

Long-Term Care Integration: The VA Experience

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Veterans Health Administration (VHA)
Veterans Benefits Administration (VBA)
National Cemetery Administration (NCA)

VHA is the largest integrated health care system in the U.S.

289,000+ Total VHA
Employees



9.4 million Enrollees
\$56 Billion dollar Budget



- Largest medical Educator
- 5,000 education affiliations
- 10,500 Residents
- Second Largest Research Program (\$1.5 Billion Budget)

Hospital System to Healthcare System

In 1996, VA began the creation of Veterans Integrated Service Networks (VISNs) to transform VA Health Care from a “*Hospital System*” to a “*Health System*.” VHA currently has 18 VISNs.



- 152 Medical Centers
- 1,000 Outpatient Clinics
- 130 Community Living Centers
- 103 Domiciliaries
- 300 Vet Centers

VA Health Care Services

VA ensures that all eligible Veterans have access to all the health care services necessary to promote, preserve and restore their health.

Services include:

- Primary Care
- Mental Health Care
- Preventive Care
- Specialty Care
- Care Management
- Inpatient and Outpatient Pharmacy
- Women's Health Care
- Geriatrics & Palliative Care
- Long Term Services & Support



Veteran-Focused Services

In addition to providing standard health care services, VA focuses on providing specialized health care services that are uniquely related to Veterans' health and special needs

- Post-Traumatic Stress Disorder (PTSD) Care
- Substance Abuse Care
- Military Sexual Trauma Counseling
- Readjustment Counseling
- Polytrauma Care
- Traumatic Brain Injury (TBI) Care
- Spinal Cord Injury Care
- Post-Deployment Health Care
- Environmental Exposure Care
- Blind Rehabilitation Care
- Prosthetic and Sensory Aid Assistance



VHA as An Integrated System

Systemic Integration:

- Single Source of Financing that Promotes Integrated Care
- A Common Set of Outcome Measures
- Governance is Uniform Across the System
- Multiple Program Offices Provide for Consistent Implementation Across the Entire System

Geriatrics

Demographics

Currently:

- More than 4 million of the approx. 9 million veterans enrolled in VA health care are over age 65
- More than 80 percent of enrolled veterans will eventually need some type of long term care
- Of those 4 million over age 65:
 - 750,000 are 85 years or older
 - More than 60 percent of enrolled veterans will need nursing home care
 - Cost of VA provided nursing home care is 5.3 billion

What Are We Facing in Next 10 Years?

- VA enrollees over age 75 to increase 38%
- Number of family caregivers decreases from 7 to 4 per older adult in the U.S.
- Number of Impairments in Activities of Daily Living increases with age
- Number of VA patients with dementia will increase 20% to over 300,000

VA's Long Term Care Goals

- Independence
- Patient Preference

Care Coordination/Home Telehealth

Home-Based
Primary Care

Community
Home Health

Rehabilitation
Therapy

Homemaker/Home
Health Aide

Geriatric
Evaluation

Independence

Primary Care
Mental Health &
Specialty Clinics

Medical Foster
Homes

Adult Day
Health Care

Respite

Hospital Care
Hospital in Home

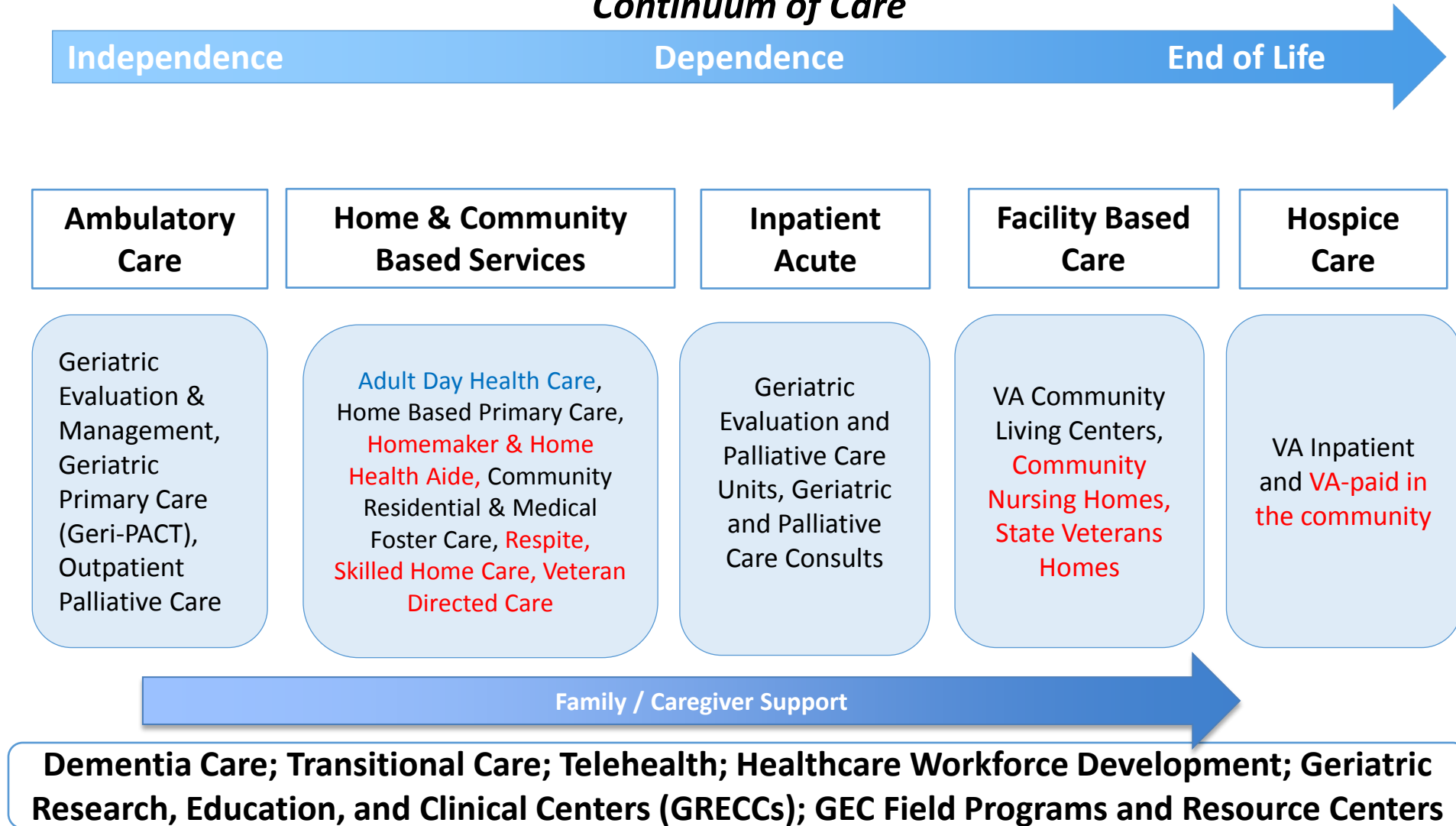
State Nursing
Homes

Nursing Home

Hospice

Geriatrics and Extended Care Programs for All Veterans

Continuum of Care



Red = purchased community care; Blue= both VA and purchased community care

VA GERIATRICS OBLIGATIONS AND ENROLLMENT

**72% of VA GEC Services budget spent on nursing home care;
12% on personal care services; 18% on HBPC or Other HCBS**

Program	Obligations	Enrollment
Facility-Based Care		
Community Living Centers	\$3.38 Billion	33,383
Community Nursing Homes	\$0.86 Billion	27,630
State Veterans Homes	\$1.00 Billion	31,972
Subtotal Facility-based Care	\$ 5.24 Billion	92,985
Home and Community Based Services (HCBS)		
Personal Care Services (HHHA, Community ADHC, Respite)	\$0.88 Billion	128,837
HBPC	\$0.75 Billion	82,064
Other (Purchased Skilled, Hospice, VA ADHC, SCI Home Care, Home Telehealth, CRC, MFH)	\$0.43 Billion	102,636
Subtotal Home and Community Based Care	\$2.06 Billion	313,537
Total VA Provided Geriatrics & Extended Care Services	\$7.30 Billion	406,522

Cost per Veteran – \$56,353 for nursing home care vs \$6,570 for HCBS – 8x greater

167 INNOVATIVE, NON-INSTITUTIONAL LONG TERM CARE MODELS IMPLEMENTED FY 2010-14

- Adult Day Health Care (ADHC)
- Advanced Care Planning (ACP)
- Shared Decision Making (SDM)
- Caregiver
- Care Management
- Delirium Care
- Dementia Programs
- Geriatric Consultation
- Geriatric Patient Aligned Care Teams (Geri-PACT)
- Hospital in Home (HIH)
- Home Based Primary Care (HBPC)
- Hospice and Palliative Care (HPC)
- Medication Reconciliation
- Rehabilitation
- Mobile Care Units
- Programs of All Inclusive Care for the Elderly (PACE)
- Staff Geriatric Education
- Transitional Care

VA Home-Based Primary Care (HBPC)

- Comprehensive, longitudinal primary care
- Delivered in the home
- By an Interdisciplinary team: **Nurse, Physician, Social Worker, Rehabilitation Therapist, Dietitian, Pharmacist, Psychologist**
- For patients with complex, chronic disabling disease
- Mean age 78.4 years, but cares for adults of any age
- More than 8 chronic conditions; among 5% highest cost
- Heart disease, diabetes, depression, dementia, cancer, lung disease, schizophrenia, PTSD, stroke, neurologic
- 48% dependent in 2 or more Activities of Daily Living (ADL)

Home Based Primary Care Reduces Hospital Days and Total Costs to VA and Medicare

- **VA:** 6951 HBPC Veterans; VA+Medicare use and costs
 - 36% fewer VA+MC hospital days; 25% fewer admissions
 - **12% lower VA+MC costs**, after including costs of HBPC
 - Edes et al; J Am Geriatr Soc Oct 2014
- **Non-VA Study:** 722 in HBPC; 2161 controls over 2 yrs.
 - **HBPC resulted in 17% lower overall Medicare cost**
 - DeJong er al; J Am Geriatr Soc Oct 2014
- **Medicare Demonstration (Independence at Home):**
 - 8400 medically complex disabled beneficiaries enrolled in program based on VA's HBPC program
 - **\$35 Million saved two years** (\$2,100 / patient / year)



HBPC increases access, improves quality, lowers total cost

What is VA Medical Foster Home (MFH)?

For Veterans who are unable to live independently, meet nursing home level of care need, prefer a family setting, and lack a strong family caregiver -

- ***MFH provides an alternative to nursing home, in a personal home, at half the cost***
- Merges adult foster home with VA Home Based Primary Care
- Person takes dependent Veteran into their personal home, role of strong family caregiver - daily supervision and personal assistance
- In 45 states, caring for over 1000 Veterans every day

Facility Based Services

- VA Community Living Centers (CLC)
 - VA operates 135 CLC's
 - Attached to the VA Medical Centers
 - Emphasis on rehabilitation
- 162 State Veterans Homes
- Community Nursing Homes (28,000 beds)

Hospice Services

- Home Hospice
- VA Facility-Based Hospice
- Community Hospice

Milestones in VA Hospice & Palliative Care

Mission: To Honor Veterans Preferences for Care at the End of Life

- Since 2014: More Veterans die in VA hospice beds than in ICU and acute hospital combined
(2004: 67% ICU+Hospital, 13% inpatient hospice)
- 2000 to 2015: In 2000, 20% of Medicare decedents received hospice, while only 5% of VA decedents. By 2015, hospice use rate for both was nearly 40%
- 2016: 77% of VA inpatient decedents received palliative care consult prior to death. 2004: 33%

Shift in Location of Death With Access to Hospice

	ICU	Acute	Nursing Home	Hospice
<u>Absolute Change</u>	11%↓	17%↓	14%↓	42%↑
FY16	17%	22%	6%	55%
FY04	28%	39%	20%	13%

FY14: More Veterans died in Inpt Hospice than ICU and Hospital total

Major Successes 2011 to 2016

- Growth of home and community care programs
- Development of innovative models and increased access
 - Community Residential Care/Medical Foster Home: 122% growth
 - Home Based Primary Care: 39% growth
 - Geriatric Primary Care (GeriPACT)
 - Veteran Directed Care: Personal care at lower cost
 - Care Coordination Programs (e.g. C-TRAC)
 - Hospital in Home
 - GeroFit
 - Mobile Adult Day Health Care: Access through partnership
- Culture change in Community Living Centers
- Lead the nation in End of Life care: More inpatient deaths in hospice than in ICU and Acute Hospital beds combined. Palliative care in every VA hospital.
- Improved health, function, Veteran and caregiver experience
- Cost reduction greater than 10% in three programs