

**2019 Delaware Nursing Home &
2019 Assisted Living Utilization Reports**

2020-2025 Delaware Nursing Home Bed Projections

**Delaware Health Resources Board
October 22, 2020**

Long-Term Support Services (LTSS) Categories

■ Home-Based Care

- Family Caregiving
- Home Health Care
- Home Telehealth
- Meal Delivery Services

■ Community-Based Care

- Adult Day Care
- Senior Centers
- Transportation Services

■ Facility-Based Care

○ **Assisted Living Facilities**

- 24-hour Supervision
- Assistance with ADLs, medication management, homemaker services
- Aging into services
 - [In 2019, 34 Assisted Living facilities in Delaware](#)
 - [Not included in Delaware's CPR process](#)

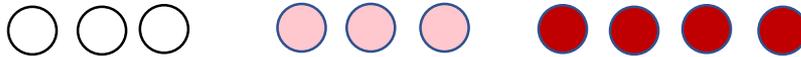
○ **Nursing Home Facilities**

- 24-hour Supervision
- Comprehensive Skilled Nursing Care
- Short-term rehab and long-term placements
 - [In 2019, 47 Nursing Homes in Delaware](#)
 - [Included in Delaware's CPR process](#)

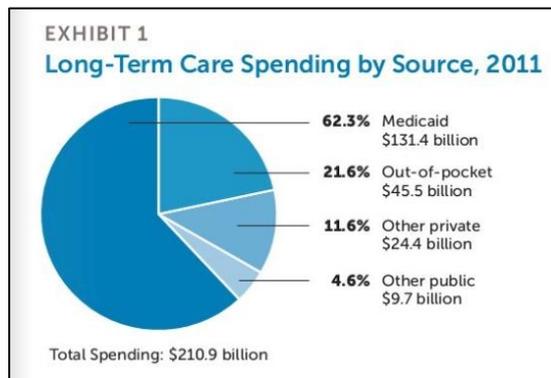
LTSS by the Numbers (and Dollars)

- From 2010 to 2050, the number of Americans age 65+ is expected to jump from 40M to 88M.

- Among people turning 65:



- 3 in 10 will not need any LTSS
 - 3 in 10 will need LTSS for < 2 years
 - 4 in 10 will need LTSS for \geq 2 years
- Less than 8% of Americans have long-term care insurance.
 - In 2011, LTSS spending totaled \$211B, 9% of total U.S. healthcare spending.



LTSS Shifting Trends

■ Rebalancing of LTSS toward Home and Community Based Services (HCBS)

- Emphasis on community integration for seniors
- Increased number of and access to HCBS
- Improved technology for HCBS
- AL and NH workforce challenges / caregiver shortage
- Multigenerational housing development
- Medicare Advantage plans limit the number of post-hospitalization SNF Medicare days, incentivize members with enhanced benefits to avoid costly hospital and SNF stays

■ Financial incentive to determine the most appropriate level of facility-based care

- In California, a study found that at least 1 out of 10 SNF patients could safely reside in Assisted Living

■ Implications downstream along the LTSS continuum

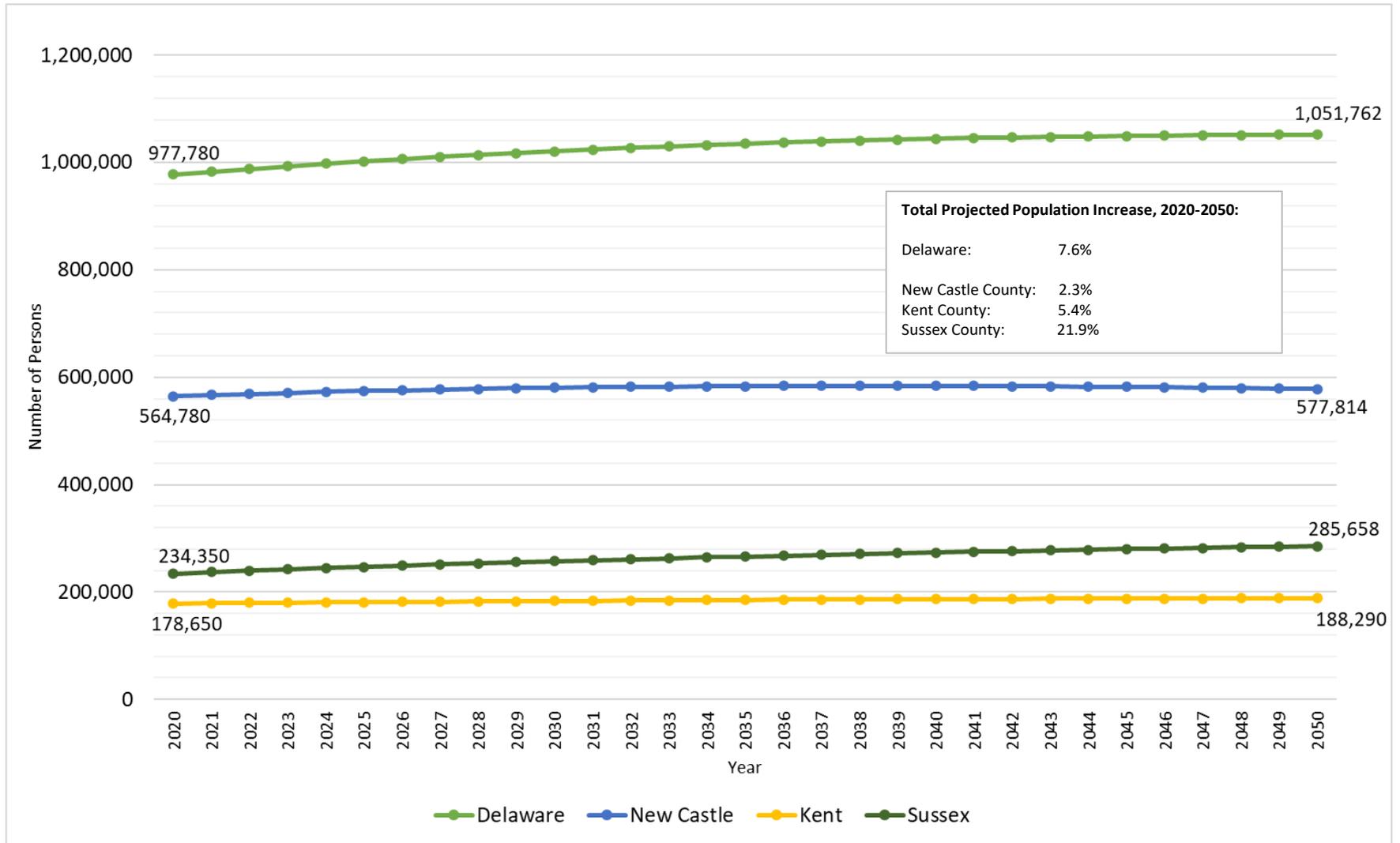
- Shifting care from SNFs to HCBS reduces SNF occupancy rates
- Across the U.S., approximately 200-300 SNFs close each year
- Trend is most pronounced in rural areas

CHALLENGE:

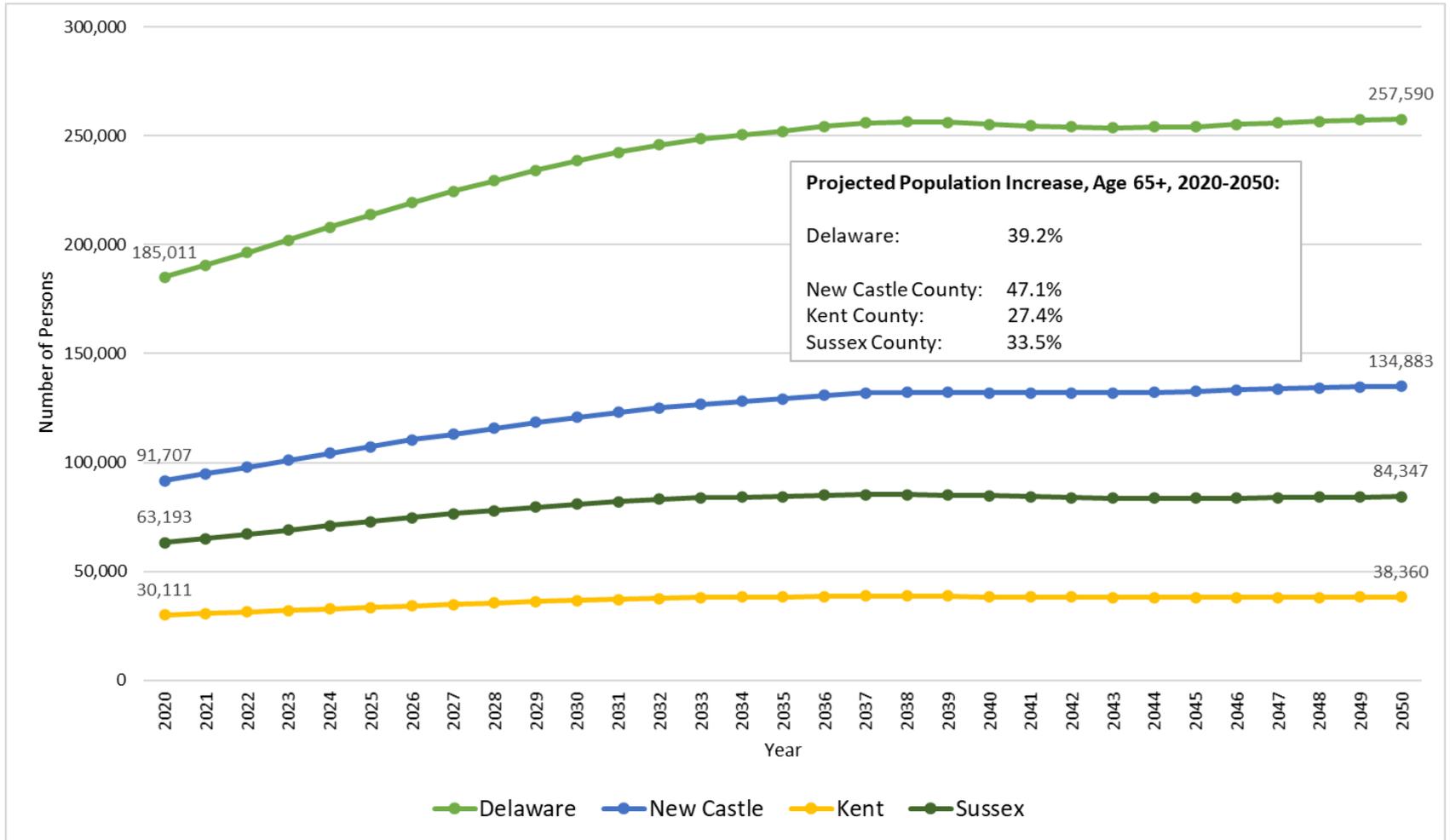
**How can we know if Delaware has enough
Nursing Home beds to meet demand in the coming years?**



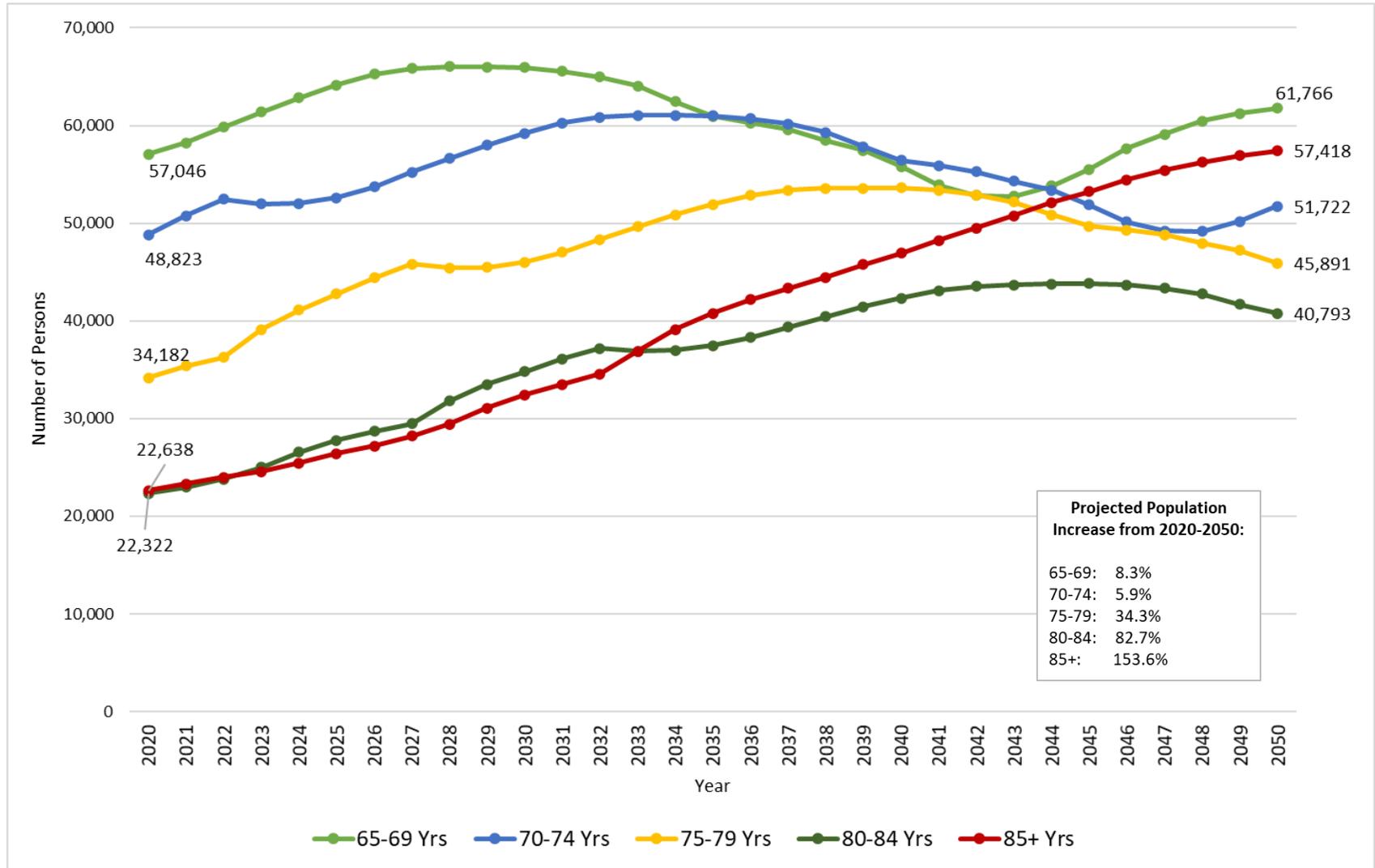
TOTAL Population Growth in Delaware, 2020-2050



65+ Population Growth in Delaware, 2020-2050, by County



65+ Population Growth in Delaware, 2020-2050, by Cohort

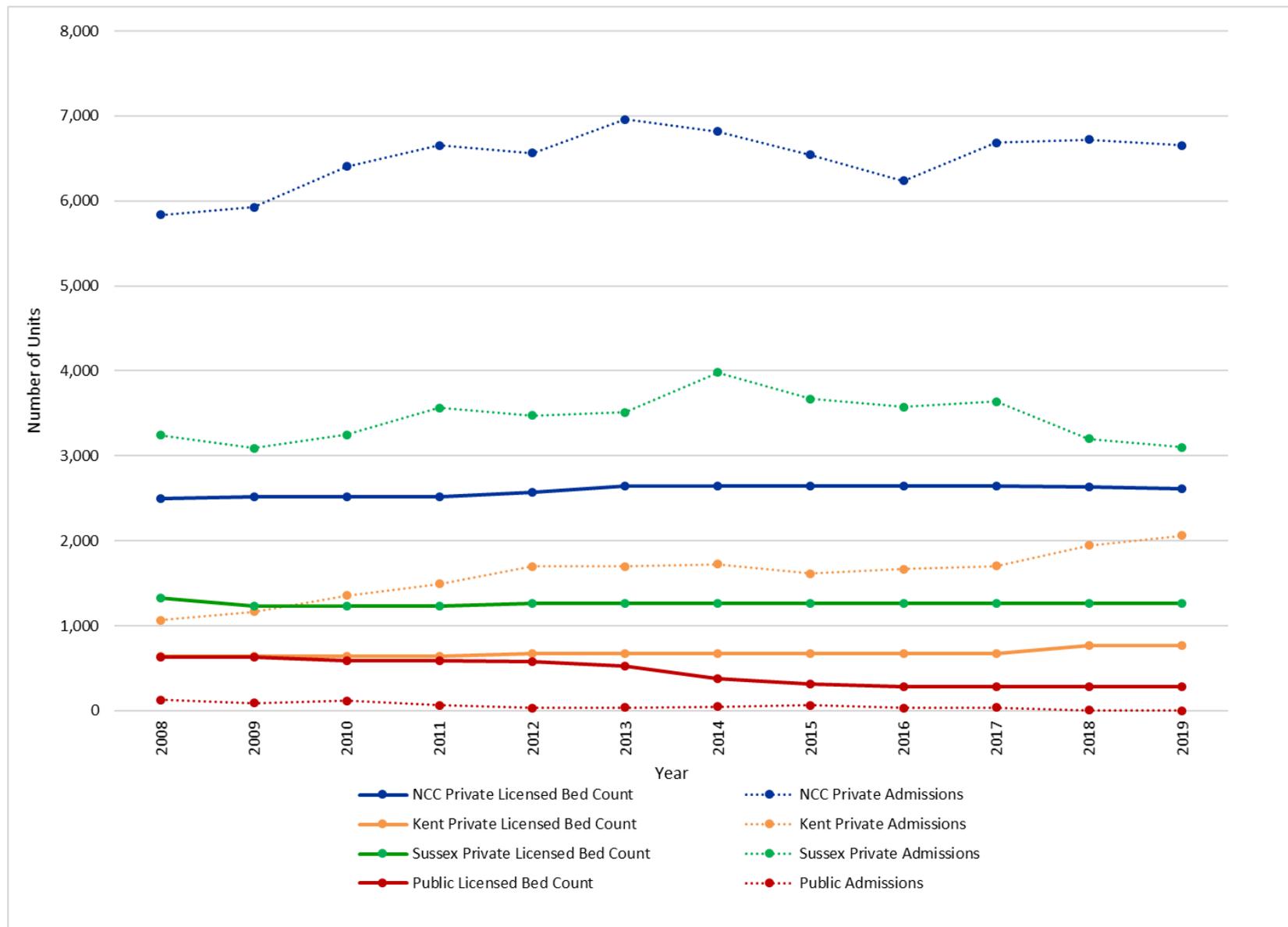


Delaware Assisted Living Facilities & Private Nursing Homes, 2019

| | Assisted Living (AL) | Private* Nursing Homes (NH) | Ratio (AL / NH) |
|-------------------|---------------------------------|--|----------------------------|
| New Castle | | | |
| Facilities | 24 | 27 | 0.89 |
| Beds | 1,391 | 2,617 | 0.53 |
| Kent | | | |
| Facilities | 4 | 7 | 0.57 |
| Beds | 378 | 764 | 0.49 |
| Sussex | | | |
| Facilities | 6 | 11 | 0.55 |
| Beds | 485 | 1,264 | 0.38 |
| Delaware | | | |
| Facilities | 34 | 45 | 0.76 |
| Beds | 2,254 | 4,645 | 0.49 |

*Two public nursing homes (DHCI in Kent County; GBHC in New Castle County) have a combined 283 beds.

Delaware Nursing Home Licensed Bed Counts and Admissions, 2008-2019

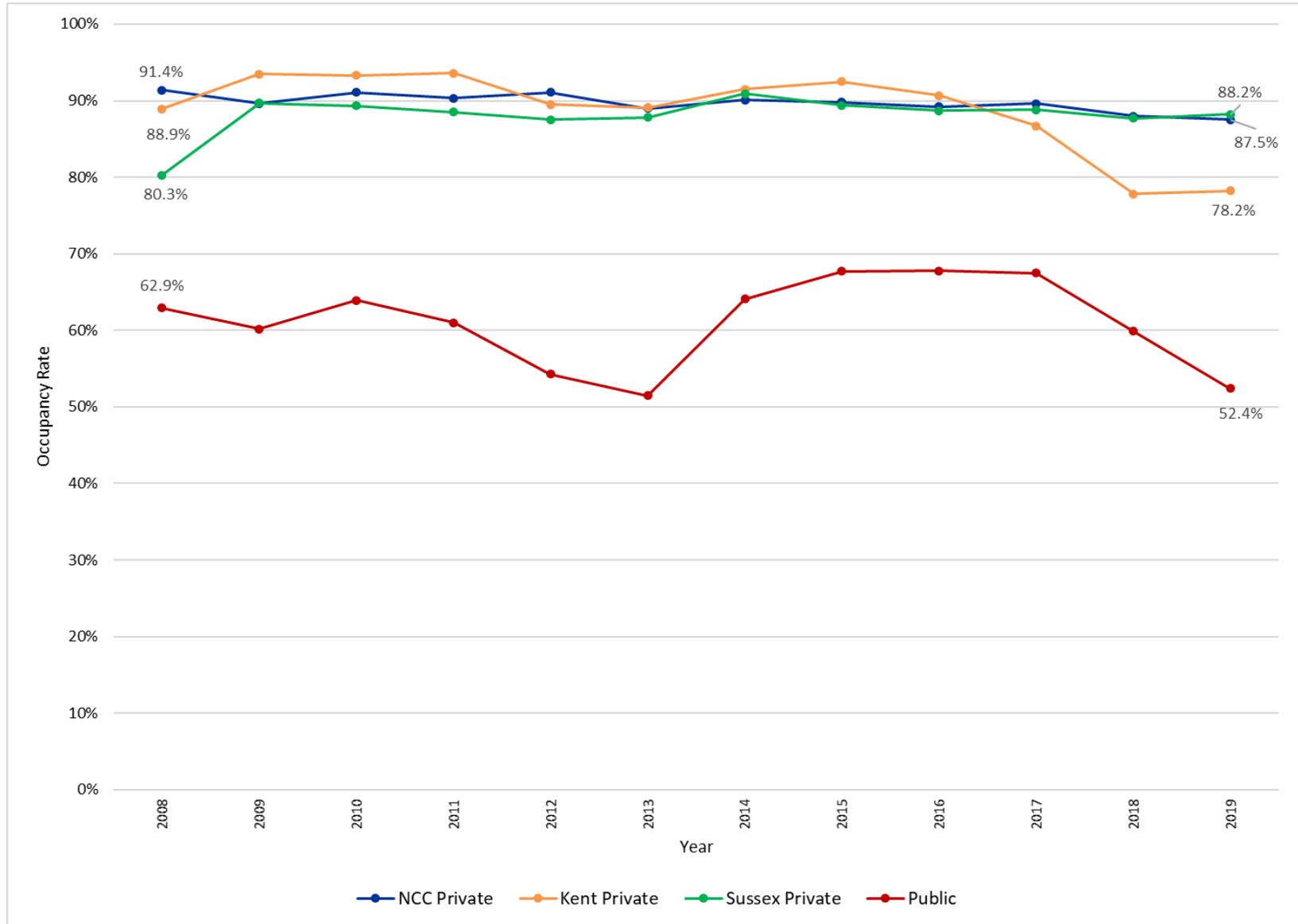


Delaware Nursing Home Admissions, 2019

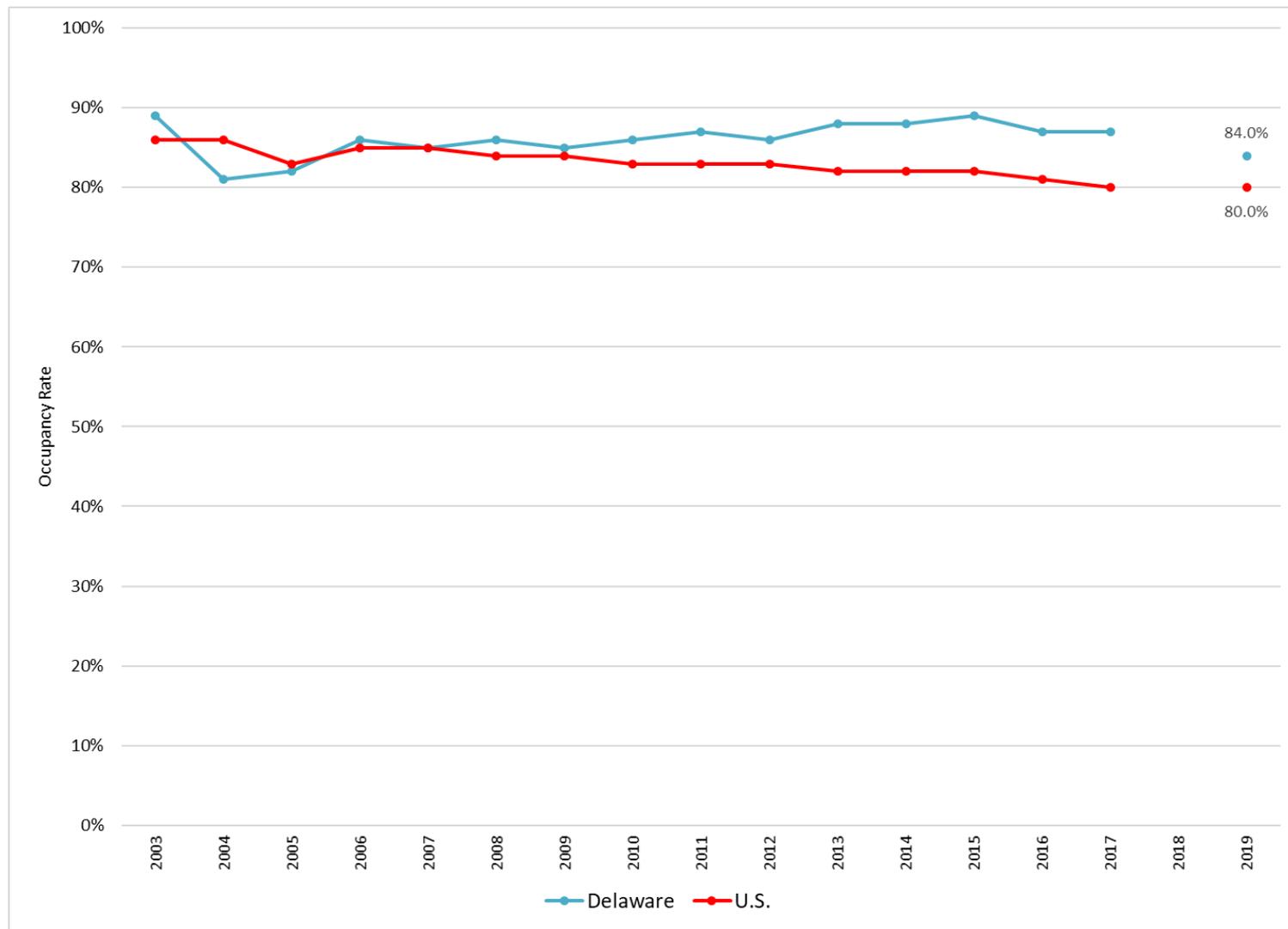
| | Under 65 Yrs. | 65-74 Yrs. | 75-84 Yrs. | 85+ Yrs. |
|-------------------------|---------------|--------------|--------------|--------------|
| White (N=9,287) | 10.7% | 20.9% | 32.1% | 36.3% |
| Black (N=2,301) | 24.4% | 28.2% | 28.9% | 18.5% |
| Other (N=233) | 14.6% | 23.2% | 31.8% | 30.5% |
| Total (N=11,821) | 13.5% | 22.4% | 31.5% | 32.7% |

- 2019 NH Admissions: 11,821
 - (2019 NH Discharges: 11,353)
- White patients accounted 78% of all DE NH admissions in 2019
- Larger percentages of Black NH admissions represent patients Under 65 and 65-74
- Admissions evenly distributed among cohorts aged ≤ 74 years, 75-84 years, and 85+ years
 - Each cohort accounts for $\sim 1/3$ of all NH admissions
- Discharge trends mirror admission trends

Delaware Nursing Home Occupancy Rates, 2008-2019



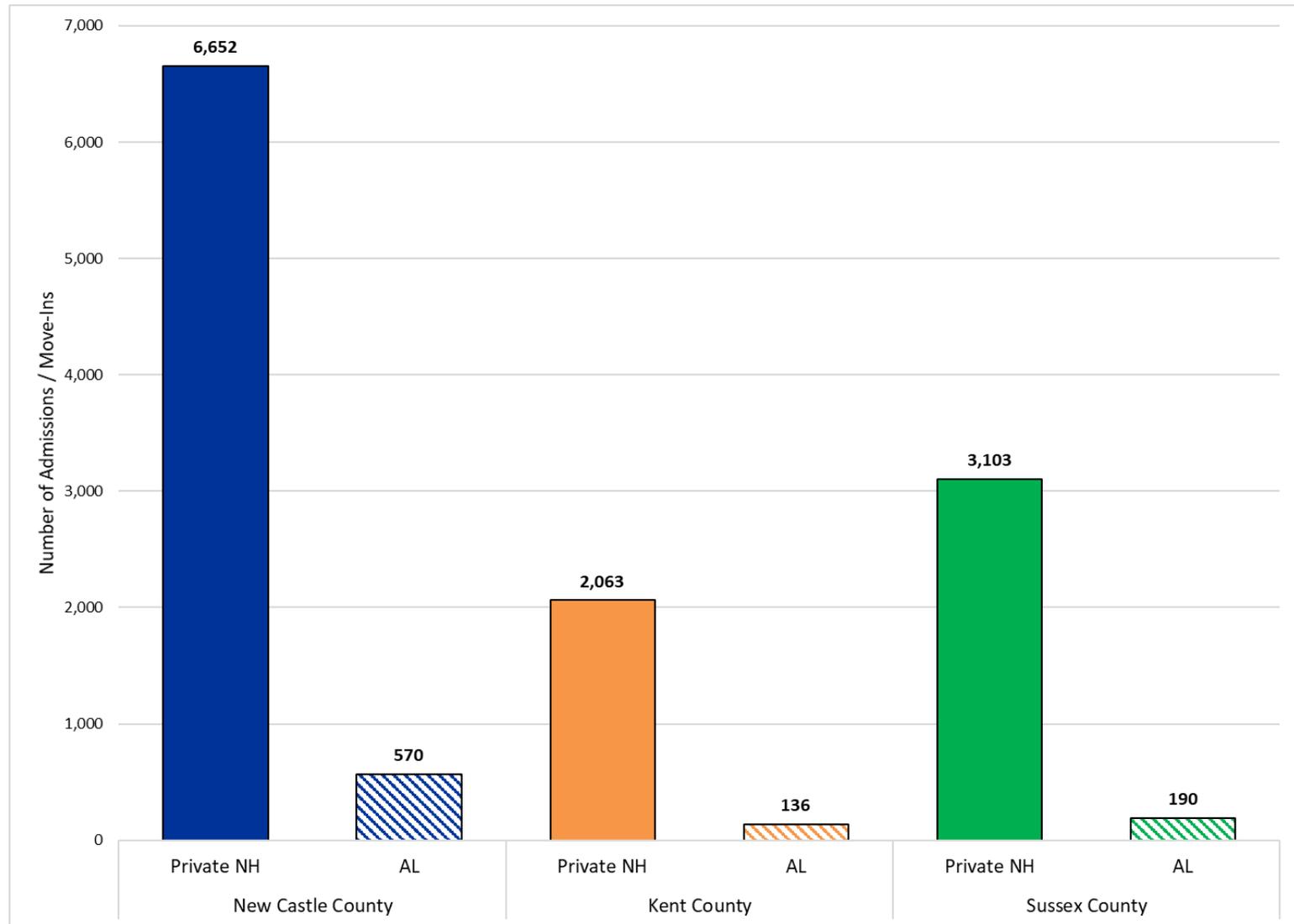
Nursing Home Occupancy Rates, 2003-2019: DE vs US



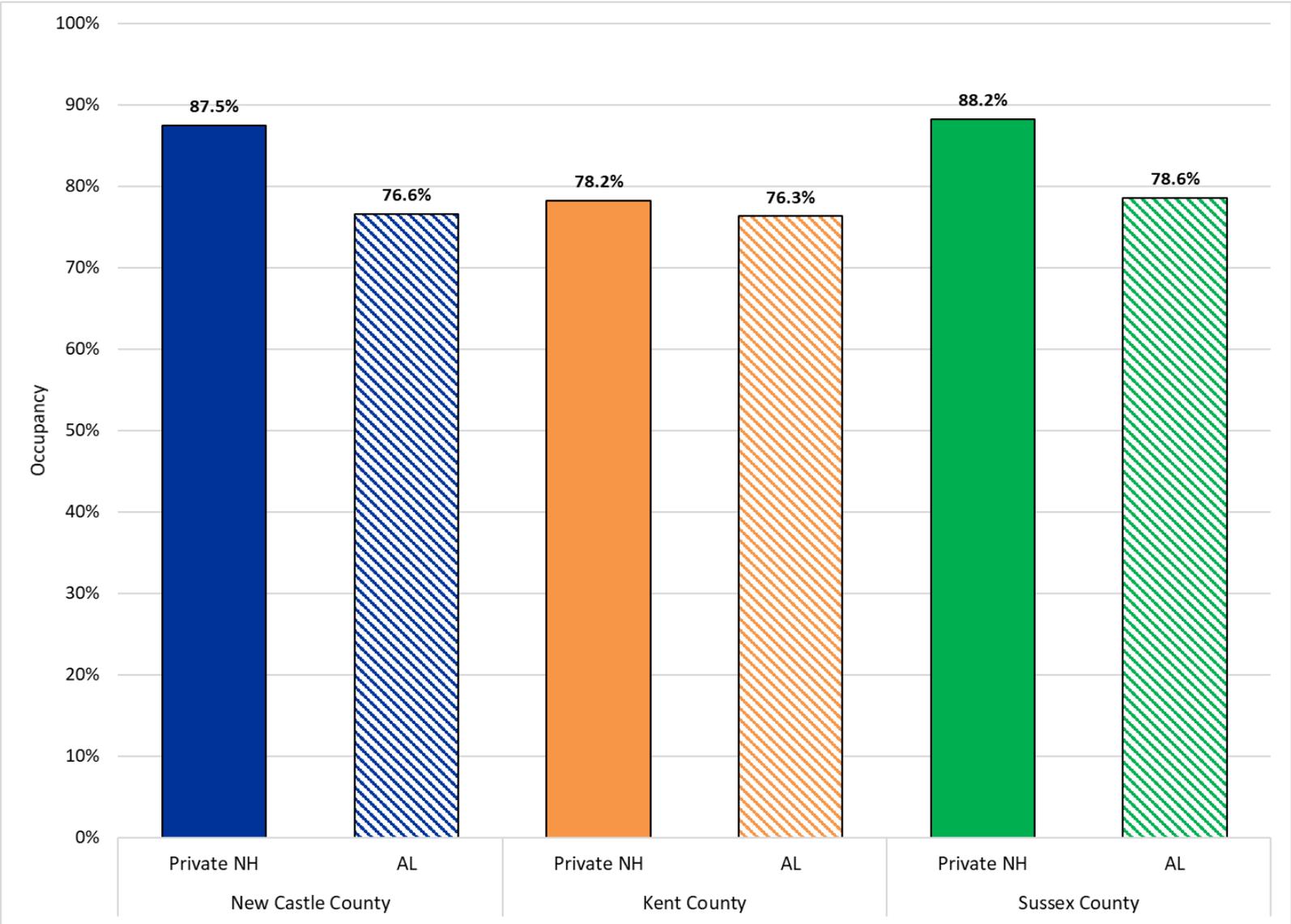
Nursing Home Occupancy Rates, 2019, by State

| Location | Nursing Facility Occupancy Rates |
|-------------------------|----------------------------------|
| 1. District of Columbia | 92% |
| 2. North Dakota | 90% |
| 2. New York | 90% |
| 4. Maine | 89% |
| 5. Mississippi | 88% |
| 5. West Virginia | 88% |
| 5. South Dakota | 88% |
| 8. Rhode Island | 87% |
| 8. Florida | 87% |
| 10. Connecticut | 86% |
| 10. New Hampshire | 86% |
| 10. Minnesota | 86% |
| 10. Pennsylvania | 86% |
| 10. California | 86% |
| 15. Maryland | 85% |
| 15. Hawaii | 85% |
| 15. Kentucky | 85% |
| 15. Virginia | 85% |
| 15. Alabama | 85% |
| 15. South Carolina | 85% |
| 15. Georgia | 85% |
| 22. Massachusetts | 84% |
| 22. Delaware | 84% |
| 24. Ohio | 82% |
| 24. North Carolina | 82% |
| 24. Michigan | 82% |
| 24. New Jersey | 82% |
| 28. Alaska | 81% |
| 28. Kansas | 81% |
| United States | 80% |
| 30. New Mexico | 79% |
| 30. Colorado | 79% |
| 30. Vermont | 79% |
| 33. Wyoming | 78% |
| 33. Nevada | 78% |
| 35. Washington | 77% |
| 35. Iowa | 77% |
| 37. Wisconsin | 76% |
| 37. Louisiana | 76% |
| 39. Indiana | 75% |
| 40. Tennessee | 73% |
| 40. Nebraska | 73% |
| 40. Illinois | 73% |
| 43. Arizona | 71% |
| 44. Arkansas | 70% |
| 45. Missouri | 69% |
| 46. Texas | 68% |
| 47. Oregon | 67% |
| 48. Utah | 66% |
| 49. Idaho | 65% |
| 50. Oklahoma | 64% |
| 51. Montana | 62% |

Delaware Nursing Home Admissions and Assisted Living Move-Ins, 2019



Delaware Nursing Home Admissions and Assisted Living Occupancy, 2019



Source: 2019 Delaware Nursing Home Utilization Statistical Report; 2019 Delaware Assisted Living Utilization Statistical Report

2020-2025 Delaware Nursing Home Bed Projections

HRMP Methodology: Nursing Home Bed Projections

Outlined in the Delaware Health Resources Management Plan

- **Inputs:**

- Billable patient days in most current data year (2019)
- Current population (2020)
- Projected population (2021, 2022, 2023, 2024, 2025)
- Proportion of NH admissions by age group (<65, 65-74, 75-84, and 85+) in most current data year (2019)

- **Used to project:**

- Future billable patient days based on population growth (2021, 2022, 2023, 2024, 2025)
- Future bed need based on projected billable patient days (2021, 2022, 2023, 2024, 2025)

- **Future Bed Need used to calculate:**

- Shortage / surplus: the difference between current bed count and projected bed need (2021, 2022, 2023, 2024, 2025)

2020-2025 Nursing Home Bed Need Projections

- 2020-2025 bed need projections provide 5 point-in-time bed need estimates:

| Projection Period | NH Utilization Data | Current Population Data | Projected Population Data | Projected Bed Need |
|-------------------|---------------------|-------------------------|---------------------------|--------------------|
| a. 2020-21 | 2019 | 2020 | 2021 | Next year |
| b. 2020-22 | 2019 | 2020 | 2022 | In two years |
| c. 2020-23 | 2019 | 2020 | 2023 | In three years |
| d. 2020-24 | 2019 | 2020 | 2024 | In four years |
| e. 2020-25 | 2019 | 2020 | 2025 | In five years |

HRMP Methodology: Nursing Home Bed Projections

- **One important caveat:**

- For bed need projections, Delaware's methodology treats the Delaware Veterans Home (DVH) as a public facility
 - *In actuality, DVH operates as a private NH facility*
- This attempts to account for the fact that the 150 beds at DVH are accessed through specific eligibility criteria (Military Services and Residency requirements)
 - *The 150 DVH beds are available to those who meet eligibility requirements*
 - *Additionally, patients admitted to DVH come from all three counties*
 - *Attributing all 150 DVH beds to Kent County would create an artificial surplus scenario; we need to account for this in the methodology*
- For this reason, the bed counts in the summary tables (next two slides) differ slightly from those published in the Delaware Nursing Home Utilization Statistics Reports
- For more information, please refer to the Delaware Health Resources Management Plan

2020 – 2025 Delaware Nursing Home Bed Projections

| Delaware | Private Beds (2019) | Public Beds (2019) | Total Beds (2019): Private + Public | Projected Annual NH Bed Need | Shortage / Surplus: (based on HRMP Methodology) |
|----------|---------------------|--------------------|-------------------------------------|------------------------------|---|
| 2020-21 | 4,495 | 433 | 4,928 | 4,738 | 190 |
| 2020-22 | 4,495 | 433 | 4,928 | 4,859 | 69 |
| 2020-23 | 4,495 | 433 | 4,928 | 5,013 | -85 |
| 2020-24 | 4,495 | 433 | 4,928 | 5,178 | -250 |
| 2020-25 | 4,495 | 433 | 4,928 | 5,330 | -402 |

| New Castle | Private Beds (2019) | Public Beds (2019) | Total Beds (2019): Private + Public | Projected Annual NH Bed Need | Shortage / Surplus: (based on HRMP Methodology) |
|------------|---------------------|--------------------|-------------------------------------|------------------------------|---|
| 2020-21 | 2,617 | 78 | 2,695 | 2,644 | 51 |
| 2020-22 | 2,617 | 78 | 2,695 | 2,701 | -6 |
| 2020-23 | 2,617 | 78 | 2,695 | 2,780 | -85 |
| 2020-24 | 2,617 | 78 | 2,695 | 2,864 | -169 |
| 2020-25 | 2,617 | 78 | 2,695 | 2,944 | -249 |

| Kent | Private Beds (2019) | Public Beds (2019) | Total Beds (2019): Private + Public | Projected Annual NH Bed Need | Shortage / Surplus: (based on HRMP Methodology) |
|---------|---------------------|--------------------|-------------------------------------|------------------------------|---|
| 2020-21 | 614 | 199 | 813 | 684 | 129 |
| 2020-22 | 614 | 199 | 813 | 696 | 117 |
| 2020-23 | 614 | 199 | 813 | 713 | 100 |
| 2020-24 | 614 | 199 | 813 | 731 | 82 |
| 2020-25 | 614 | 199 | 813 | 747 | 66 |

| Sussex | Private Beds (2019) | Public Beds (2019) | Total Beds (2019): Private + Public | Projected Annual NH Bed Need | Shortage / Surplus: (based on HRMP Methodology) |
|---------|---------------------|--------------------|-------------------------------------|------------------------------|---|
| 2020-21 | 1,264 | 156 | 1,420 | 1,368 | 52 |
| 2020-22 | 1,264 | 156 | 1,420 | 1,416 | 4 |
| 2020-23 | 1,264 | 156 | 1,420 | 1,470 | -50 |
| 2020-24 | 1,264 | 156 | 1,420 | 1,527 | -107 |
| 2020-25 | 1,264 | 156 | 1,420 | 1,581 | -161 |

Note: in June 2020, Governor Bacon Health Center closed, eliminating 78 public Nursing Home beds. This is expected to impact next year's Nursing Home Bed Projections by forecasting more pronounced bed shortages and/or earlier transitions from surplus to shortage scenarios.

Summary

- ❑ **Predicting LTSS supply and demand is complex.**
 - ❑ Aging population with the potential for increased LTSS demand
 - ❑ Rebalancing of LTSS toward HCBS / alignment of facility-level of care with patient needs
 - ❑ Falling Nursing Home occupancy rates in the U.S., but not in Delaware

- ❑ **Delaware's current methodology predicts immediate surplus of Nursing Home beds in all three counties**
 - ❑ By 2022, bed need projections predict shortages for New Castle and Sussex Counties
 - ❑ However, bed need projections do not factor in the changing LTSS landscape
 - ❑ Bed need projections also do not consider dwindling availability / accessibility of public Nursing Home beds

- ❑ **Delaware's HRB and the DHCC are adapting data surveillance efforts to help the state make informed decisions about LTSS supply and demand**

Note: in June 2020, Governor Bacon Health Center closed, eliminating 78 public Nursing Home beds. This is expected to impact next year's Nursing Home Bed Projections by forecasting more pronounced bed shortages and/or earlier transitions from surplus to shortage scenarios.

Thank You!