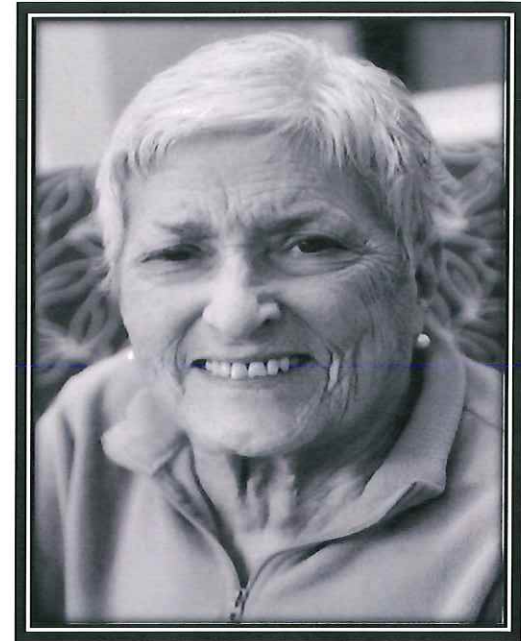




Maine Health Care Association



*Martha Black, 75 State Street, Portland*

# Maine Long Term Care: An Overview

Richard A. Erb, President and CEO

Nadine L. Grosso, Vice President & Director  
of Communications

February 2021

Joint Standing Committee on Health &  
Human Services

### Reduction in Nursing Home beds

- 1994 – Maine had 11,000 beds
- MED '94 – Concerted effort by State
- Nursing home closures
- Today – down to 6,506 beds

### Increase in Residential Care or Assisted Living, known as PNMI (private non-medical institution)

- Much of the growth occurred before 2006
- Waiting lists prior to COVID-19
- High consumer satisfaction
- Allows aging in place

# LTC System Changes

## Assisted Living/ Residential Care Profile

### According to DHHS:

- 75% of residents are MaineCare beneficiaries

### Saves the State money

- About half the cost of nursing home care

### Resident acuity has increased

- By 30% since 1998

### Increased demand for Memory Care

- Serves people with cognitive needs who may not need nursing home level of care



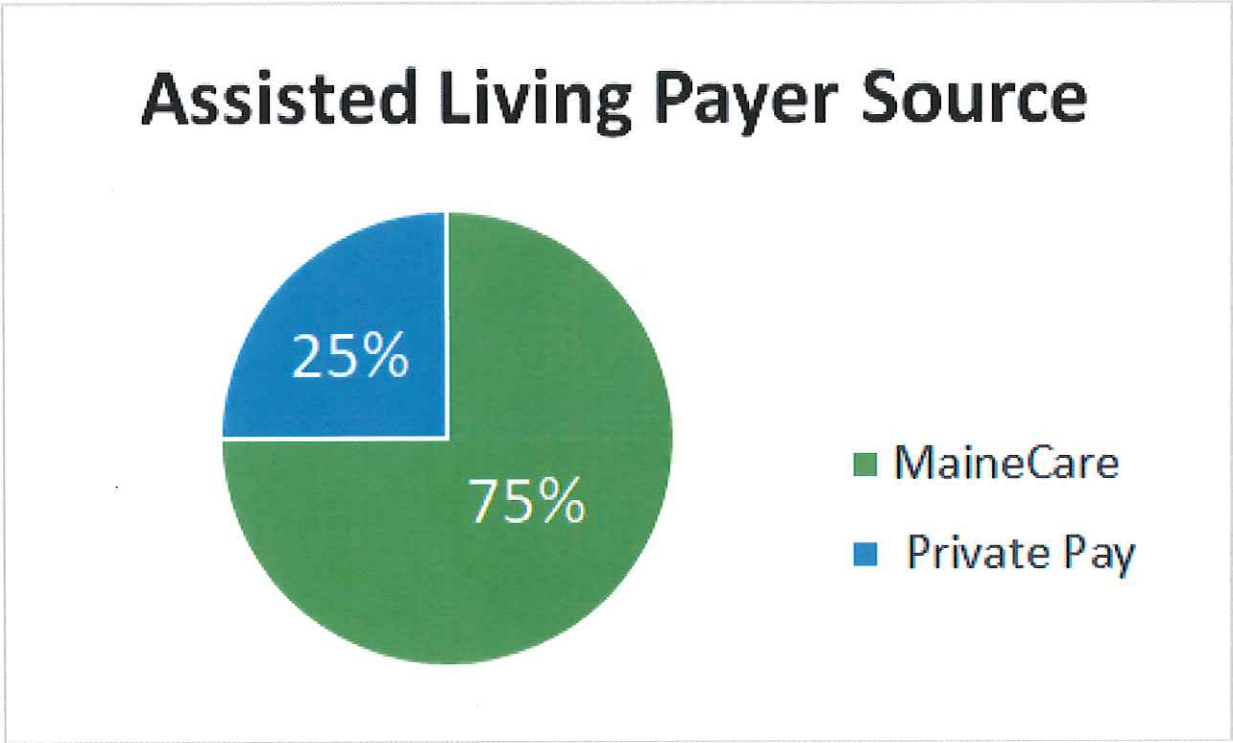
# Assisted Living Resident Profile



*Alice Chasse,  
Ridgewood Estates  
Assisted Living,  
Madawaska*

- High Percentage with Dementia  
– 47%
- Average resident is 83 yrs
- 70% are women
- 88% have no spouse
- Most have **given up their homes** to live in a PNMI and many are **eligible for nursing home level of care**

# Assisted Living/Residential Care Funding



Source: DHHS/Muskie  
School, January 1, 2021

## Nursing Home Resident Profile

### High percentage with Dementia

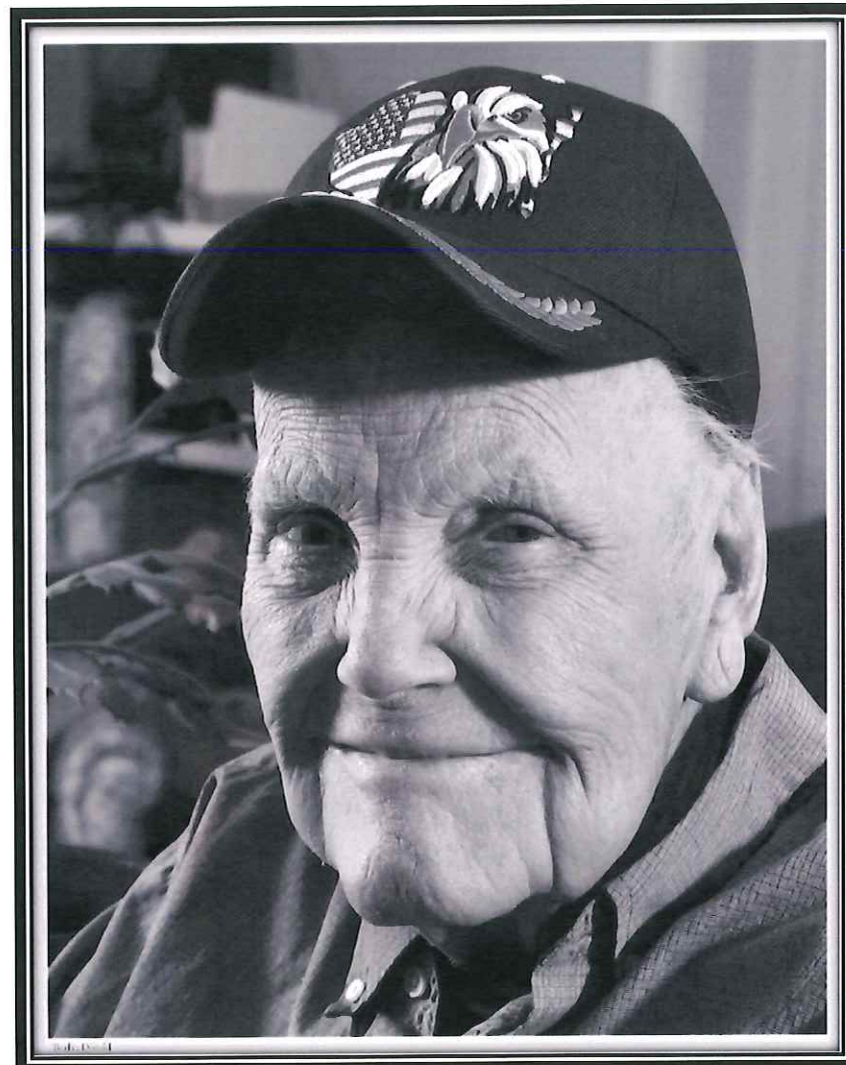
Over **53%** have dementia diagnosis  
**15%** higher than national average

### High Staff to Resident Ratios

Provide average of **4.5** staff hours per resident per day  
Highest in New England, **4th** highest in the U.S.

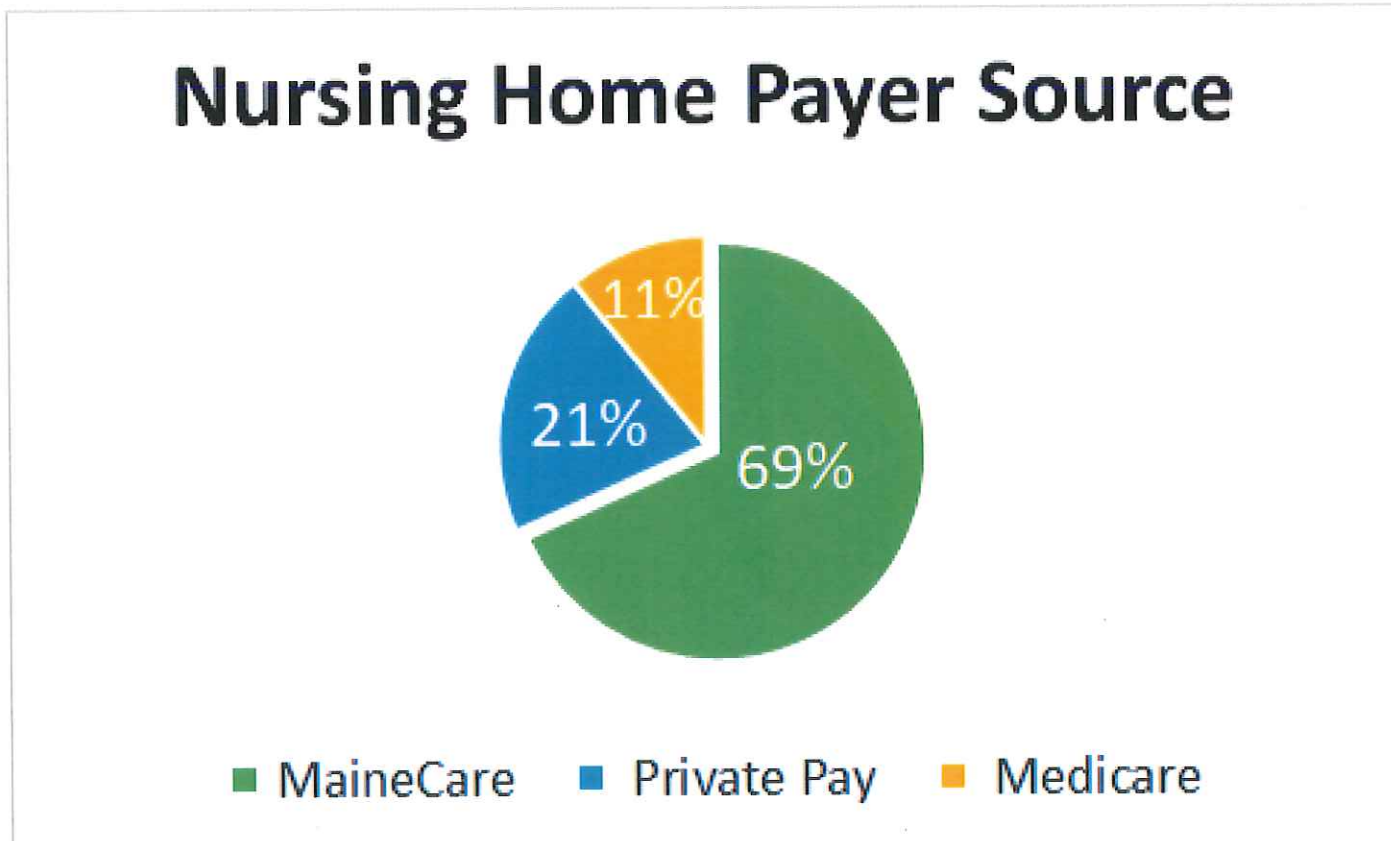
### High Acuity

Maine nursing home residents need help with an average number of **4.36** Activities of Daily Living, compared to **4.26** nationally



***Donald Burke, Marshall Healthcare Facility,  
Machias***

# Nursing Home Funding



Source: BerryDunn, 2020





The number of people aged 65 and over in Maine is projected to rise 49% over the next 15 years, from 250,195 to 374,017. (Census Bureau)



Alzheimer's Association projects 35,000 Maine seniors will have Alzheimer's disease in 2025, compared to 25,000 in 2014 (Maine Chapter, Alzheimer's Association)

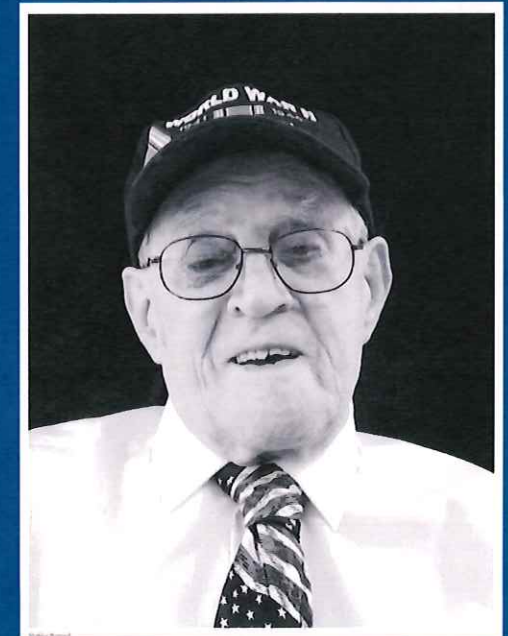


Just 37% of people think they will need long term care, but 69% of people actually will. (Maine Senior Guide)



Persons over 65 in Maine with dementia are 5x more likely to live in a PNMI and 11x more likely to live in a nursing home (Muskie School)

## Future Long Term Care Needs



*Bertrand Mathieu, Marshwood Center, Lewiston*



How  
to  
reach  
MHCA:

Phone: 207-623-1146

Email:

[rerb@mehca.org](mailto:rerb@mehca.org)

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On the Web:

[www.mehca.org](http://www.mehca.org)

Follow us on Facebook:

<https://www.facebook.com/Maine-Health-Care-Association-415136628521232>

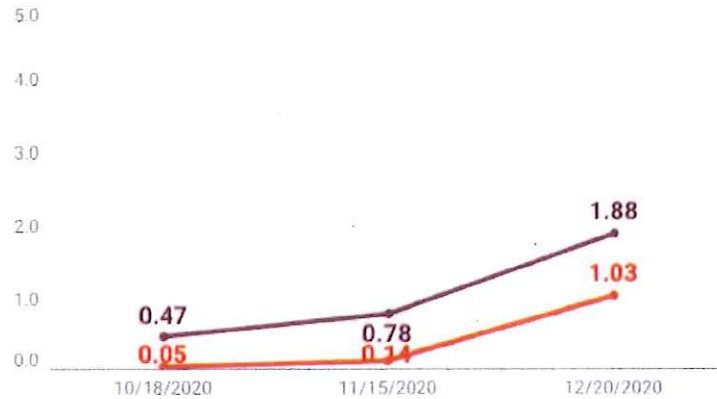
## View Dashboard Measures by State

Maine and U.S. average; gray represents range of state performance

State: Maine  
 Dates: Multiple values

### Nursing Home Resident Deaths

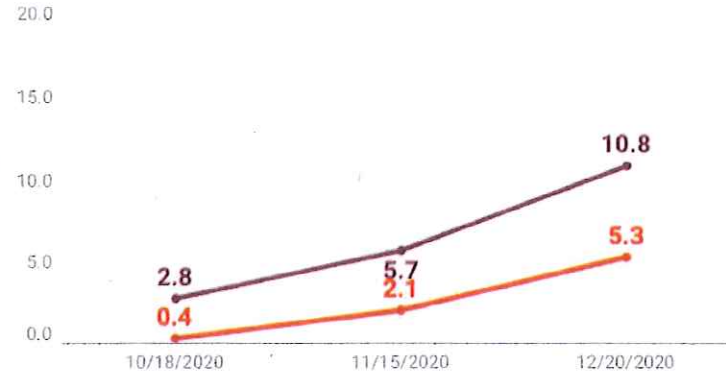
(COVID-19 deaths per 100 residents)



In the last month (four weeks ending 12/20/2020) in Maine, there were 1.03 COVID-19 deaths per 100 nursing home residents.

### Nursing Home Resident Cases

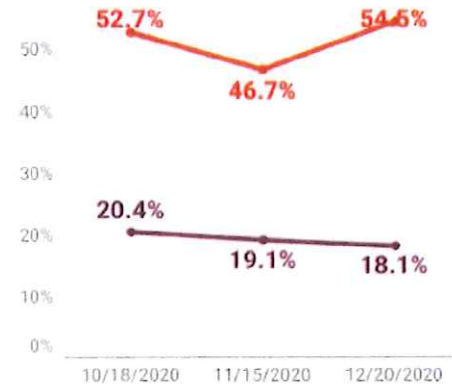
COVID-19 cases per 100 residents



In the last month (four weeks ending 12/20/2020) in Maine, there were 5.3 COVID-19 cases per 100 nursing home residents.

### Personal Protective Equipment (PPE)

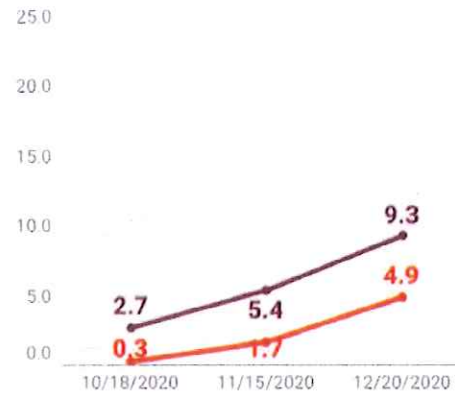
(% of facilities without at least a 1 week supply of all PPE types)



In the last month (four weeks ending 12/20/2020) in Maine, 54.5% of nursing homes did not have a one week supply of all PPE.

### Staff COVID-19 Cases

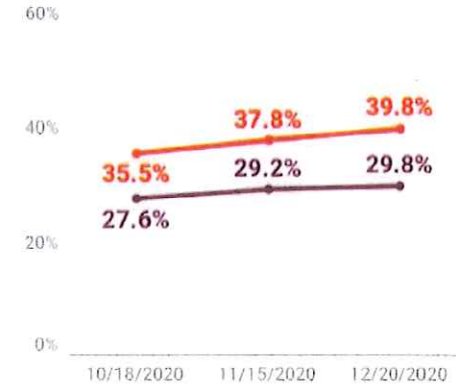
(Confirmed staff COVID-19 cases - rate per 100 residents)



In the last month (four weeks ending 12/20/2020) in Maine, there were 4.9 nursing home staff cases per 100 residents.

### Staffing Shortages

(% of facilities with a shortage of nurses and/or aides)



In the last month (four weeks ending 12/20/2020) in Maine, 39.8% of nursing homes had a shortage of direct care workers.