V. NURSING FACILITY RESIDENT PROFILE

KEY POINTS

• **As people age they are more likely to endure greater acute illness**, such as, heart disease, stroke, cancer and advanced dementia. These illnesses and other factors cause limitations in Activities of Daily Living including; bathing, dressing, toileting, transferring and eating.

• **The profile of the average nursing facility resident is a female in their mid 80’s.** A high percentage have some form of dementia and are wheelchair bound.

• **Every 70 seconds someone develops Alzheimer’s.** It is the sixth-leading cause of death in the United States.
To Whom It May Concern:

My brother, Frederick Farran, was admitted to The Laurels of Carson City for some post hospitalization rehabilitation. As this first experience with the Laurels has been an extremely positive one. I felt compelled to comment on it.

The Laurels of Carson City is a beautiful, welcoming facility, impeccably kept.

The staff has been uniformly courteous, caring and accommodating, evidence of a sound, involved management.

The nursing and medical staff and their aides have taken excellent care of Fred, and keep a watchful eye on him. I’ve been able to have a period of respite from my care giving, with the knowledge that he is in good hands.

Having worked for an advertising agency that catered to food service clients, I am aware of the difficulty of preparing nutritious, appetizing meals in quantity, and must say that the food service department does an outstanding job. Not only is the food appealing in both odor and appearance, I can attest that it also tastes wonderful, and the manner in which it is served gives the ambiance of fine dining.

Fred’s ongoing illness precludes any chance of recovery. However, the rehabilitation staff has managed to work in strengthening him and encouraging him to keep trying. Since he has always hated exercise that is a feat indeed.

His mental status, compromised by vascular dementia, has improved a great deal. I delight in seeing his charming personality flourish under everyone’s sensitive care. Thank you all for giving my brother yet another chance to continue living in his home. If he ever again needs care such as this, or in the event long-term care is necessary. The Laurels of Carson City would be our first choice.

With warmest regards,
Diana Farran
As people age they are more likely to endure greater acute illness, such as, heart disease, stroke, cancer and dementia. These illnesses and other factors cause limitations in Activities of Daily Living (ADL) including; bathing, dressing, toileting, transferring and eating. For elderly living in a community setting, levels of these limitations are very low, whereas these levels increase significantly for residents in nursing facilities.

The profile of the average nursing facility resident is a female in their mid 80’s. A high percentage have some form of dementia and are wheelchair bound. Almost all are admitted from an acute care incident leading to hospital stay.

Celebrating 100+ years, Grayling Nursing & Rehabilitation Community
In addition, approximately 18 percent of all residents in Michigan nursing facilities are there to receive short stay rehabilitation services. These residents are primarily persons ages 65-72 who are recovering and receiving rehabilitation services (physical, occupational or speech) consequential to stroke, joint replacement, heart attack and other surgical or major health episodes. These intensive services focus on restoring full function which exists prior to the significant health event. (Centers for Medicare and Medicaid Service)

**Most Prevalent Chronic Diseases**

Heart disease is the leading cause of death for both men and women in the United States. Heart disease is also the leading cause of death in Michigan, accounting for 23,044 of the state’s deaths in 2009. Cancer is the second leading cause of death in the United States and Michigan and is responsible for one of four deaths nationally. Chronic lower respiratory disease is the third leading cause of death, accounting for 4,941 of the state’s deaths in 2009, followed by strokes. Additionally, Michigan has the third highest obesity rate in the nation, more than 62 percent of adults in Michigan are considered either over weight or obese.

Diabetes is a chronic disease that is strongly related to obesity. In 2010, just over nine percent of Michigan adults were diagnosed with diabetes - an estimated 701,000 people - giving Michigan the fifteenth highest adult diabetes incidence rate in the nation.

Today, nursing facilities are caring for more and more individuals suffering from dementia, more specifically Alzheimer’s disease, a form of dementia. Alzheimer’s is a progressive and fatal brain disease. As many as 5.3 million Americans are living with the disease. As damage spreads, individuals experience confusion, impaired judgment, and disorientation to time, space and location, which may lead to unsafe wandering and
socially inappropriate behavior. In advanced Alzheimer’s, people need help with bathing, dressing, toileting, eating and other daily activities. Those in the final stages of the disease lose their ability to communicate, fail to recognize loved ones and become bed-bound and reliant on 24/7 care. Alzheimer’s disease is ultimately fatal.

Every 70 seconds someone develops Alzheimer’s. It is the sixth-leading cause of death in the United States.
FROM THE DIRECTORS

As we enter an era of rapid growth for our aging population, Michigan is being challenged along many fronts to provide an expanded array of long-term care services. Today's nursing and rehabilitation facilities are very different from the nursing homes of just a few years ago. Residents have a broad array of services and supports available to them. Many are there for short term rehabilitation visits. Others with more complex or chronic medical conditions are there for longer term care. Quality improvement is an important part of operating today's nursing facility. Person-centered care is delivered by a skilled workforce. Resident, family and employee satisfaction is measured and used to improve patient care. Michigan leads the country in new construction and renovation of nursing facilities. Nursing and rehabilitation centers are the common thread throughout every county and community in our state and the need for 24-hour, quality, skilled nursing care remains and will continue to be a core government responsibility to its senior citizens.

HCAM is a statewide trade association representing Michigan's long-term care providers since 1948. Our membership continues to grow and now includes skilled nursing and rehabilitation facilities, county medical care facilities, hospital long-term care units and assisted living facilities. HCAM represents 260 nursing facilities. Whether a member or not, the Association through its efforts had a direct impact on all of Michigan's 400 facilities employing more than 40,000 dedicated workers caring for nearly 40,000 of Michigan's elderly citizens every day of the year. In 1999, HCAM established an affiliate association to serve assisted living communities: the Michigan Center for Assisted Living (MCAL). Its growth continues and now represents 98 communities throughout the state.