

Connecticut Nursing Homes

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Issue

Provide a brief overview of Connecticut's nursing home industry, specifically the number of licensed homes and recent nursing home closures, the status of the state moratorium on new nursing home beds, hospital readmission rates, and nursing home rates.

Summary

The Department of Public Health (DPH) licenses the state's nursing homes. As of September 30, 2016, there were 225 licensed nursing homes in Connecticut, five less than in 2015. The total number of nursing home beds as of September 2016 was 26,838, a 10% drop from 2004, when the number of beds totaled 28,801.

Medicaid is the largest payment source for nursing homes stays, covering 73% of residents in 2016. Medicare covered 15%, and 9% of residents paid out-of-pocket (i.e., private pay). Generally, private pay rates are significantly higher than the rate Medicaid pays to nursing homes (in 2016, \$414 per day and \$237 per day, respectively).

Nursing home occupancy rates have gradually declined in recent years, partly due to Connecticut's efforts in recent years to "rebalance" its long-term care system by reducing the number of people in institutions and increasing the number served by home- and community-based services. Additionally, 2015 legislation extended the state's moratorium on accepting or approving requests to add new nursing home beds in existing facilities.

Recently, the federal Centers for Medicare and Medicaid Services (CMS) started publicly reporting the rates at which nursing home patients are readmitted to the hospital within one month of admission. Starting in October 2018, nursing homes with high re-hospitalization rates will lose 2% of their Medicare reimbursements, and higher-performing nursing homes will receive additional funds. In 2015, Connecticut’s nursing homes reported a 22.5% readmission rate, in line with the national average of 22.6%. But, seventeen homes had readmission rates of more than 30 percent, while 13 had rates lower than 15 percent.

Connecticut Institutional Long-Term Care

Nursing homes are one type of facility that provides long-term institutional care. Other examples include intermediate care facilities for individuals with intellectual disabilities (ICF-IIDs) and chronic disease hospitals (e.g., Gaylord Hospital). Medicaid is the predominant payor for services provided in these facilities. Table 1 shows the monthly average number of Medicaid beneficiaries receiving institutional care in FY 15 (Medicaid beneficiaries are primarily seniors, but also include individuals with disabilities).

Table 1: Connecticut Medicaid Beneficiaries Receiving Institutional Care in FY 15

<i>Type of Facility</i>	<i>Monthly Average Served</i>	<i>Total Expended</i>
Nursing Homes	17,273	\$1,204,861,069
Hospice	N/A	\$33,483,504
ICF-IIDs	378	\$254,824,602
Chronic Disease hospitals	349	\$84,810,738
TOTAL	18,516	\$1,577,979,913

Source: Legislative Program Review and Investigations (PRI) study, Factors Influencing Receipt of Long-Term Care Services and Supports in Home and Community Settings: page 10

According to a 2016 Legislative Program Review and Investigations study, in FY 15, 40% of Connecticut Medicaid beneficiaries received long-term care services and supports in institutions rather than in the community. Of this population, the majority (93%) resided in nursing homes, while the remainder resided in ICF-IIDs (4%) and chronic disease hospitals (2%).

Status of Connecticut Nursing Homes

Licensure and Beds

The Department of Public Health (DPH) licenses nursing homes. According to the Office of Policy and Management’s (OPM) [Nursing Home Registry](#), as of September 30, 2016, there were 225 licensed nursing homes in Connecticut, five less than in 2015.

DPH licenses nursing homes at two levels of care: (1) Chronic and Convalescent Nursing Homes (CCNH), which are skilled nursing facilities and (2) Rest Homes with Nursing Supervision (RHNS), which are intermediate care facilities. According to the Nursing Home Registry, as of September 30, 2016, there were 26,483 CCNH beds and 355 RHNS beds, for a total of 26,838 beds. Nursing homes have been phasing out RHNS beds or converting them to CCNH beds. Specifically, between 2004 and 2016, the number of RHNS beds decreased 77%, from 1,547 to 355. Of Connecticut's 225 nursing homes in 2016, 210 had a CCNH license, 14 had both a CCNH and RHNS license, and one home had only a RHNS license.

The total number of nursing home beds decreased by 10% between September 30, 2004 and 2016, from 29,801 to 26,838 beds. Table 2 lists nursing home closures over the last five years.

Table 2: Connecticut Nursing Home Closures 2011-2016

<i>Year</i>	<i>Facility Name and Address</i>	<i>Date Closed</i>	<i>Bed Capacity</i>
2016	Alexandria Manor 55 Tunxis Avenue Bloomfield, CT 06002	8/8/2016	120 CCNH beds
	Astoria Park 752 Park Avenue Bridgeport, CT 06604	8/3/2016	135 CCNH beds
	Holy Spirit 72 Church Street Putnam, CT 06260	8/30/2016	22 CCNH beds
	The Kent Ltd 46 Maple Street Kent, CT 06757	1/21/2016	90 CCNH beds
	Paradigm South Windsor 1060 Main Street South Windsor, Ct 06074	8/12/2016	100 CCNH beds
	2015	Marshal Lane Manor 101 Marshal Lane Derby, CT 06418	6/30/2015
2014	None		
2013	Hilltop Health Center 126 Ford Street Ansonia, CT 06401	5/20/2013	90 CCNH Beds
	Laurel Hill Healthcare 108 East Lake Street Winsted, CT 06098	4/12/2013	75 CCNH Beds

Table 2 (continued)

<i>Year</i>	<i>Facility Name and Address</i>	<i>Date Closed</i>	<i>Bed Capacity</i>
2012	Clintonville Manor 201 Clintonville Road North Haven, CT 06473	3/28/2013	112 RHNS Beds
	William & Sally Tandet Center for Continuing Care 146 West Broad Street Stamford, CT 06902	9/7/2012	130 CCNH Beds
	Wethersfield Health Care Center 341 Jordan Lane Wethersfield, CT	8/20/2012	210 CCNH Beds
	Richard Rosenthal Hospice 30 Shelburne Road, Stamford, CT 06904	4/2012	12 CCNH Beds
2011	Rocky Hill Skilled Nursing 60 West Street Rocky Hill, CT 06067	8/24/2011	120 CCNH Beds
	Soundview Skilled Nursing One Care Lane West Haven, CT 06513	8/16/2011	102 CCNH Beds
	Bishop's Corner Skilled Nursing and Rehabilitation 2432 Albany Avenue West Hartford, CT 06117	9/17/2011	130 CCNH Beds

*Source: DPH data provided via email

Cost of Care

According to OPM, as of September 30, 2016, it costs a private pay nursing home resident an average of \$414 per day for a semi-private bed, or over \$151,000 for the year. As Table 3 shows, this represents an increase of 1.75% from 2015. (The Connecticut Partnership For Long-Term Care's 2017 [report](#), *Cost of Long-Term Care in Connecticut*, lists these costs for nursing homes by town (see page 2)). Table 4 shows the annual change in the rate from 2011 to 2016.

Table 3: 2016 Nursing Home Private Pay Rates

<i>Type of Service</i>	<i>Average Daily Rate (Semi-Private Room)</i>	<i>Average Annual Rate (Semi-Private Room)</i>	<i>% Change From Previous Year</i>	<i>Annual % Change Over the Past Five Years</i>
Skilled/Intermediate Care Combined	\$414	\$151,200	+ 1.8%	+ 2.4%

Source: Office of Policy and Management website, <http://www.ct.gov/opm/cwp/view.asp?q=383422>

Table 4: Historical Nursing Home Private Pay Rates

<i>Year</i>	<i>Daily Rate</i>	<i>% Change From Previous Year</i>
September 2012	\$380.75	3.6%
September 2013	\$389.62	2.3%
September 2014	\$400.11	2.7%
September 2015	\$407.27	1.8%
September 2016	\$414.38	1.8%

Source: Office of Policy and Management website, <http://www.ct.gov/opm/cwp/view.asp?q=383422>

The private pay rates listed above are significantly higher than the rate Medicaid pays to nursing homes. As of July 1, 2016, the statewide average Medicaid rate was \$237 per day or \$86,505 for all non-specialized facilities.

Occupancy

Nursing home occupancy rates have gradually declined in recent years. According to OPM, the average nursing home occupancy rate was 87% in 2016, which was the same in 2015, and a 2% decrease from 2014. Regionally, bed availability varies, ranging from a 90% occupancy rate in Windham County to 84% in Middlesex County in 2016.

Between 2015 and 2016, OPM notes that there was an increase in the average occupancy rate in Fairfield (2.4%), Hartford (0.7%), Litchfield (0.8%), and Windham (0.1%) counties. Conversely, there were decreases in the average occupancy rates in Middlesex (-0.1%), New Haven (-1.5%), New London (-3.4%), and Tolland (-1.2%) counties. Additionally, the majority of residents were white (83%), female (67%), without a spouse (79%), and age 65 or older (86%).

Bed Moratorium

State law requires anyone purchasing an existing nursing home to obtain a certificate of need (CON) from the Department of Social Services (DSS) and exempts homes from DPH's CON requirements for health care facilities. However, 2015 legislation indefinitely extended the DSS moratorium on accepting or approving requests for a CON to add new nursing home beds ([PA 15-5, JSS § 391](#)).

Hospital Readmissions

CMS recently started publicly reporting the rates at which nursing home patients are readmitted to the hospital within one month of admission. Starting in October 2018, nursing homes with high re-hospitalization rates will lose 2% of their Medicare reimbursements, and higher-performing nursing homes will receive additional funds. CMS adjusts readmission rates for patient age, gender, principal diagnosis in the prior hospitalization, and other variables.

These hospital readmission rates are now available on CMS’s Nursing Home Compare website, which evaluates nursing home quality of care based on a five-star rating system. According to 2015 data, Connecticut’s nursing homes reported a 22.5% readmission rate, in line with the national average of 22.6%. The percentage of nursing home residents successfully discharged into the community was 58.7%, slightly higher than the national rate of 56.9%.

But, while some homes rarely have hospital readmissions, others have up to one-third of their residents return within 30 days. Seventeen Connecticut nursing homes had readmission rates of more than 30 percent in 2015, while 13 had rates lower than 15 percent. Table 5 lists the nursing homes with the highest and lowest readmission rates.

Table 5: Connecticut Nursing Home Hospital Readmission Rates in 2015

	<i>Nursing Home</i>	<i>2015 Hospital Readmission Rate</i>
Nursing Homes With the Highest Hospital Readmission Rates	Greensprings in East Hartford	35.5%
	Apple Rehab West Haven	33.4%
	Miller Memorial Community in Meriden	32.9%
	Chesterfields Health Care Center in Chester	32.8%
	Touchpoints at Farmington	32.8%
Nursing Homes With the Lowest Hospital Readmission Rates	Fresh River in East Windsor	7.7%
	Portland Care and Rehabilitation Center	9.4%
	Watertown Convalescence	9.8%
	Fairview in Groton	10.5%
	Bridgeport Health Care Center	10.5%

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