Long Term Care in Manitoba

Residential Facilities

Nursing Homes

How Nursing Homes Are Organized and Administered
Nursing homes or “personal care homes”, as they are called in Manitoba, are residential long term care facilities that provide 24-hour professional nursing care and supervision in a protective, supportive environment for people who have complex care needs and can no longer be cared for in their own homes. The insured Personal Care Home Program in Manitoba is provided in licensed personal care home facilities designated by the Minister of Health. Fees for personal care homes are set by the Manitoba Ministry of Health.

Admissions to residential long term care facilities are managed by the Regional Health Authority (RHA), except in the case of Winnipeg, which has a separate Long Term Care Access Centre within the RHA to manage admissions into long term care facilities. Each person wanting admission into a long term care facility must be seen by a number of professional staff including a doctor who will complete an application and assessment form that will be submitted to a panel, where a number of professionals look at the client’s needs and decide upon the best option to meet those needs. If the client qualifies for a personal care home, the RHA will assist him/her in choosing one.

Eligibility/Requirements for Admission
To be eligible for subsidized care services clients must:

› be citizens or permanent residents of Canada

› have health care needs that cannot be adequately managed by the family, home care services and community services.

Income/Asset Test
At assessment a copies of the client’s personal income tax returns are taken, and the cost of residential long term care is calculated based on these returns.

Costs
Long term care costs depend on a client’s after-tax income and marital status. Costs range from $28.80 to $67.60 per person per day. A few samples of the breakdown are:

<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td>$0.00 – $13,596.49</td>
<td>$0.00 – $41,521.49</td>
<td>$28.80</td>
</tr>
<tr>
<td>$16,589.50 – $16,625.99</td>
<td>$44,514.50 – $44,550.99</td>
<td>$37.10</td>
</tr>
<tr>
<td>$19,582.50 – $19,618.99</td>
<td>$47,507.50 – $47,543.99</td>
<td>$45.30</td>
</tr>
<tr>
<td>$22,575.50 – $22,611.99</td>
<td>$50,500.50 – $50,536.99</td>
<td>$53.50</td>
</tr>
<tr>
<td>$25,568.50 – $25,604.99</td>
<td>$53,493.50 – $53,529.99</td>
<td>$61.70</td>
</tr>
<tr>
<td>$27,722.00 and over</td>
<td>$55,647.00 and over</td>
<td>$67.60</td>
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</tbody>
</table>

For a detailed breakdown of fees according to income and marital status, refer to the Table of Residential Charges issued by the Manitoba Ministry of Health.

The fees for personal care homes include the following services:

› 24-hour nursing services

› personal care services
RBC Insurance  Long Term Care in Manitoba

physician services
basic medical supplies
food and nutrition services
medications and pharmacy services
activities/recreation
access to occupational therapists, speech-language services and physiotherapists, if required
housekeeping
laundry/linen services, and
access to transportation (with some exceptions)

Home Care

Government-subsidized Home Care
How Government-subsidized Home Care Is Organized and Administered
Home support services are designed to help clients remain independent and in their own home as long as possible. Home support provides personal assistance with daily activities, such as bathing, dressing, grooming and light household tasks that help to maintain a safe and supportive home.

In Manitoba the Home Care Program within each Regional Health Authority (RHA) manages requests for care in the home. Once a request for service is received, a home care coordinator will conduct an assessment and develop a care plan. If a client becomes ill and is admitted to a hospital, the hospital will inform the Home Care Program, and a plan is made for when the client is discharged from hospital. There is no set maximum for number of hours of home care allotted to a client. The number of hours of home care allotted to a client depends upon assessment and regional availability.

Eligibility/Requirements for Admission
To be eligible for the Home Care Program, a client must:
be a Manitoba resident
registered with Manitoba Health
require health services or assistance with activities of daily living, require service to remain safely in their homes and require more assistance than available from existing supports and community resources

Income/Asset Test
An income/asset test is not generally part of the assessment for home care. However, clients can access long term care through the Home Care Program. In such a situation a copy of the client's personal income tax returns are taken at assessment, and the cost of residential long term care is calculated based on these returns.

Costs
There is no charge for home care provided by the RHA.

Private Home Care
RHA resources are limited and go to the neediest. As a result, many seniors get inadequate amounts of RHA services and have to rely on private home care services to receive the appropriate amount of care.

Costs of Private Home Care

<table>
<thead>
<tr>
<th>Type of Service</th>
<th>Provincial Average</th>
<th>Winnipeg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal Delivery (per meal)</td>
<td>$5.67</td>
<td>$5.61</td>
</tr>
<tr>
<td>In-home Meal Preparation (per meal)</td>
<td>$16.04</td>
<td>$16.04</td>
</tr>
<tr>
<td>Laundry/House Cleaning (per hr)</td>
<td>$16.32</td>
<td>$16.29</td>
</tr>
<tr>
<td>Personal Care: Bathing/Dressing (per hr)</td>
<td>$17.96</td>
<td>$18.21</td>
</tr>
<tr>
<td>Companionship/Supervision (per hr)</td>
<td>$16.86</td>
<td>$16.92</td>
</tr>
<tr>
<td>Skilled Nursing (per hr)*</td>
<td>$35.00 – $75.00</td>
<td>$35.00 – $75.00</td>
</tr>
<tr>
<td>Occupational Therapy (per hr)</td>
<td>$86.85</td>
<td>$86.06</td>
</tr>
</tbody>
</table>

* Fees range depending on what kind of nurse, such as a registered nurse (RN) or licensed practical nurse (LPN), delivers care.

Typical Home Care Scenarios

Scenario 1: Low Level of Care
Mrs. Williams is an 85 year old widow still living at home. She has osteoarthritis and leg edema that is relieved by support stockings. However, because her fingers are arthritic and she cannot bend forward, she requires assistance to put on her stockings. She is able to get around her home using her rollator.

Two months ago Mrs. Williams had a significant fall and lost 9 kg. Both her daughters assist Mrs. Williams on weekends and in the evenings, and the husband of one of her daughters maintains the house, lawn, etc. Her daughters report that Mrs. Williams complains that she forgets to eat and that the food in the refrigerator has spoiled. When they are with her, she
eats very little and sometimes chokes on her food. To ensure that she eats safely, Mrs. Williams needs meals delivered to her home and also requires a home maker to supervise her meals. To increase her safety, Mrs. Williams requires a home safety assessment as well as some assistance with bathing.

**Care Plan**

- **Meal Delivery**: 2 meals a day for weekdays with Meals on Wheels or other meal delivery programs
- **Meal Supervision**: 1 hour a day for weekdays including recording her meal intake and providing stand-by assistance if patient chokes
- **Bathing**: 2 times weekly, 1 hour each
- **Dressing**: 20 minutes for weekday mornings to assist with putting on support stockings
- **Occupational Therapist**: to provide initial assessment for home safety and to make recommendations

**Scenario 1: Basic Level of Care**

Mr. Williams is 72 years old and lives alone in a small apartment in a senior apartment building in a small community outside of the city. Mr. Williams has a balance of vision and has been diagnosed with dementia. His son assists Mr. Williams in the evenings but is not available on the weekends, so he needs meal preparation on weekends. He occasionally forgets to take his medicine and does not eat properly. His son has arranged for him to attend an Adult Day Program four times a week, but worries that he may not remember the days and will sleep in. Although he does not wander out of his apartment, he requires help to get to and from the bus so that he will not get lost and wander.

Mr. Williams requires supervision with bathing, laundry, meal preparation and clean-up.

**Care Plan**

- **In-home Meal Preparation**: 2 hours a day for weekends
- **Bathing and Personal Care**: 4 times weekly, 1 hour each
- **Dressing**: 4 times weekly, 1 hour each, to assist with morning hygiene and dressing for the Adult Day Program
- **Safety Supervision**: 4 times weekly, 30 minutes each, off of the bus and into his apartment so he does not get lost
- **Supervision with Medication**: 1 hour weekly
- **Laundry**: 2 hours every other week
- **House Cleaning**: 1 hour weekly

**Services Required Covered by Government**

<table>
<thead>
<tr>
<th>Services Required To Be Paid by Client</th>
<th>Cost per Unit</th>
<th>Monthly Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-home Meal Preparation</td>
<td>$24.18/ hr</td>
<td>$386.88</td>
</tr>
<tr>
<td>Personal Care: Bathing/Dressing</td>
<td>$25.06/ hr</td>
<td>$501.20</td>
</tr>
<tr>
<td>Adult Day Care Program (including transport)</td>
<td>$11.00 – $15.00/day</td>
<td>$176.00 – 240.00</td>
</tr>
<tr>
<td>Safety Supervision</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>Supervision with Medication</td>
<td>$24.05/ hr</td>
<td>$96.20</td>
</tr>
<tr>
<td>Laundry/House Cleaning</td>
<td>$23.52/ hr</td>
<td>$188.16</td>
</tr>
<tr>
<td><strong>TOTAL per Month</strong></td>
<td><strong>$1,348.44 – $1,412.44</strong></td>
<td></td>
</tr>
</tbody>
</table>

* The hours of care allotted by the RHA mentioned above are an estimate only. Actual hours allotted by the RHA may be more or less depending on a formal care assessment and regional availability.

In addition, there may be expenses for two visits of an occupational therapist including a 1 hr initial assessment and 45 min follow up after equipment has been installed. The two visits will cost $151.99 altogether.

**Scenario 2: Intermediate Level of Care**

Mr. Leung is a 72 year old widower. He lives alone in an apartment in a senior’s apartment building in a small community outside of the city. Mr. Leung has cataracts in both eyes and has been diagnosed with dementia. His son assists Mr. Leung in the evenings but is not available on the weekends, so he needs meal preparation on weekends. He occasionally forgets to take his medicine and does not eat properly. His son has arranged for him to attend an Adult Day Program four times a week, but worries that he may not remember the days and will sleep in. Although he does not wander out of his apartment, he requires help to get to and from the bus so that he will not get confused and wander.

Mr. Leung requires supervision with bathing, laundry, meal preparation and clean-up.

**Care Plan**

- **In-home Meal Preparation**: 2 hours a day for weekends
- **Bathing and Personal Care**: 4 times weekly, 1 hour each
- **Dressing**: 4 times weekly, 1 hour each, to assist with morning hygiene and dressing for the Adult Day Program
- **Safety Supervision**: 4 times weekly, 30 minutes each, off of the bus and into his apartment so he does not get lost
- **Supervision with Medication**: 1 hour weekly
- **Laundry**: 2 hours every other week
- **House Cleaning**: 1 hour weekly

**Services Required Covered by Government**

<table>
<thead>
<tr>
<th>Services Required</th>
<th>Covered by Government*</th>
<th>Services Required To Be Paid by Client</th>
<th>Cost per Unit</th>
<th>Monthly Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-home Meal Preparation</td>
<td>0</td>
<td>4 hrs/wk</td>
<td>$24.18/ hr</td>
<td>$386.88</td>
</tr>
<tr>
<td>Personal Care: Bathing/Dressing</td>
<td>3 hrs/wk</td>
<td>5 hrs/wk</td>
<td>$25.06/ hr</td>
<td>$501.20</td>
</tr>
<tr>
<td>Adult Day Care Program (including transport)</td>
<td>Managed and operated by the RHA at low daily cost to senior</td>
<td>4 times/wk (low daily fee)</td>
<td>$11.00 – $15.00/day</td>
<td>$176.00 – 240.00</td>
</tr>
<tr>
<td>Safety Supervision</td>
<td>2 hrs/wk</td>
<td>0</td>
<td>$0.00</td>
<td>$0.00</td>
</tr>
<tr>
<td>Supervision with Medication</td>
<td>1 hr/wk</td>
<td>1 hr/wk</td>
<td>$24.05/ hr</td>
<td>$96.20</td>
</tr>
<tr>
<td>Laundry/House Cleaning</td>
<td>2 hrs/wk</td>
<td>2 hrs/wk</td>
<td>$23.52/ hr</td>
<td>$188.16</td>
</tr>
<tr>
<td><strong>TOTAL per Month</strong></td>
<td></td>
<td></td>
<td><strong>$1,178.44 – $1,242.44</strong></td>
<td></td>
</tr>
</tbody>
</table>

* The hours of care allotted by the RHA mentioned above are an estimate only. Actual hours allotted by the RHA may be more or less depending on a formal care assessment and regional availability.
3: High Level of Care
Mrs. Jensen is 88 years old and lives with her husband, who is 93 yrs old, in a two-bedroom condominium. The RHA has recommended that Mrs. Jensen be moved to a nursing home. However, her daughter has promised that she will not send her parents to a nursing home. Mrs. Jensen has had a recent stroke and is diabetic. She can transfer on her own but can only walk short distances as her balance is poor and she is at risk for falls. In addition, she has stage 2 ulcers on her heel that make walking difficult. For longer distances, she uses a wheelchair. Mrs. Jensen's husband is alert and aware, but he is physically frail. She, therefore, requires a caregiver to provide assistance with bathing, meal preparation, household chores and to take her to appointments. She needs a nurse to regularly monitor and chart her medicine use, blood sugar readings and clean her heel ulcer and change her bandages. An occupational therapist referral is needed to provide recommendations for safety equipment (safety bars, raised toilet seat, lighting, removing clutter or loose rugs).

Care Plan
- In-home Meal Preparation: 2 hours daily
- Private Caregiver: 8 hours daily to assist with bathing, dressing, toileting, transferring and provide caregiver relief
- Private RN: 4 times weekly, 30 minutes each, to monitor insulin use and chart; to check that medicines are taken accurately; and to monitor and change dressing on heel ulcer
- Laundry: 2 hours every other week
- House Cleaning: 1.5 hours weekly
- Occupational Therapist: to provide initial assessment for home safety and to make recommendations. Two visits including 1 hour initial and 45 minute follow up after equipment has been installed.

<table>
<thead>
<tr>
<th>Services Required</th>
<th>Covered by Government*</th>
<th>Services Required To Be Paid by Client</th>
<th>Range of Cost per Unit</th>
<th>Monthly Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-home Meal Preparation</td>
<td>0</td>
<td>14 hrs/wk</td>
<td>$16.04/hr</td>
<td>$898.24</td>
</tr>
<tr>
<td>Personal Care: Dressing/Bathing</td>
<td>20 hrs/wk</td>
<td>36 hrs/wk</td>
<td>$17.96/hr</td>
<td>$2,586.24</td>
</tr>
<tr>
<td>Skilled Nursing</td>
<td>1 hr/wk</td>
<td>1 hr/wk</td>
<td>$35.00 – $75.00/hr</td>
<td>$140.00 – $300.00</td>
</tr>
<tr>
<td>Laundry/House Cleaning</td>
<td>0</td>
<td>2.5 hrs/wk</td>
<td>$16.32/hr</td>
<td>$163.20</td>
</tr>
<tr>
<td><strong>TOTAL per Month</strong></td>
<td></td>
<td></td>
<td><strong>$3,787.68 – $3,947.68</strong></td>
<td></td>
</tr>
</tbody>
</table>

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In addition, there may be expenses for two visits of an occupational therapist including a 1 hr initial assessment and 45 min follow up after equipment has been installed. The two visits will cost $151.99 altogether.

RBC Insurance®

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