

Living up to the “Low Barrier Standard”: Making Respite Care Accessible to Everyone

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SYMPOSIUM
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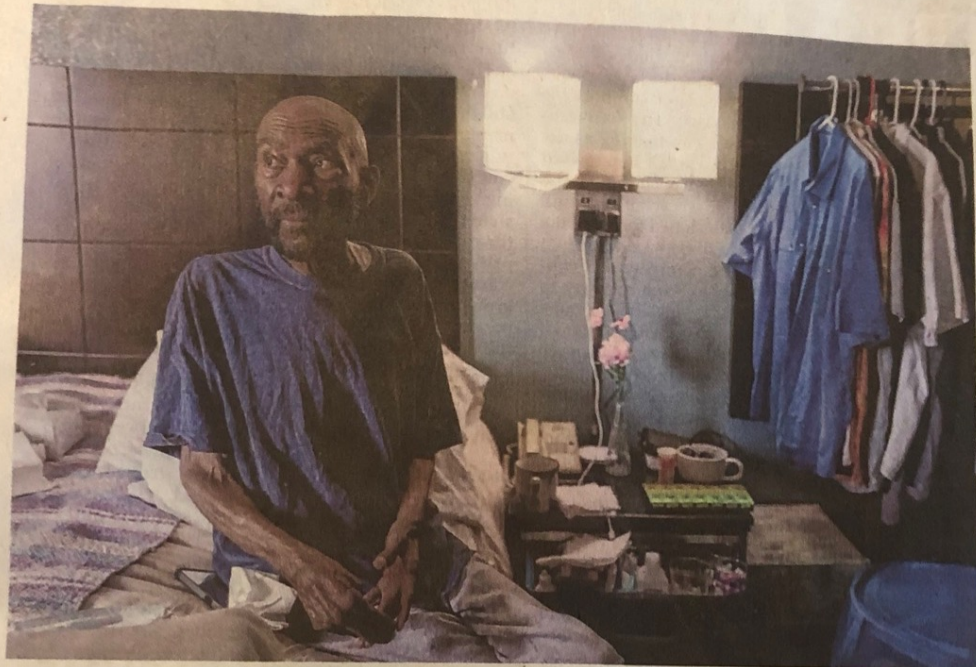
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CARDEA HEALTH

- Cardea Health is a nonprofit organization in Oakland, California
- Founded to connect marginalized populations to the clinical services required to improve health, remain stably housed in their community, and age in place.
- Cardea Health offers integrated medical/social care models and compassionate, culturally competent care
- Cardea Health operates certified Home Health Agency





Photos by Brontë Wittpenn/The Chronicle

Wesley Clutchett, 81, is a resident of Oak Days, a permanent supportive housing complex providing in-home care to residents who have substance abuse, mental health and other serious medical needs.

Housing model for homeless offers hope

S.F. to test program intended to save lives, cut costs

By Maggie Angst

After 38 years in prison, Wesley Clutchett found himself homeless for the first time in his late 70s. He was dangerously thin, living out of his car and suffering from late-stage cancer he didn't know he had.

That's when Clutchett



ous medical conditions.

Two years later, Clutchett's esophageal cancer is now in remission and he's feeling stronger every day. Without the program, the 81-year-old said, "I probably would have died."

In June, Cardea Health will replicate this model through a new program in San Francisco at a perma-

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Cardea Health programs

- Clinical support in Emergency Shelters
- Rapid post hospitalization shelter
- **Medical Respite**
- Medically Frail housing program
- Home Health services
- Housing and Community Supports (Housing Navigation)

Homelessness in Alameda County, CA

- 2022 Point in Time county surveyed 9747 homeless individuals in the county: a 17% increase from 2019
- 27% are sheltered (emergency shelter or transitional housing)
- 73% are unsheltered (vehicles, tents abandoned buildings, other places not intended for habitation)



Medical Respite in Alameda County

- Medical Respite is a CalAIM Community Support
- Provides up to 90 days of medical respite care for
 - Unhoused individuals at risk for hospitalization
 - Unhoused individuals with a medical need that cannot be met in an unsheltered environment
- Often the only option for people experiencing homelessness with complex medical conditions.
- Respite facilities often take on clients with chronic and serious conditions and care needs that are out of the intended scope of respite care.



Cardea Health Medical Respite Programs: Fairmont Respite



- 34-bed mixed model site.
- Clients are admitted for respite and may be eligible to remain on site if they are deemed medically complex or eligible for housing navigation services
- Cardea Health provides clinical services (Medical Directors, RN, home health aides, and caregiving support)

Cardea Health Medical Respite Programs: Eddies Place

- 61 beds dedicated to respite care.
- Nursing care and caregiver services are available 7 days a week, 16 hours a day.
- Combined with a rapid admission post hospitalization program in partnership with local safety net hospital



| Respite Referral Source | % |
|----------------------------------|-----|
| Hospitals | 35% |
| Street teams | 15% |
| Outpatient settings | 18% |
| Other homeless service providers | 12% |
| External respite facilities | 8% |
| Internal transfers | 12% |



Exclusion Criteria at Cardea Respite

- Recent suicide attempt
- Dependent for toileting and transfer
- Dementia with wandering behaviors
- The following clients may be accepted at the discretion of Cardea's medical directors:
 - Recent release from involuntary hold
 - BAL > 0.3

“Inclusion” Criteria to Cardea Respite

- Clients with high-risk active SUD
- Clients with Severe Mental Illness
- Individuals lacking active benefits
- Those needing ADL or iADL support
- Clients with pets
- Clients requiring isolation
- Clients who cannot independently manage medications
- Clients who are enrolled in hospice/palliative care or are at the end of life.



Commitment to client retention

- Eddie's Place exited <5 clients in it's first year of operation (total clients admitted (~300 admissions))
- Reasons for exit: possession of weapons, assault, or extensive destruction to property
- Programs rely on:
 - Harm reduction and access to Medication Assisted Treatment for SUD
 - Lived experience of employees
 - Non-congregate rooms
 - Community building
 - Incorporation of caregiving team into clinical staff
 - Patient led care
 - Taking care of our staff
 - Partnership with local hospice

Harm Reduction and Access to MAT

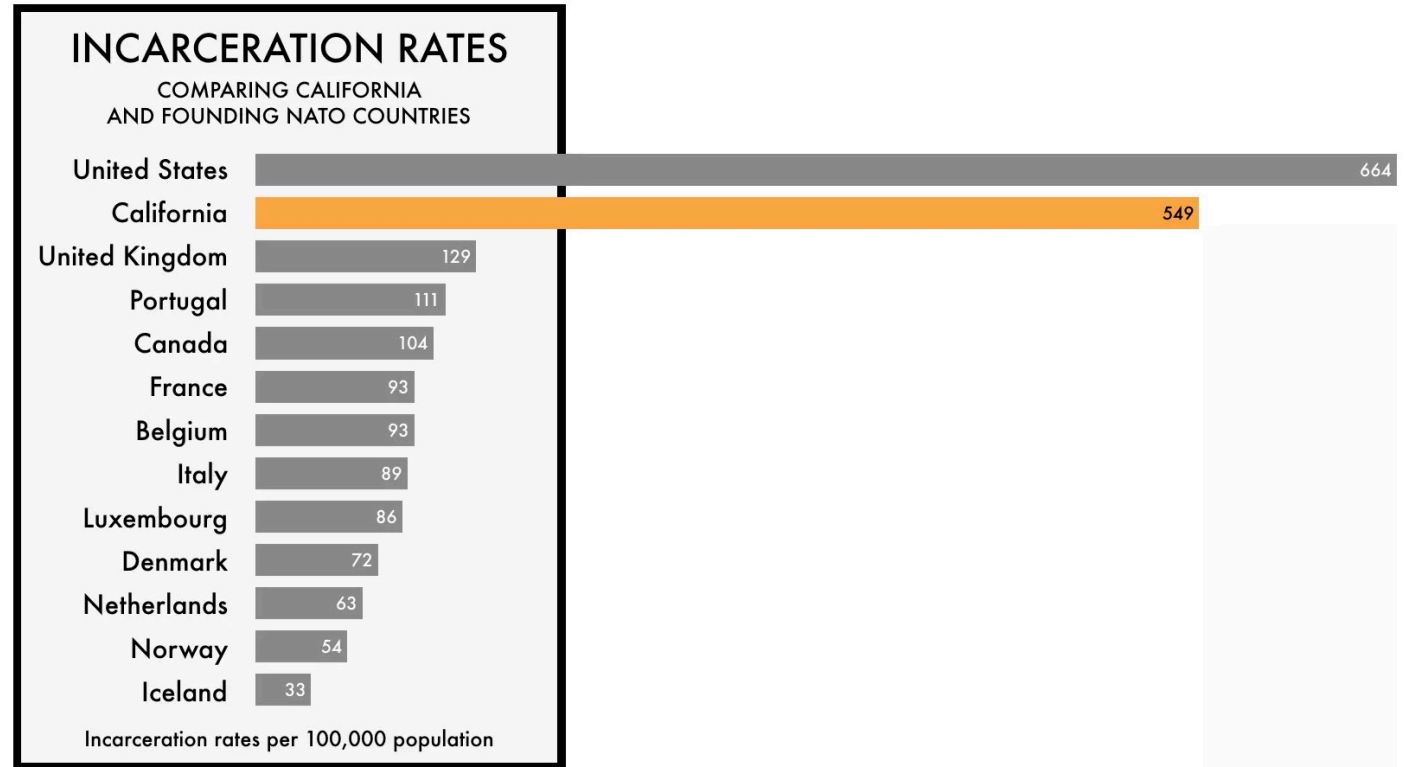
- Peer led harm reduction program on site focuses on preventing overdose, connection to resources, and peer support.
- Partnership with local addiction medicine fellowship at Alameda Health System allows for the weekly presence of SUD-treatment specialist providers and access to Medication Assisted Treatment.



The importance of lived experience

- Cardea Health prioritizes the employment of individuals with lived experience of homelessness, incarceration, and substance abuse
- Program housing partners include re-entry employment providers

Today, California's incarceration rates stand out internationally



Source: <https://www.prisonpolicy.org/global/2021.html>



Providing non-congregate living spaces

- Clients are allowed to bring a partner to cohabitate on site. Also accommodates pets
- Allows for isolation patients
- Having a private space to rest and recover was listed as one of the most liked aspects of Eddies Place among surveyed clients
- Helps accommodate clients with Severe Mental Illness

Community building

- Client centered events and celebrations
- Client inclusion in program changes
- Monthly “town halls”
- Behavior expectations are set by the community

The background of the slide features a vibrant illustration of numerous hands of various skin tones (white, yellow, orange, brown, black) reaching upwards. Interspersed among the hands are small, pink hearts. The overall theme is one of community, support, and collective effort.

EDDIES PLACE TOWN HALL

Please join us for our second Town Hall meeting here at Eddies Place. We will have an opportunity to check-in, discuss campus agreements and ask important questions.

THURSDAY
9.28.2023
12PM

Caregiving services

- Personal caregivers and certified nursing assistants are part of daily clinical staff team
- Assist with ADLs, chaperone to appointments, assist with room maintenance (housekeeping)
- Assistance with end-of-life clients.
- Incorporating caregiving services allows for the inclusion of functionally compromised individuals often excluded from homeless service sites.



Client led care

- All Cardea Health programs emphasize the autonomy of the patient: shelter and services are never contingent on participation in medical interventions.
- Harm reduction approach to medical care
- Focus on what is most important to the client, right now.
- Consent is extremely important, especially when working with clients with trauma and SMI.

Is there anything that you think will make you feel like you need to leave Eddie's Place before your treatment is completed? If so, what can the staff do to help you stay?

Staff care is patient care

Reducing challenging behavior on site also includes caring for clinical and support staff

- Mental health days
- Regular debriefs on challenging situations (behavior and other)
- Celebrate the wins together: staff outings and team building
- Recognize improvement, teamwork, and leadership.
- Allow participation in hard decision making



Key points!

- In the absence of robust resources, prevention is key.
- Thorough prevention includes clients and staff
- Reducing simple barriers to care pays off in the end

