Long Term Care in Saskatchewan

Residential Facilities

Nursing Homes

How Nursing Homes Are Organized and Administered

Nursing homes, or “special care homes” as they are called in Saskatchewan, 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. These facilities are owned and operated by municipalities, religiously affiliated organizations and private, for-profit organizations. However, nursing home fees are set by the Saskatchewan Ministry of Health.

Admissions to residential long term care facilities are managed by local Regional Health Authorities (RHAs). An intake coordinator or social worker works from the RHA and conducts an in-home assessment with clients and their families to assess care needs and program options, to coordinate access and explain fees and to coordinate placement into long-term care facilities. A report of the assessment is sent to the Regional Committee, who decides on acceptance. Clients who are eligible for access to a long term care bed generally access the first available bed in the system and then transfer to a facility of choice. A chronological wait list is maintained by the RHA to ensure fair and equitable access to a facility of choice.

Eligibility/Requirements for Admission

To be eligible for subsidized care services, clients must:

- be over 18 years of age
- require ongoing care (usually 24-hour care, seven days a week) due to age, disability, injury from accidents or long term illness.

Income/Asset Test

The client’s income is assessed by Saskatchewan Health by looking at his/her income tax returns once the Regional Committee has approved the admission of the client into a nursing home. The client’s application is sent by the RHA to the nursing home, which in turn sends it to Saskatchewan Health for income assessment.

Costs

Nursing home costs are assessed by Saskatchewan Health based on the client’s income. Once the Regional Committee has decided that a client will be entering a particular nursing home, the client’s application is sent to the actual nursing home, which in turn sends the application as well as the client’s income information (income-tax returns) to Saskatchewan Health. Monthly nursing home costs range from $948/month to $1800/month.

Nursing homes fees include room and board, 24 hour nursing care, personal care services and food. Some additional costs may include transportation, clothing, personal grooming, medications and medical supplies, incontinence supplies, supplies for oxygen therapy, mobility equipment, dental, vision, prosthetic devices, costs for marking personal belongings, as well as telephone and cable services.
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 environment.

In Saskatchewan government-subsidized home care is administered by the local Regional Health Authority (RHAs). Once a request for service is received, a social worker from the RHA will conduct an in-home assessment to determine needs and develop a care plan. There is no set maximum for the 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
Applicants for home care must meet one of the following eligibility criteria in order to have their applications considered:

- hold a valid Saskatchewan Health Services card;
- be in the process of establishing permanent residence in Saskatchewan and have applied for a Saskatchewan Health Services card; or
- be a resident of Manitoba or Alberta in a border area where contractual arrangements have been approved by Saskatchewan Health.

Clients that apply for home care must undergo an assessment that shows he/she has a need for services, whether it is nursing care, home care or meal preparation. Once a need is determined, the client will receive services. If the client is not a resident of Saskatchewan, he/she is subject to an out-of-province charge. Non-residents must apply for a Saskatchewan Health Services card in order to receive subsidized home care if care is beyond three months.

Income/Asset Test
An income/asset test is not part of the assessment for home care. However, clients may apply for an income-tested subsidy to reduce charges for home care. Clients receiving an income-tested subsidy must reapply annually.

Costs
There is no charge for case management, nursing care, a physical therapist or an occupational therapist at home. All other home care services cost $6.96/hour for Saskatchewan residents for the first 10 hours of home care every month. After 10 hours in a month, the client is charged an hourly rate based on monthly income, determined by the income-tested subsidy. For Saskatchewan residents that qualify for subsidy and need more than 10 hours, they will pay an hourly rate (for every hour above the first 10) starting from $1.64/hour to a max $6.96/hour, depending on their income. The maximum monthly charge is $421. For Saskatchewan residents that do NOT apply or do NOT qualify for subsidy, they pay $7.52/hour for any hours above the first 10 in the month. The maximum monthly charge is $421. Out-of-province rates are substantially higher, but the client may be reimbursed by the client’s own province.

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>Saskatoon</th>
<th>Regina</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal Delivery (per meal)</td>
<td>$5.90</td>
<td>$16.58</td>
<td>$18.73</td>
</tr>
<tr>
<td>In-home Meal Preparation (per hour)</td>
<td>$17.44</td>
<td>$16.56</td>
<td>$21.38</td>
</tr>
<tr>
<td>Laundry/House Cleaning (per hr)</td>
<td>$18.63</td>
<td>$19.25</td>
<td>$21.23</td>
</tr>
<tr>
<td>Personal Care: Bathing/Dressing (per hr)</td>
<td>$20.44</td>
<td>$17.50</td>
<td>$18.73</td>
</tr>
<tr>
<td>Companionship/Supervision (per hr)</td>
<td>$17.99</td>
<td>$24.55 – $32.00</td>
<td>$35.00 – $55.00</td>
</tr>
<tr>
<td>Skilled Nursing (per hr)*</td>
<td>$24.55 – $55.00</td>
<td>$24.55 – $32.00</td>
<td>$35.00 – $55.00</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 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

<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>Meal Delivery</td>
<td>10 meals/wk</td>
<td>10 meals/wk</td>
<td>$5.90/meal</td>
<td>$236.00</td>
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<tr>
<td>Meal Supervision</td>
<td>5 hrs/wk</td>
<td>5 hrs/wk</td>
<td>$17.99/hr</td>
<td>$359.80</td>
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<tr>
<td>Personal Care: Bathing/Dressing</td>
<td>3.7 hrs/wk</td>
<td>1.7 hrs/wk</td>
<td>$20.44/hr (private) $6.76/hr (govt. rate)</td>
<td>$193.07</td>
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<tr>
<td>TOTAL per Month</td>
<td></td>
<td></td>
<td></td>
<td>$788.87</td>
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</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.

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 medicines 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
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 makes 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

### Costs

<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>
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</thead>
<tbody>
<tr>
<td>In-home Meal Preparation</td>
<td>0</td>
<td>14 hrs/wk</td>
<td>$17.44/hr</td>
<td>$976.64</td>
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<tr>
<td>Personal Care: Dressing/Bathing</td>
<td>20 hrs/wk</td>
<td>36 hrs/wk</td>
<td>$20.44/hr (private) $6.76/hr (govt. rate)</td>
<td>$3,484.16</td>
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<td>Skilled Nursing</td>
<td>1 hr/wk</td>
<td>1 hr/wk</td>
<td>$24.55 – $55.00/hr</td>
<td>$98.20 – $220.00</td>
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<tr>
<td>Laundry/House Cleaning</td>
<td>0</td>
<td>2.5 hrs/wk</td>
<td>$18.63/hr</td>
<td>$149.04</td>
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<tr>
<td><strong>TOTAL per Month</strong></td>
<td><strong>4 hours</strong></td>
<td><strong>2 hours</strong></td>
<td><strong>2.5 hours</strong></td>
<td><strong>$4,745.30 – $4,867.10</strong></td>
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</tbody>
</table>

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TAKING CARE INC is a comprehensive, impartial service that promotes and supports caregiver wellness and wellness for seniors, enabling families to give the best possible care to aging family members, while also taking best care of themselves.

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