

Bigger nursing Homes Worse Quality of Life Truth or Myth?

Jiří Horecký

president of the European Association for long term care directors and providers E.D.E.

president of Association of social services providers, Czech Rep.

president of Union of Employers' Associations, Czech Rep.

Why this topic ?



- **De-institutionalization**
- **EEGT and European commission interventions**
 - Nursing homes with 18 beds
- **Czech Rep.**
 - 25 beds restriction (intention)
- **Slovakia**
 - 40 beds restrictions

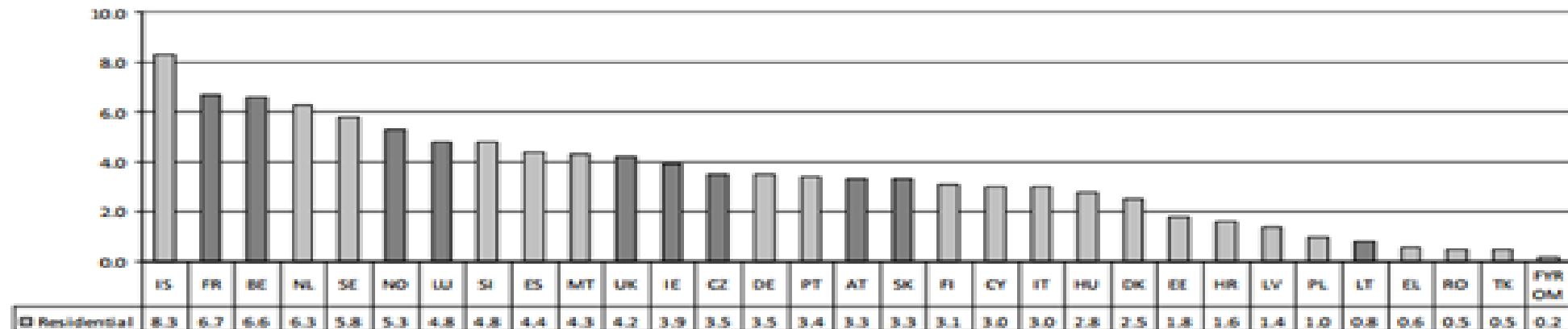


Nursing homes facts:

- Capacities
- Sizes

The capacity of care homes for seniors

Figure 3. Coverage rates for residential care, people aged 65 years and over, latest year available

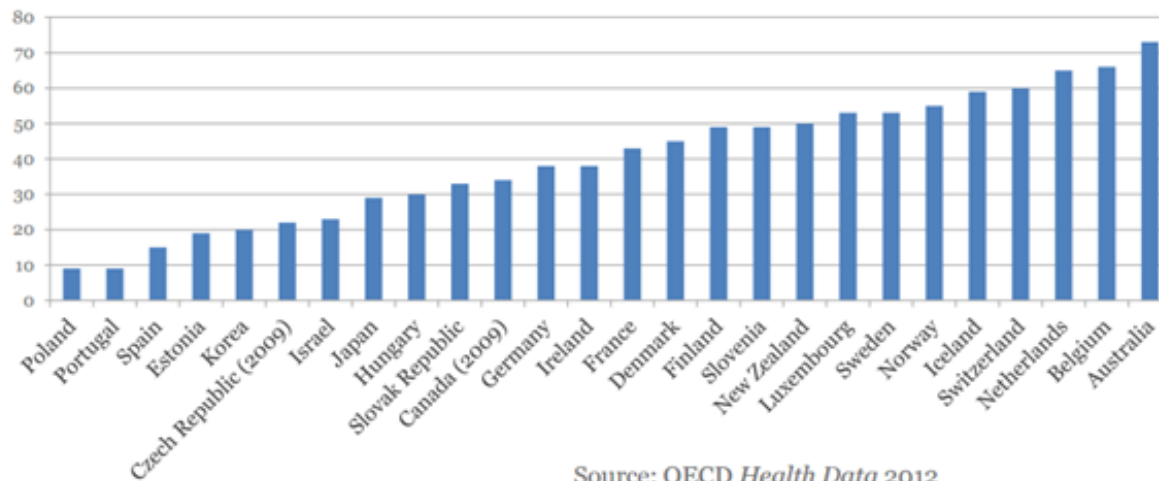


Note: Dark grey bars indicate that the displayed values coincide with those reported by Huber et al. (2009) or the on-going OECD project using Health Data 2009 [<http://www.oecd.org/dataoecd/23/61/45408422.xls>]. Light grey bars indicate alternative values derived from national sources and deemed more accurate, more recent or simply new.

Source: own elaboration using the national reports of the EGGE network (for details see Table A1 in the Appendix).

The capacity of care homes for seniors

 LTC recipients in institutions, per 1 000 pop 65+, 2010



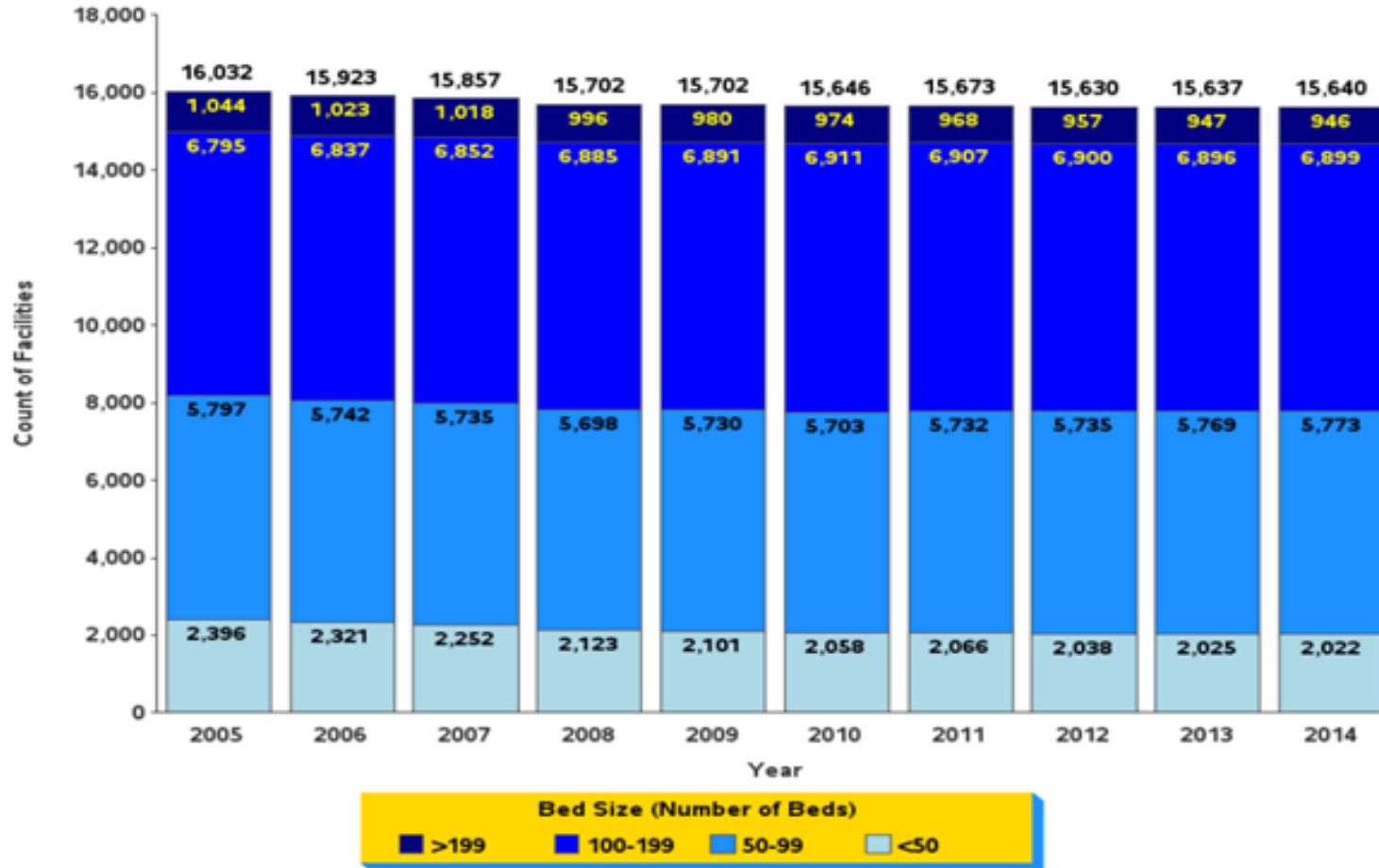
Source: OECD Health Data 2012

- Large variations: lowest (POL, PRT), highest (AUS, BEL NLD)



The capacity of care homes USA

Figure 1.2. Number of Nursing Homes by Bed Size: United States, 2005-2014



Average capacity of residential LTC in EU



- **Czech Rep.**
 - Care homes for seniors: 75,79
 - Care homes with a special regime: 56,85
- **France: 68**
- **Germany: 70**
- **Spain: 69**
- **England: 54**
- **Switzerland: 61**
- **Lithuania: 48 (was 202 in 1990)**
- *Care home research 2014*

Average capacity of residential LTC in EU



- **Public care homes are more than 50% bigger than private ones in Slovakia, Slovenia and Malta.**
- **In Norway private care homes are approx. 50% bigger than public ones.**
- **States that are increasing total capacity of nursing homes:**
 - **IRELAND**
 - **FRANCE**
 - **DENMARK**

Size of a nursing home - TRENDS



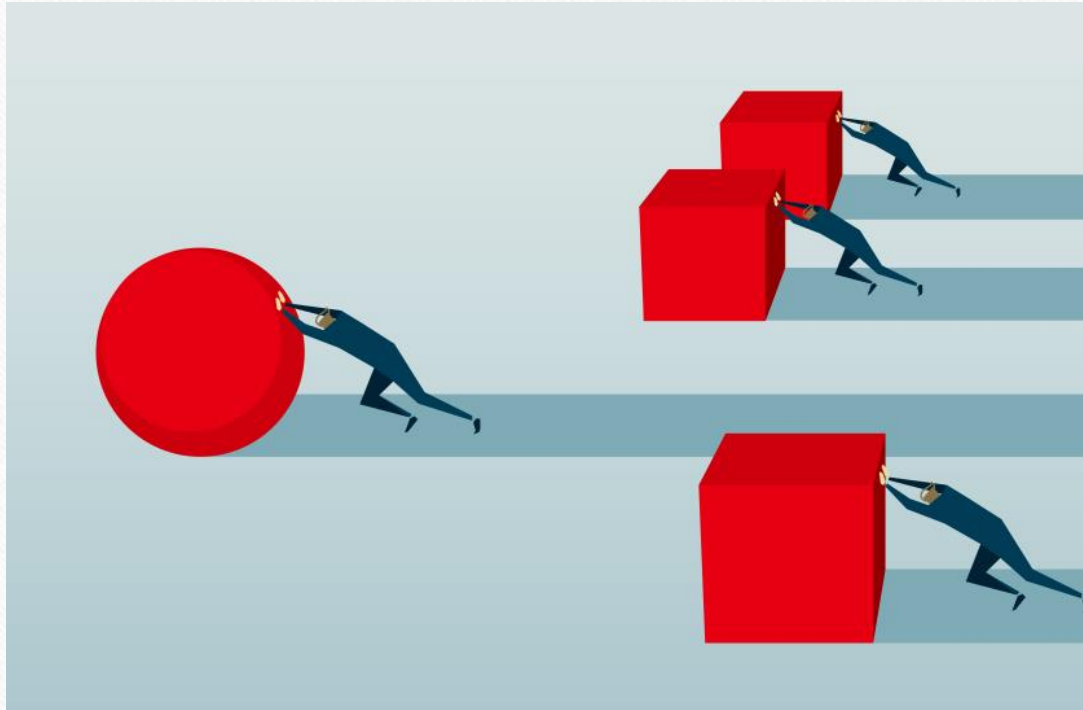
- **Slovakia capped the capacity of new care homes to 40 beds**
- **France recommended no less than 60 beds**
- **Czech Rep. is thinking about capping the capacity to 25 beds !**
- *„The number of clients of the project proposal is too high (25 beds) to provide clients with genuinely independent living“ EU Commission*
- *„It's important not to create an institutional culture“ EU expert group on Transition (EEGT).*

TWO KEY QUESTIONS



- **Is there a link between economic efficiency and capacity ?**
- **Is there a link between quality of life and capacity ?**

EFFICIENCY



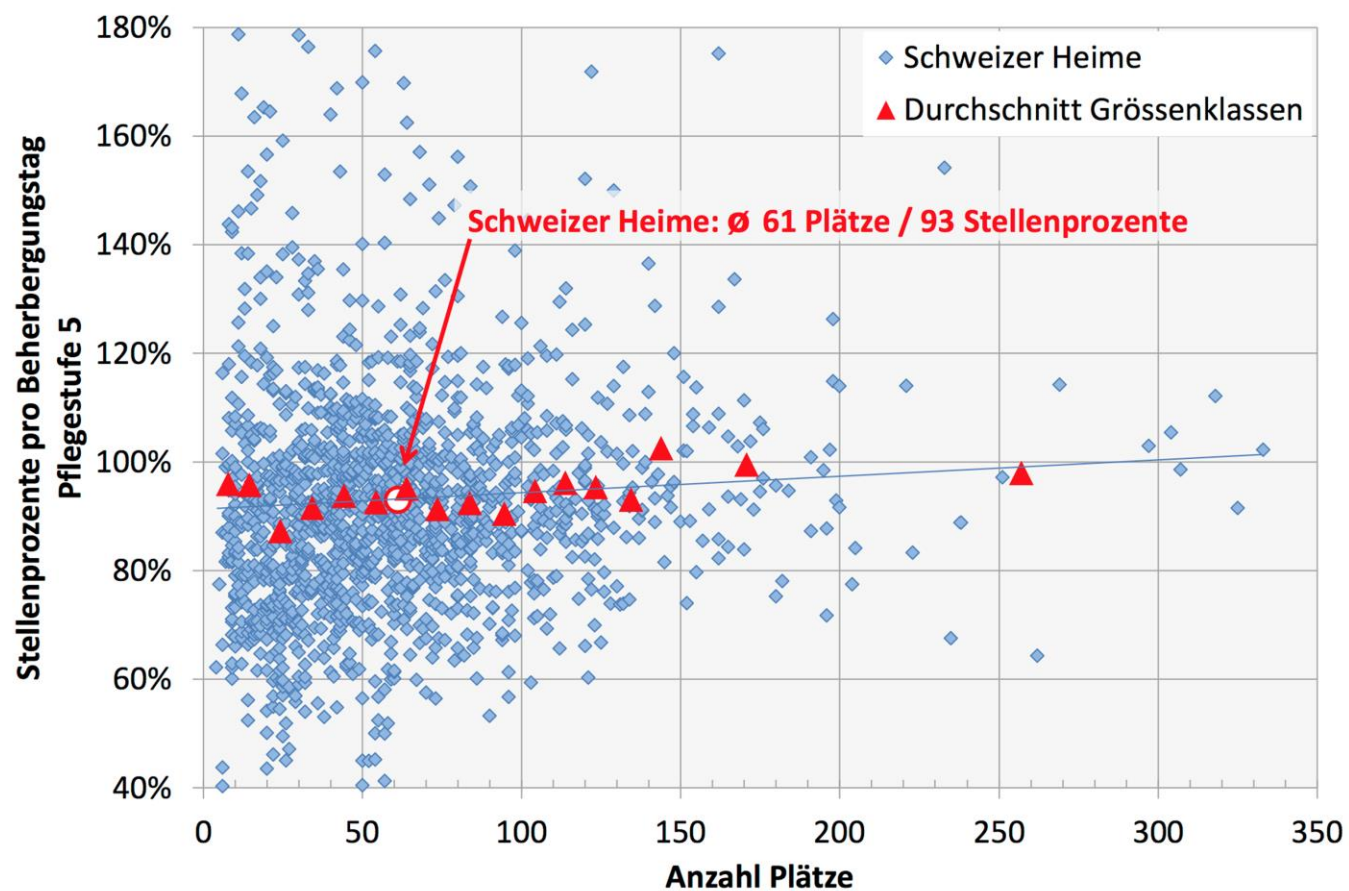
Capacities
Sizes

Size of a nursing home – EFFICIENCY



- There are some studies indicating the cost per bed due to the size
- Whereas in Switzerland, it doesn't play a big role
- In the Czech Rep., the bigger, the cheaper
- The other thing is that with smaller homes, there are some services and employees limited
- And we do not have classes with only 10 students because we cannot afford that

Size of a nursing home – EFFICIENCY

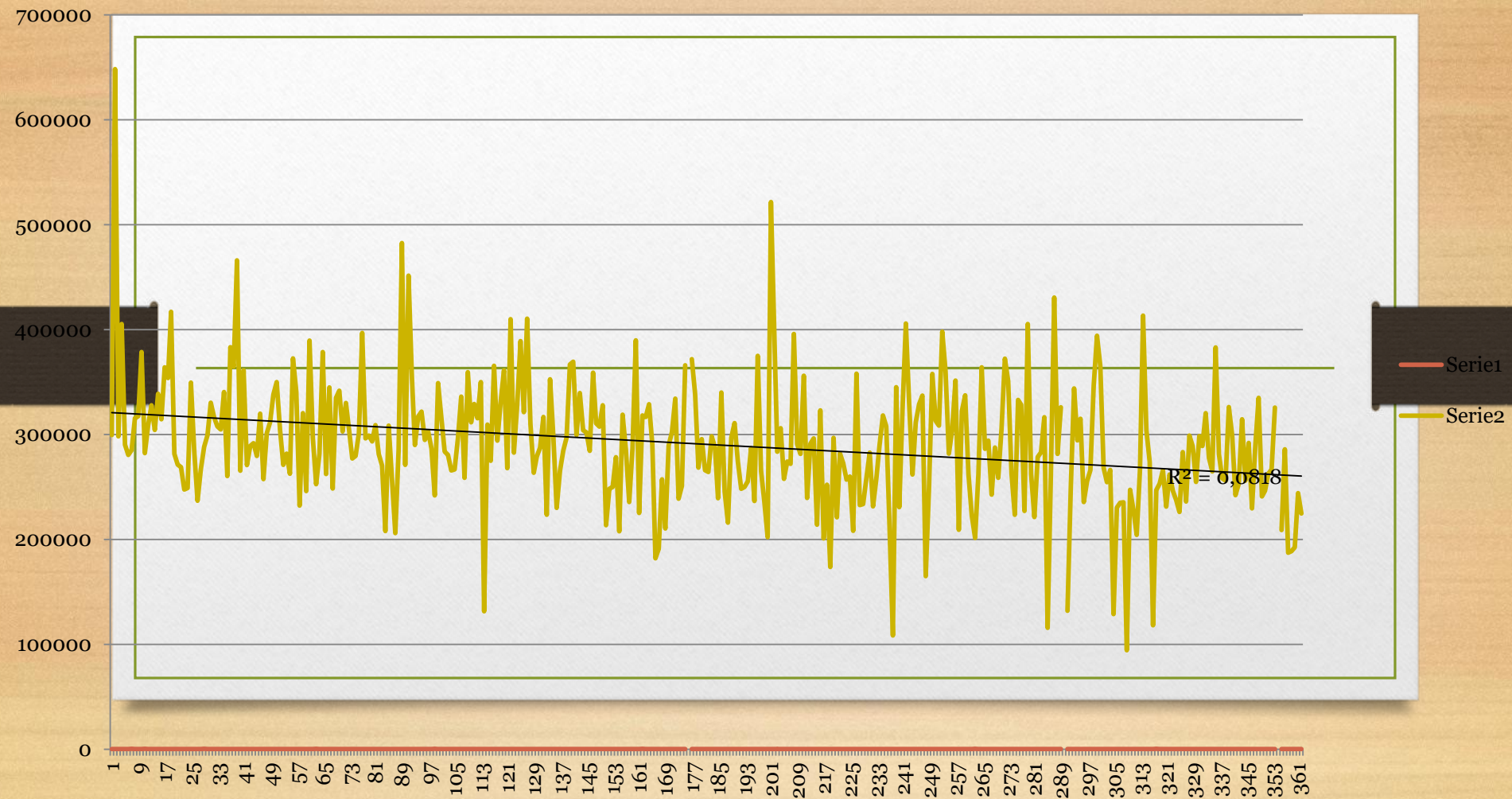


CURAVIVA SCHWEIZ 2030 VISION

VERBAND HEIME UND INSTITUTIONEN SCHWEIZ
ASSOCIATION DES HOMES ET INSTITUTIONS SOCIALES SUISSES
ASSOCIAZIONE DEGLI ISTITUTI SOCIALI E DI CURA SVIZZERI
ASSOCIAZIUN DALS INSTITUTS SOCIALS E DA TGIRA SVIZZERS

-
- **THE 2030 RESIDENTIAL AND CARE MODEL CURAVIVA**
 - **THE FUTURE OF CARE FOR THE ELDERLY**
 - **There are more important things than the size such as composition**
 - **Acommodation centre with:** culture, wellness, fitness, public area:restaurant, cafe, bar; respite

Korelační analýza jednotkové nákladovosti dle kapacity domovů pro seniory



**With very small homes there
may be/probably is:**



- **Problems/lack of some professions**
 - Multi-functionality of workers is not the best way to go
- **Party time management**
- **Limited possibilities-rooms:**
 - Therapies, rehabilitation, coffee house, shops, hairdressers, workshops, other equipment
 - Similar with hospitals

QUALITY OF LIFE



Quality of Life

Capacities
Sizes



Quality of life determents

Quality of life determents

- **Physical:**
 - **Physical comfort**
 - **Safety**
 - **Hygiene**
 - **Pain relief**
 - **Diet**



Quality of life determinants



- **Intellectual, emotional, social:**
 - **Stimulations, activities**
 - **Privacy, security**
 - **Dignity**
 - **Autonomy**
 - **Social contact**
 - **Social support**



Quality of nursing homes factors

Quality of nursing homes factors



- **Accommodation:**

- **Size of room**
- **Single or double room**
- **Room equipment, communication devices**
- **Common areas, colors**
- **Temperature regulation, cleanliness**
- **Object (garden, accessibility, environment)**

Quality of nursing homes factors



- **Food, catering:**
 - **Quality and variability of food**
 - **Multi choice**
 - **Drinks offer**
 - **Nutrition care**
 - **Time frame**

Quality of nursing homes factors



- **Care:**
 - **Health care**
 - **Number of caregivers**
 - **Specialists**
 - **Care concepts and models**
 - **Hygiene**
 - **Pain relief**
 - **Palliative care**

Quality of nursing homes factors



- **Partnership, culture, free time:**
 - **Individual approach**
 - **Information providing, alternative communication**
 - **Feedback of clients and family**
 - **Key workers, individual talks**
 - **Dignified approach**
 - **Free time activities, volunteers**
 - **Spiritual care**
 - **Hobbies activities, etc.**

Quality x bigger size homes



- **NONE of the factors are excluded in bigger size nursing homes**
- **There could be good and bad small size homes**
- **And there could be good and bad big size homes**
- **Small homes means less employees thus smaller social groups reminding larger family life**
 - **Some clients may prefer this factor other more people and more anonymous social life**

IDEAL LIFE at its end



- **All of us live so various lives**
 - Living, homes, houses, sizes, tidying
 - eating, drinking, fatty food
 - Social contact, friends, cultural activities, sport, etc.
- **In nursing homes, sometimes we are offered more or less one ideal model of life and living**
 - (like only small nursing homes are a way to go ☺)
 - **Let's listen to the people what they want, let's see what they need, let's hear the feedback where they are happy and satisfied**