - 2 hour minimum
 - Assisting with basic self-care needs involves providing support for activities such as:
 - bathing,
 - toileting
 - dressing
 - personal hygiene
 - light house duties
 - meal preparations can also be provided
- Additionally, caregivers may help individuals follow prescribed exercise programs, which can involve assisting with therapy exercises.
- Transportation and Companionship to Appointments or Events
- Short Term, Overnight Personal Care Attendant
 - Private Pay for all Services

Contact

Website:

<https://respitcarekc.com/services>

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Questions?

References

- <https://www.medicaidplanningassistance.org/medicaid-eligibility-kansas/>
- <https://www.medicaid.gov/basic-health-program/index.html>
- <https://www.care.com/c/assisted-living-insurance/>
- <https://www.consumeraffairs.com/health/senior-living-options.html>