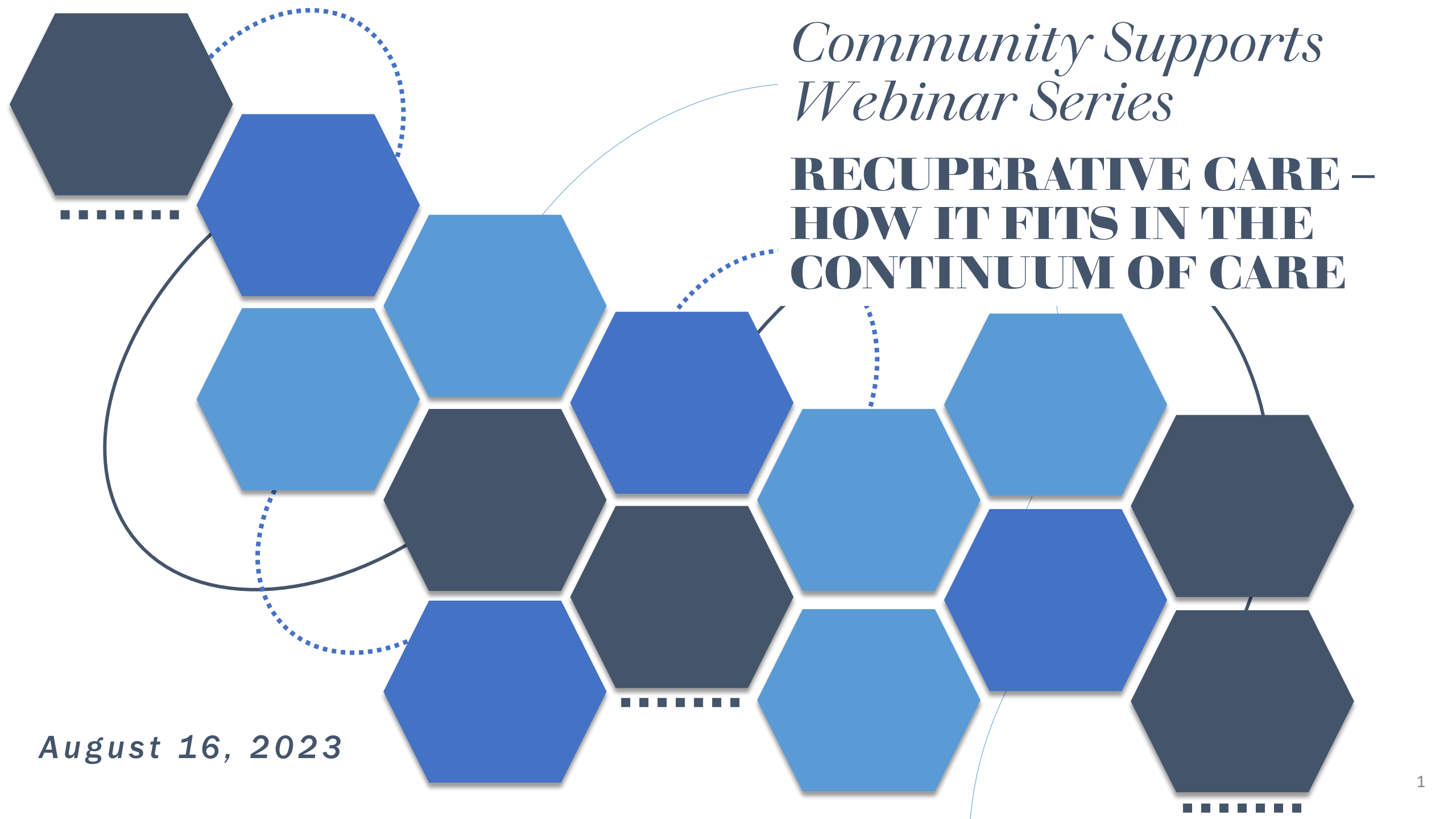


*Community Supports
Webinar Series*

**RECUPERATIVE CARE –
HOW IT FITS IN THE
CONTINUUM OF CARE**

August 16, 2023





AGENDA

- Welcome and Introductions
- Learning Objectives
- Recuperative Care Overview
- Client Example
- Continuity of Care Concepts

Welcome and Housekeeping



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If we are unable to address your questions in today's webinar, we will address your questions in an upcoming forum

WELCOME AND INTRODUCTIONS



**Nancy Wongvipat Kalev, MPH, Health Net
Senior Director, Systems of Care**

Today's Presenters



**Flint Michels, RN, MBA, MHSA
Health Management Associates**

Learning Objectives

- Describe key aspects of Recuperative Care Community Supports
- Explain key purpose and value of Recuperative Care and how referrals are made
- Explain how other Community Supports relate to Recuperative Care

Why do individuals return to the hospital or Emergency Department?



Defining Recuperative Care

- Recuperative Care, also referred to as medical respite care, is **short-term residential care for individuals who no longer require hospitalization, but still need to heal from an injury or illness** (including behavioral health conditions) and whose condition would be exacerbated by an unstable living environment.
- An extended stay in a recovery care setting allows individuals **to continue their recovery and receive post-discharge treatment** while obtaining access to primary care, behavioral health services, case management and other supportive social services, such as transportation, food, and housing.
- At a minimum, **the service will include interim housing with a bed and meals and ongoing monitoring** of the individual's ongoing medical or behavioral health condition (e.g., monitoring of vital signs, assessments, wound care, medication monitoring).

Defining Recuperative Care

Based on individual needs, the service may also include:

- **Assessment and referrals** to community supports or connect the individual to any other on-going services
- **Limited or short-term assistance** with Instrumental Activities of Daily Living &/or ADLs
- **Coordination of transportation** to post-discharge appointments
- **Connection to any other on-going services** an individual may require including mental health and substance use disorder services
- **Support in accessing** benefits and housing
- **Gaining stability** with case management relationships and programs
- Recuperative Care can be for those individuals who are experiencing homelessness or those with unstable living situations who are too ill or frail to recover from an illness (physical or behavioral health) or injury

Critical Information

In order to qualify, members must:

Be a Medi-Cal (MCLA) member,
AND

Be homeless or have unstable
housing and/or lack of support in
their housing, AND

Need to heal from an injury or
illness (including behavioral
health conditions) and have a
condition which would be
exacerbated by an unstable
living environment.

Critical Information

Members are NOT eligible if any of the following apply:

Member requires higher level of care than what is provided by a Recuperative Care Provider.

Member is psychiatrically unstable and/or is cognitively impaired.

Member has been recently combative, aggressive, and/or threatening towards staff or other individuals.

Other Criteria – For example, for LA Care: Member who has an active infectious disease that requires isolation, such as tuberculosis, *Clostridioides difficile* (C. diff), or methicillin-resistant *Staphylococcus aureus* (MRSA), can be reviewed on a case-by-case basis.

Please check with each MCP for further eligibility and authorization criteria!

RECUPERATIVE CARE – IMPORTANT FAQ'S

- Recuperative Care sites are not skilled license facilities like a nursing home!
- Recuperative Care is a short-term stay: 30-90 days maximum
- Individuals must be able to manage their own Activities of Daily Living
- Small wound care and IV's – with caution
- Each site is a bit different in services provided
- Cognitive impairment – individuals must be cooperative and stable
- May be better for individual to transfer to skilled facility if extensive ADL or other support is needed.
- Goal of Recuperative Care is to **reduce risk of re-hospitalization or ED visits if an individual is at risk due to lack of support/unstable home environment and additional support needs.**



Referral Pathways



Hospital Sends
referral to MCP



MCP request
and reviews
clinical and
other
information



MCP will find
recuperative
care site



Hospital reaches
out to
Recuperative
Care



Recup reviews
referral and
accepts the
member



Hospital or
Recup Center
sends SAR to
MCP



Referral Pathways

Referral link for each MCP:

- LA Care: https://www.lacare.org/sites/default/files/files/la3680_rc_referral_form_202212.pdf for referral form
- HealthNet: www.findhelp.org to make referral and https://www.healthnet.com/content/healthnet/en_us/providers/support/calaim-resources/cs-process.html for overall referral process

MEET RALPH

- 62 year old male living in single-room occupancy (SRO) housing
- Attends clinic appointments for diabetes mellitus, hypertension, and a diabetic wound on his foot.
- Multiple ER visits for uncontrolled blood sugars and dressing changes.

- What information is needed to answer: Is Ralph a good candidate for Recuperative Care?
- If he is, what other Community Supports might he need when exiting Recuperative Care?



Continuity of Care Concepts

Many of these individuals may be in or **should be** receiving Enhanced Care Management (ECM)

- Please consider referring if they are not in ECM

Please consider arranging a **case conference** to ensure smooth transitions

- Minimally a warm hand off

Please assess for other potential needs and Community Supports, such as:

- Housing Supports
- STPHH – stay tuned for future webinar!
- Meal Support

Recuperative Care providers are referring to other CS providers – **please be responsive to them!** 30-60/90 days is not a lot of time to ensure supports are arranged.

Recuperative Care is not intended to be **ONLY** for physical health issues, but **can be** for those with mental health or addiction issues; however, appropriate site referral is required. Work with your local MCP to ensure appropriate referral

Recuperative Care is a GREAT time to engage with these members!
But time is short.

*QUESTIONS?
(IF TIME
ALLOWS)*




THANK YOU!!!! BEFORE YOU GO...

Please Complete the Evaluation of Today's Session

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the survey will pop-up in a
separate browser.**

Save the Date for next Webinar - September 6th!

The next Webinar content will be announced soon!



*ADDITIONAL
RESOURCES*

RESOURCES/LINKS

- CS Policy Guide: <https://www.dhcs.ca.gov/Documents/MCQMD/DHCS-Community-Supports-Policy-Guide.pdf>
- CalAIM for Providers: https://www.healthnet.com/content/healthnet/en_us/providers/support/calaim-resources.html
- CalAIM for Members: https://www.healthnet.com/content/healthnet/en_us/members/medi-cal/calaim-resources.html
- Community Supports for Members: <https://www.lacare.org/members/community-supports>

Community Supports Available in L.A. by Health Plan

Community Support Service	L.A. Care	HealthNet
Housing Transition/Navigation*	✓	✓
Housing Deposits	✓	✓
Housing Tenancy & Sustaining Services*	✓	✓
Short-Term Post-Hospitalization Housing	<i>Available in 2024</i>	✓
Recuperative Care (Medical Respite)	✓	✓
Day Habilitation Programs	<i>Available in 2024</i>	✓
Nursing Facility Transition/ Diversion	<i>Available in 2024</i>	✓
Community Transition Services/Nursing Facility Transition to a Home	<i>Available in 2024</i>	✓
Personal Care and Homemaker Services	✓	✓
Respite Services for Caregivers	✓	✓
Environmental Accessibility Adaptations	✓	✓
Medically Supportive Food/ Meals/ Medically Tailored Meals	✓	✓
Sobering Centers	✓	✓
Asthma Remediation	<i>Available in 2024</i>	✓

*Note: Housing Transition Navigation Services and Housing Tenancy and Sustaining Services are referred to as Homeless and Housing Support Services (HHSS) at L.A. Care

GLOSSARY OF TERMS

- CS – Community Supports
- DC - Discharge
- EAA – Environmental Accessibility Adaptions
- ECM – Enhanced Care Management
- HHSS – Housing Support Services
- MCP – Managed Care Plan (Health Plan)
- PCP – Primary Care Provider
- STPHH – Short Term Post-Hospitalization Housing

