

NRC *insights*

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Educating the public and caregivers about a variety of issues related to aging.



Northfield
Retirement Community
Innovation. Choice. Tradition.

FEELING THE SQUEEZE

Changes and Pressures on Providers Accompany New Regulations

More change is a-coming.

New federal and state standards taking effect in the coming months will have a far-reaching impact on both long-term care facilities and assisted living settings.

Many of the new rules are well-intentioned, meant to improve quality of life, care and services in long-term care facilities and senior housing, and to keep seniors receiving services feeling connected to their communities. However, the new requirements paint with a broad brush, come with correspondingly broad costs for providers and consumers, and need to be quickly implemented.

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Changes Accompany New Regulations continued from cover

It's yet another reminder to us all that as our population ages, the senior services arena is increasingly one of challenge and change. Individuals planning for their own aging – as everyone should be doing now – should stay informed about the shifting landscape, develop the habit of sharing their views with elected officials, and prepare for rising costs ahead.

The new federal rule is the result of the first major review of the Medicare and Medicaid requirements since 1991. Certainly, as stated in the rule, much has been learned in the past 25 years about resident safety, health outcomes, individual choice, and quality assurance and performance improvement. High-quality care providers, like Northfield Retirement Community, have been incorporating this evolving knowledge into their own practices and standards for years.

However, the new regulations are intended to ensure up-to-date standards of care for long-term care and housing residents of all facilities that receive Medicare or Medicaid funding. Even providers who were already meeting high standards must now meet new federal regulations, develop new systems

and programs, and complete massive additional documentation. The new requirements touch just about every area of a long-term care facility – from residents' rooms to staff training standards; from infection control practices to incident-investigation and ethics policies; from residence contracts and personalized care plans to professional staffing levels; from healthy, palatable food to the use of psychotropic drugs.

The new federal requirements are intended to ensure that assisted living settings remain truly community-based, rather than institutional. At the same time as these many new rules are going into effect (often requiring additional record-keeping by highly trained staff, leaving them less time for interacting with residents), the number of residents needing care, and the complexity of their medical conditions and social interactions, continues to rise. All of these pressures will raise costs for private-pay residents as well as those receiving funding assistance and ultimately will be passed on to the taxpayer.

"Northfield Retirement Community remains highly committed to fulfilling our mission to meet the

needs of aging people of varied economic means," says Kyle R. Nordine, LNHA, CSA, President and CEO of NRC. "The many new requirements now going into effect, along with the aging population



trends in Minnesota and across the United States, will strain caregivers' capacity to provide these needs. It's inevitable that costs will climb as a result, and that more individuals will need to receive care in their homes, with the help of modern assistive technologies and forward-thinking care options. Individuals and communities concerned about aging issues should be prepared for these changes to accelerate in the years ahead." NRC stands ready to assist anyone who needs help planning for these new alternatives.

OUR MISSION

The board of directors of Northfield Retirement Community has recently updated its mission statement:

Rooted in Christian Values, Northfield Retirement Community supports independence, dignity and quality of life for the aging by providing innovative living options and services.



Age-related Changes: Myth vs. Fact

As Baby Boomers begin to age, the number of people over age 65 is increasing substantially. Although older adults are living longer and remaining more active, the public's conceptions of changes during "old age" aren't always accurate. Check out these commonly held myths, and learn the facts about aging.

MYTH: *Most older people are pretty much alike.*

FACT: They are a very diverse age group.

MYTH: *They are generally alone and lonely.*

FACT: Most adults maintain close contact with family.

MYTH: *They are sick, frail and dependent on others.*

FACT: Most older people live independently.

MYTH: *They are often cognitively impaired.*

FACT: For most older adults, if there is decline in some intellectual abilities, it is not severe enough to cause problems in daily living.

MYTH: *They are depressed.*

FACT: Community dwelling older adults have lower rates of diagnosable depression than younger adults.

MYTH: *They become more difficult and rigid with advancing years.*

FACT: Personality remains relatively consistent throughout the lifespan.

MYTH: *They barely cope with the inevitable declines associated with aging.*

FACT: Most older people successfully adjust to the challenges of aging.

With these facts in mind, society and individuals alike can prepare to assist this growing, diverse population as they age.

Information adapted from the American Psychological Association.

TECHNOLOGY CAN BRIGHTEN THE HOLIDAYS

Technology can play a tremendous role in seniors' lives – from video chatting to stay connected to health tracking apps to stay active – there have never been so many options. This time of year is a perfect opportunity to try some out and see which ones work best for you.



CONNECT

Away from your family during the holidays? The use of technology can help you stay connected. Open presents with your family through video chatting services, like Skype or FaceTime. You won't have to miss seeing the smiles on their faces as they open the gifts you sent, and you can still have a spot at their dinner table when you join them via cyberspace for mealtime.

COOK

Want to spice up the holidays by trying a new recipe? Use recipe apps or websites, like Pinterest, to get some inspiration for your kitchen creations.

SHARE

Use social media to share your holiday photos and stories and interact with friends and family. Plus, see how they're spending their time this season! Long-distance is no longer a problem thanks to the power of social media.



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900 Cannon Valley Drive • Northfield, MN 55057

For more than 45 years, NRC has provided high-quality housing and services specifically designed to meet the physical, social, emotional and spiritual needs of older adults.


 **Independent Living**

 **Memory Care**

 **Assisted Living**

 **Care Center**

 **Transitional Care**

Northfield Retirement Community is an Equal Opportunity Provider. 

Alzheimer's Education Videos Free For Community

If you missed NRC's Alzheimer's education series in September, it's not too late to see videos from the events: northfieldretirement.org/alzheimers

Here's what you'll learn:

Alzheimer's Disease: What It Is and What Can Be Done

- Changes you can expect to see in adults with Alzheimer's as they age
- Information about a new study involving remote monitoring technology, eNeighbor, and people with memory loss

Barbara Speedling Community Presentation

- Improving quality of life
- Ways our community can better support aging adults

