Inter Island Healthcare Foundation

Background:

In late 2018, the Inter Island Healthcare Foundation began study to determine the extent and magnitude of unmet needs for community based long-term care services in the County, and ultimately, to determine how to design and operate a financially sustainable system of services. In the summer of 2019, the Foundation commissioned a survey of County residents that are over the age of 70 or serve as a caregiver for an individual over the age of 70.

The Survey was designed to assess:
- Healthcare use patterns and levels of chronic care needs and conditions within the County's 70+ population, and program and service needs and gaps.

The Survey was conducted during August and September 2019. A total of 393 surveys were determined to be complete. Responses by Island generally paralleled each Island's distribution of total County population age 70+.

KEY FINDINGS:

- Overall, San Juan County's seniors are healthy and vibrant, with more than two- thirds of survey respondents self-reporting good to excellent health. 29% of all respondents reported no health care conditions/needs.

- While nearly three quarters of respondents did report at least one health care condition/need; the vast majority with only 1 or 2 health conditions/needs still reported good overall health.

- More than one of every four respondents reported three or more health care conditions/needs. This same group was more likely to report poor health or declining health. Importantly, they, or their caregivers reported high use of Emergency Departments, frequent hospitalizations, and higher use of the ambulance service within the prior 12 months.

- *Services are lacking across the County.* 37% of those respondents that indicated that they had tried to access a community long term care service, across the County, reported either not being able to find the service or not being able to find all services needed. Unmet need was even more pronounced on Lopez and Orcas, with more than 50% indicating that services were not available.

- The most frequently identified service needs included: assistance with cleaning, cooking, transportation; medication management and personal care. Home safety checks, blood pressure monitoring and availability of assisted living was also identified frequently as a need.

- Any final solution must address both cohorts of our seniors: Services to help our healthy vibrant residents stay healthy for extra years, and services to assist our frailer elderly residents in remaining safely in the community.

The survey found significant differences between respondents who reported having 3+ health care conditions/needs:

Question	San Juan Respondents with 3+ Health Issues	Other San Juan	Orcas Respondents with 3+ Health Issues	Other Orcas	Lopez Respondents with 3+ Health Issues	Other Lopez	All County 3+ Health Issues	Other County Total
Living Situation (Lives with others)	70%	68%	74%	61%	46%	67%	67%	66%
ER visits 2+	59%	25%	33%	25%	38%	23%	48%	24%
Hospitalized 2+	65%	15%	50%	14%	100%	17%	65%	19%
Ambulance Needed 2+	60%	13%	42%	17%	50%	33%	54%	36%
Rating of 1-2 (poor health and marginal declining health)	47%	5%	42%	9%	31%	6%	43%	7%

Source: Survey

Other Findings of Note:

➢ Survey respondents are long-term residents, and about 75% reside with at least one other person.

➢ At least 69% of respondents indicated that they were aware of someone having to relocate from San Juan, Orcas, Lopez or Shaw Island to areas where long-term care was provided.

➢ 23% of the respondents with 3 or more conditions will need state funded (Medicaid) Support.

➢ A very high percentage of respondents have primary care and the overwhelming majority receive that care on the Island on which they reside.

NEXT STEPS

▪ Identify specific community based long term care program needs and services;
▪ Retain financial consultant to evaluate financial feasibility of identified programs and services;
▪ Conduct analysis of governance options and
▪ Submit application for federal HRSA grant to formalize governance and organizational structure.