MEDICAL RESPITE IN NEW YORK, NEW HAVEN AND AROUND THE COUNTRY

New York State Supportive Housing Conference
MEDICAL RESPITE CARE

Definition
Acute and post-acute medical care for homeless persons who are too ill or frail to recover from a physical illness or injury on the streets but are not ill enough to be in a hospital.
MEDICAL RESPITE PROGRAMS IN THE UNITED STATES

Map data ©2013
IMPACT ON HOSPITAL UTILIZATION

## IMPACT ON HOSPITAL READMISSIONS

**TABLE 3** Predictors of Hospital Readmission Within 90 Days of Discharge Among Homeless Persons in Boston Discharged to Medical Respite Versus Discharge to Their Own Care (1998–2001)

<table>
<thead>
<tr>
<th>Discharge Disposition</th>
<th>Respite versus own care</th>
<th>Odds ratio (95% confidence interval)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>0.54 (0.34–0.85)</td>
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<tr>
<td></td>
<td>Own Care</td>
<td>1.0 (Ref)</td>
</tr>
</tbody>
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**Source:** Kertesz, S. et al. (2009). *Post-Hospital Medical Respite Care and Hospital Readmission of Homeless Persons*. Journal of Prevention and Intervention in the Community, 37, 129-142
PROGRAM ELEMENTS

- Post-acute clinical care
- Supportive services
- Medical Respite Care
- Patient education
- Self-management goal setting
- Care transitions
- 24-hour room and board
PROGRAM ELEMENTS

24 Hour Room and Board

• Stand-alone
• Shelter-based
• Nursing home/Assisted Living Facility
• Motel rooms/apartments

Stand-alone Medical Respite site. Center for Respite Care, Inc. Cincinnati, OH
MOTEL-BASED MEDICAL RESPITE SITE

Orange County Recuperative Care Program
SHELTER-BASED MEDICAL RESPITE SITE

Baltimore Health Care for the Homeless Convalescent Care Program
PROGRAM ELEMENTS

**Post Acute Clinical Care**
- Individualized care plans
- Care can be provided on or off site
- Clinical encounters based on medical need

Photo credit: Boston Health Care for the Homeless Program
CLINICAL CARE

BEFORE

AFTER

Photo credit: San Francisco Medical Respite Program
PROGRAM ELEMENTS

Supportive Services
• Benefit Acquisition
• Housing placement
• Family reunification

Neighborhood Health Services – Medical Respite Program, Yakima, WA
**John’s Monthly Hospital Visits**
**Total of 9 Area Hospitals**

**John: background & hospital data**
* Male in his 50’s, chronically homeless, no Medicaid
* Severely mentally ill, untreated, substance abuser
* Averaged 19 visits to an area hospital each month
* 33% of his hospital visits were to Hospital B
* 15% of his Hospital B visits resulted in inpatient stays
* Average length of stay at Hospital B: 3.5 days

**Impact on Hospital B since John was placed in housing:**
* Estimated reduction in bed nights: 52
* Estimated reduction in emergency visits: 109
* Estimated savings to Hospital B from John’s reduced hospital visits: $350,000
* Hospital B donations to Respite: $150,000
Patient Education

• Prevention
• Recognizing signs and symptoms
• Taking medicine appropriately
• Self-care
• Patient navigation (where to go and when)
Self Management Goal Setting

• Complements Patient Education
• Patient education with self-management goal setting is more effective than information-only patient education in improving clinical outcomes.*
• Uses a Personal Action Plan

PROGRAM ELEMENTS

Care transitions

• Patient and caregiver training to increase self-care skills and activation (i.e., motivation to follow through with health care related activities or tasks)
• Patient-centered care plans that are shared across care settings
• Standardized, accurate communication and information exchange between transferring and receiving provider.
• Medication reconciliation and safe medication practices
• Transportation for health care-related travel
• Procurement and timely delivery of durable medical equipment (if needed)
• Formal hand-off procedures that ensure full responsibility between sending/receiving provider
RESOURCES

Respite Care Providers’ Network
• Free membership
• Respite News

Medical Respite Tool Kit
• Start up guides
• Contract templates
• Sample program policies and tools
• Archived webinars/presentations

Medical Respite Program Directory
• Profiles of medical respite programs in the U.S. and Canada

AVAILABLE AT: WWW.NHC HC.ORG
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