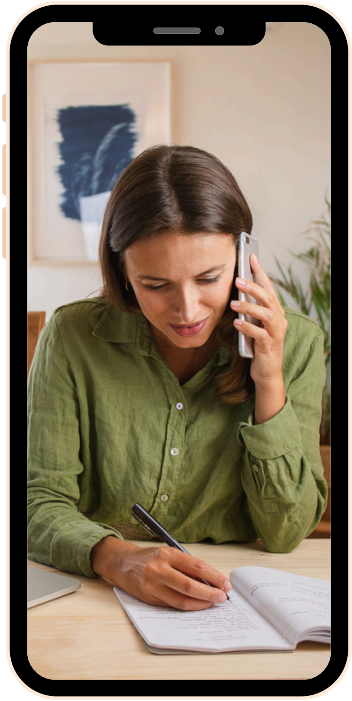
Nursing Home Ombudsman Agency of the Bluegrass

Kentucky State Long-Term Care Ombudsman Program

Options for Residents in Nursing Homes

There's no place like home. Some nursing home residents would prefer to live at home. Many people want to age in place and sustain their independence, dignity, and freedom of choice. Some people perceive that care at home gives individuals more choices, keeps them active in the community, and is generally better than care in a nursing home. In addition to consumer preference, government has made the case that in-home care is less expensive than care in an institutional setting and has created options for those who wish to receive services in their home. For many years, there have been government efforts to give individuals needing long-term services and supports more choices as to where and how they receive those services, offering options to receive services in their home or community setting rather than in a nursing facility.

You have the right to move out of the nursing home. You can choose to move to another place. Sometimes voluntarily moving out of a nursing home is called transitioning. Transition decisions are complex and include preference, as well as perceptions of the resident's ability to live in a more independent setting and the feasibility of transitioning. This is an important time in long-term care as a growing number of programs are helping to support a shift to home care. Here we briefly review three resources for residents who wish to transition out of a nursing home and back to living in the community. **If you would like to move out of your nursing home, start by telling the social worker.**



Aging and Disability Resource Center

Aging and Disability Resource Centers (ADRC) help adults age 60 and older, people with disabilities, and their families and caregivers. ADRCs provide free information and referrals to aging and disability information, programs and services such as: Nutrition Programs that provide meals; Transportation; Support for Caregivers (assistance to help families provide care); Prevention Programs; Hart-Supported Living; Homecare in-home services; Senior Citizen Centers; Senior Community Service Employment Program.

Some services are available on a limited basis and are based on program eligibility. Whether you have private resources or need public ones, ADRCs are here to provide the information and options available to help you stay in or transition back to your own home and community.

Call (877) 925-0037 or 502-564-6930 or visit https://www.chfs.ky.gov/agencies/dail/Pages/adrc.aspx for more information.

Program of All-Inclusive Care for the Elderly

PACE provides comprehensive services to individuals age 55 and older who need nursing facility level of care but prefer to continue living at home. Enrollees receive services through a PACE organization which works to meet all preventive care, acute care, long-term care and social needs. Services may include: Primary care; Social services; Physical, occupational and other therapies; Personal care and supportive services; Nutritional counseling; Recreational therapy; and Meals.

Benefits of PACE

PACE enables frail, older adults to live in their homes and in the community as long as medically and socially feasible. PACE also: Simplifies the process of meeting older adults' care needs; Enhances quality of life and autonomy; Maximizes dignity of and respect for older adults; and Preserves and supports older adults' family units and support systems.

Eligibility

To qualify for PACE, individuals must: Be age 55 or older; Meet nursing facility level of care as defined in 907 KAR 1:022; Be able to live safely in the community at the time of enrollment; and Live in an area covered by a PACE organization. To apply, contact the PACE organization that serves your area. It is helpful to have the following information ready at the time of application: Name; Date of birth; Social Security card; Diagnosis and other medical information.

- Bluegrass Care Navigators provides PACE in Anderson, Fayette, Franklin, Jessamine, and Woodford counties. Call (855) 492-0812 or visit https://www.bgcarenav.org/pace.
- BoldAge provides Heartland PACE in Daviess, Hancock, Henderson, Mclean, and Ohio counties. Call (270) 494-5401 or visit www.boldagepace.com.
- Care Guide Partners PACE provides services in Bullitt, Grayson, Hardin, Hart, Larue, and Nelson Counties. Call (270) 600-2580 or visit https://careguidepartners.org/pace/.
- Horizon PACE provides PACE in Barren, Butler, Clinton, Estill, Jackson, Laurel, Madison, McCreary, Pulaski, Rockcastle, Simpson, Warren, and Wayne counties. Call (877) 589-3053 or visit https://www.forhorizonpace.com/.
- LIFE COORDINATED Commonwealth PACE serves Calloway, Fulton, Graves, Hickman, Marshall, and McCracken Counties. Call (855) 209-5451 or visit https://lifecoordinated4u.com/.
- Mountain View PACE serves Clay, Floyd, Johnson, Knott, Knox, Letcher, Magoffin, Pike, and Whitley Counties. Call (833) 796-6328 or visit https://www.mountainviewpace.com/.
- Senior CommUnity Care of Kentucky provides PACE in Jefferson County. Call (502) 314-2059 or visit https://www.seniorcommunitycareky.org/.
- Senior CommUnity Care of Northern KY PACE serves Boone, Kenton, Campbell, Carroll, Gallatin, Grant, Owen, and Pendleton Counties. Call (859) 970-2450 or visit www.seniorcommunitycareky.org/

PACE sites in Kentucky are expanding to all counties. To check and see if there is a new site covering your county visit https://www.chfs.ky.gov/agencies/dail/Documents/EnrolledPACEProviders.pdf.

Kentucky Transitions

Kentucky Transitions is the name of Kentucky's Money Follows the Person (MFP). Kentucky Transitions helps people move out of nursing facilities or institutions and into their own homes.

Who Can Benefit?

You may qualify for Kentucky Transitions services if you:

- Are elderly, physically disabled, have a mental illness or an acquired brain injury.
- Currently reside in a nursing facility and have been there at least 60 days. There are some exclusions. A transition coordinator can discuss the exclusions with you.
- Have the ability to live in the community with support and services.
- Meet existing Medicaid eligibility requirements and are receiving Medicaid-paid services at least one day prior to being referred to Kentucky Transitions.

How It Works

A Kentucky Transitions transition coordinator will help you make a plan to move into your own home. This includes figuring out your medical, personal care and social needs and how best to meet them. Kentucky Transitions works with state and community agencies around the commonwealth to identify resources for you. You also are eligible to receive services through Kentucky Medicaid Home and Community Based waiver or Acquired Brain Injury Long-Term Care waiver once you are living on your own. Kentucky Transitions can help you find safe, decent, affordable housing.

Getting Started

If you are interested in moving out of a nursing facility or institution, email kentucky.transitions@ky.gov or call (502) 564-0330 or toll-free (877) 564-0330.

If you know someone who could benefit from Kentucky Transitions, you can complete a referral form and return it via email or by mail to:

Kentucky Transitions
275 East Main Street, 6W-B
Frankfort, Kentucky 40621

For more information about Kentucky Transitions visit https://chfs.ky.gov/agencies/dms/dca/Pages/kytransitions.aspx.

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