

# Lancaster Physician

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## INTEGRATIVE MEDICINE

Taking "Alternatives"  
Mainstream

## CARING FOR THE LONG TERM

Insights into Lancaster  
County Elder Care

# The Primary Care Shortage

How Severe Will the Shortfall Be?

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Lancaster Physician  
ongoing series...

# CARING FOR THE LONG TERM

In Lancaster County

Part I

It's one of those things people never want to think about until they, or a loved one, need long term care. It is also one of those things that is much easier to talk about and research before you, or a loved one, actually need it. **This series will feature long term care options in Lancaster County.** It is aimed at providing insight for your patients so that you can be better equipped to guide them through this major change in their families' lives.



Steeple View Lofts is Landis Communities newest living option. Located in the heart of downtown Lancaster, it contains 36 rental apartments for those 55-plus. The rentals are designed for those wanting to be involved in the vibrant Gallery Row area of the city.

# Landis Communities...Not Just a Home Anymore

DANA D. MYERS

**E**va Bering, Vice President of Operations for Landis Communities (formerly Landis Homes), says, "There has been a complete transformation in the long term care in Lancaster County. Long term care is so much more than just nursing homes, we're talking about the continuation of care for an adult—it's a whole continuum of care."

"Most people do not want to live in a nursing home," Bering said. And the long term care industry in Lancaster is responding. "The goal is really to keep people where they want to live for as long and as least expensively as possible. There are more options than ever—and the options are increasing everyday." Bering said that seniors do not need to be rushed into a nursing home.

Just because seniors do not know the current date, does not mean they are not mentally sound; it may simply mean that they do not have a real need to know the date. If they take a longer time to answer a question, they may have delays in processing because their brain is aging, but they still may be very intellectually competent. They may have hearing or vision



Landis at Home, a PA licensed home-care agency, provides reliable, cost-effective care to adults who have chosen to remain in their homes on the campus of Landis Homes, or who live within a 15-mile radius.

senior apartments afford socialization and city life for seniors.

- Welsh Mountain—A small, 36 unit, freestanding independent personal care home offered at a lower cost to residents. Landis Communities is the sole owner of Welsh Mountain. In addition, a low income, subsidized housing facility was approved in July 2013.
- Adult Day Service—allowing caregivers to work and have respite, while seniors have an opportunity for socialization. During Adult Day Service, seniors can receive therapy and have medications administered.

Many retirement communities offer similar arrangements and are seeking additional alternatives because most seniors do not want to live their lives in nursing homes.

Technology, of course, has become a major player in helping to keep patients safer at home. Medication dispensers, medical alarm and protection systems such as Life Alert, even Skyping, all allow seniors to be monitored and to get the help they need, when they need it.

“One of our biggest challenges is educating the medical community about exactly when seniors need to be ‘put in a home,’” Bering says. “Families come to us in very tense and stressful situations because their physician or social worker told them they need 24-hour care, when in most cases, 24-hour care just does not exist. Realistically, no in-patient facility provides 24-hour

deficits, or they may not be able to write. While these conditions are flags that individuals need assistance, they are no flags that individuals must be confined to nursing homes.

That is why retirement communities are developing alternative living arrangements and options for seniors to receive the care they need, at a cost they can afford, and at a location that they enjoy. For example, Landis Homes changed to Landis Communities to better represent the different living arrangements available, including:

- Landis Nursing Home—an environment that provides the highest level of care for people who are medically frail.
- Landis Retirement Community—apartments and cottages for people who choose social interaction and who want to have access to care later in life.



**Eva Bering,**  
Vice President  
of Operations,  
Landis  
Communities



**Marcille Crossland,**  
LUTCF, CLTC  
President of  
Integrated Business  
Consultants, Inc

- Landis at Home—private care at the client’s location, on a private pay basis.
- Steeple View Lofts—a restored tobacco warehouse in Lancaster City, which is handicapped accessible, but offers no health care services. (Landis Communities holds the master lease.) The

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For more information  
[landiscommunities.org](http://landiscommunities.org)  
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direct care. At a hospital, a patient may receive 7-9 hours of direct care, at a nursing home it may be 4-5 hours, and in personal care it may actually only be 2 hours of direct care. Another challenge is changing the mindset that 'once in a home, always in a home.' Our goal is to get people back to their own home as quickly and safely as possible. If a senior has an episode that requires skilled nursing care, it is not a life-sentence as it used to be. Seniors now can and should move in and out of nursing homes depending on their specific needs at the time."

Unfortunately, much of the long term care decision-making process has to revolve around finances. Marcille Crossland, LUTCF, CLTC, President of Integrated Business Consultants, Inc., long term care and investment advisor, said, "If clients have long term care insurance, the burden on families can be greatly reduced. Insurance can cover home health care, assisted living facilities, adult day care, and nursing home care. Some policies offer straight

cash benefits for services provided. Years ago, policies simply covered nursing homes, but the goal for most people is to remain at home as long as possible. LTC insurance is one way to make that goal a reality." Of course, the earlier you purchase LTC insurance, the more affordable it is. "The ideal time to purchase LTC insurance is in your 50s, or early 60s, before typical infirmities set in and premiums increase," Marcille said. "Insurance professionals can evaluate individuals' goals for their retirement, the actual cost of care right here in Lancaster County, and factor in inflation, to ensure that people can structure a plan to meet those goals."

"We don't expect physicians to master the changes in the entire long term care industry," Bering said. "However, sometimes patients look to their physicians for answers. As long as physicians understand that there are options and alternatives, they can begin the process on the right foot." ■

## Taking the LEED\* in Going Green



As Landis Homes, a continuing care village of Landis Communities, embarked on its expansion, management made a commitment to being 'good stewards of the earth,' and in 2009 the Living Green effort began. "We are situated in the middle of Manheim Township's agricultural district," Linford Good, VP of Planning and Marketing, says. "As we grew, we wanted to reduce the negative impact on our environment. We also wanted to differentiate ourselves from other retirement communities. I think we've been successful on both fronts."

The most recent phase of Living Green is the addition of new cottages and hybrid homes (a cross between cottages and apartments) that meet LEED Gold Certification.\* LEED (Leadership in Energy and Environmental Design) certification entails utilizing design components and processes that have less negative environmental impact, including geothermal heating and cooling. The design also preserves open space, reduces surface parking, ensures indoor air quality and uses energy-efficient materials and construction methods. The new residences are set to open in the fall of 2013 and spring of 2014.

Landis Homes' Living Green initiative began with a comprehensive storm-water management process, including restoring a floodplain—which will allow storm water to permeate the ground rather than run off. Also, ten percent of Landis Homes' electricity is purchased from "green power" generation, which includes renewable energy sources such as solar, wind, geothermal, biomass, and low-impact hydroelectric.

"Many of our residents are very interested in the Living Green effort," Good said. "They are interested in learning about the changes we are making to enhance the environment of Landis Homes and Lancaster County, as well as the environment that we will pass down to their great-grandchildren. It's been an exciting and a rewarding process."

\*Gold LEED Certification equals between 60 to 79 of 100 possible base points in a suite of rating systems for the design, construction and operation of high performance green buildings.