

Registered Nursing Home Association



50 Key facts about nursing homes

RNHA



RNHA



See inside for information about:

- Numbers of nursing homes and places
- The costs of providing nursing home care
- Standards and relevant legislation
- Regulation and inspection arrangements
- The role of the RNHA

50 Key Facts about Nursing Homes

NUMBERS OF NURSING HOMES AND PLACES

1. In the UK in 2001 there were **4,798 independent sector nursing homes for elderly, chronically sick and physically disabled people**, including 1,478 dual registered homes providing nursing and residential care. The total figure had fallen from 5,715 in 1997 and was expected to continue falling during 2002.

2. In the UK in 2001 there were **196,000 independent and voluntary sector nursing home places for elderly, chronically sick and physically disabled people**. This figure had fallen from 224,400 in 1997 and was projected to fall to around 187,500 during 2002.

3. In 2001 there were **5,800 places in independent and voluntary sector nursing homes** registered to provide care in England for **people with mental health problems**.

4. In 2001 there were **3,400 places in independent and voluntary sector nursing homes** registered to provide care in England for **people with learning disabilities**.

5. In the UK in April 2002 there were just under **20,000 long-stay geriatric beds in the NHS**, around **10,000 beds for the elderly mentally ill and 1,400 for the younger physically disabled**.

6. In the UK in April 2002 there were **53,600 local authority residential care home places for the elderly and younger physically disabled**.

WHO PAYS FOR NURSING HOME CARE

Private payers

7. As at November 2001, around 33 per cent of elderly or physically disabled patients in independent sector nursing homes were meeting the cost of their own fees (with the exception of the element of the costs classified by the Government as 'nursing' care, which



from 1st October 2001 has been met by the NHS). These patients are known as **'private payers'**, although they can use whatever Social Security benefits they may be entitled to in order help pay their fees.

Patients receiving financial help from Social Services

8. In addition to funds they may be entitled to from Social Security, around 62 per cent of nursing home patients are receiving financial help towards their fees from **local authority social services departments**.

9. Patients receiving financial help from social services may opt to make **'top up' payments** from their own resources if the home of their choice is more costly than the fees which social services are willing to pay. About 14 per cent of this group of nursing home patients decide to do that.

NHS contributions towards the 'nursing' element of care

10. From April 2003, all nursing home patients (whether or not they pay for themselves or receive help from social services) have **the 'nursing element' of their care costs paid for by the NHS**.

11. When first introduced in October 2001, **the NHS contribution was paid at one of three rates (£35, £70 and £110 per week)**, depending on an assessment of individual patients' level of dependency. In April 2003 these rates rose to £40, £75 and £120.

A 'fair price' for care

12. In 2002 the Joseph Rowntree Foundation published a report which, on the basis of research undertaken by the independent Laing & Buisson organisation, recommended that an **average 'fair price' for care provided to publicly funded patients in nursing homes would be around £459 per week**, with a higher rate to be paid in areas of the country with particularly high operating costs.

13. During 2002, the **highest and lowest baseline weekly rates paid by social services departments for nursing home care** in each of the main English regions, Wales and Scotland were as follows:

North

Lowest: Kingston upon Hull at £305 per week

Highest: York at £390 per week

North West

Lowest: Blackpool at £339 per week

Highest: Stockport at £399 per week

West Midlands

Lowest: Solihull at £330 per week

Highest: Solihull at £407 per week (for meeting certain quality criteria)

East Midlands

Lowest: Northamptonshire at £340 per week

Highest: Rutland at £360 per week. Northamptonshire pays the same against certain quality criteria.

50 Key Facts about Nursing Homes



East Anglia

Lowest: Suffolk at £361 per week

Highest: Cambridgeshire at £400 per week

Northern Home Counties

Lowest: West Berkshire at £335 per week

Highest: Wokingham at £489 per week

Inner London

Lowest: Lewisham at £410 per week

Highest: Hammersmith and Fulham at £525 per week

Outer London

Lowest: Richmond at £344 per week

Highest: Hillingdon at £580 per week

Southern Home Counties

Lowest: East Sussex at £357 per week

Highest: Isle of Wight at £453 per week

South West

Lowest: Bristol at £351 per week

Highest: Gloucestershire at £392 per week

Wales

Lowest: Anglesey at £350 per week

Highest: Monmouthshire at £390 per week

Scotland

Lowest: Falkirk at £334 per week

Highest: Shetland at £423 per week

*Source: Community Care Market News
published by Laing & Buisson*

50 Key Facts about Nursing Homes



expected to grow by just over 40 per cent; those aged 75 to 84 by around half; and those aged 85 and over by some 140 per cent. It is anticipated that, given these demographic trends, the demand for nursing home care will begin to increase steadily from 2005 onwards and nursing home places will need to rise by around 65 per cent by 2031.

HOW NURSING HOMES DIFFER FROM RESIDENTIAL CARE HOMES

23. A nursing home, as distinct from a residential care home, has to provide the kind of care which **requires the skills of a qualified nurse or the supervision of a qualified nurse**. That may occur, for example, in the following circumstances:

- where a resident's general health deteriorates to a level that needs constant nursing care;
- where a resident's health is such that one or more of the following procedures is required periodically over twenty-four hours:
 - administration of medication by injection
 - dressings to an open or closed wound
 - artificial feeding
 - basic nursing care of the type normally given to people who are bedfast
 - frequent attention as a result of double or single incontinence
 - intensive rehabilitation over a period of time following surgery or a debilitating disease
 - management of complex prostheses or appliances

COMPARATIVE COSTS OF PROVIDING CARE

14. Across the UK, **the average weekly fees received by independent sector nursing homes from social services departments** for publicly funded patients were between about £370 and £390 a week (£80 to £100 a week below the level recommended by the Rowntree Foundation as a fair price for covering costs actually incurred by homes in providing the care).

15. The average cost of keeping an **older patient in an NHS 'long stay' hospital ward** is estimated to be around £1,015 a week (*Parliamentary Answer*).

16. The average cost of keeping an older person in a **local authority-run residential care home** varies from one part of the country to another and is estimated to be around £459 a week (*Department of Health figures for 2001*).

BED OCCUPANCY RATES

17. As at March 2002, the **average occupancy rate** in independent sector nursing homes was 90.2 per cent, compared with 84 per cent in February 1997 and 94.6 per cent in August 1992 (*Laing & Buisson surveys*).

BREAKDOWN OF NURSING HOMES BY SIZE

18. The average nursing home has **41 beds**. The average residential care home has **20 beds**.

19. Only 3 per cent of nursing homes have **10 or fewer beds**, compared with 25 per cent of residential care homes.

20. Around 65 per cent of nursing homes have **30 or more beds**, compared with only 18 per cent of residential care homes. Forty per cent of nursing homes have **40 or more beds**, compared with 6 per cent of residential care homes.

NURSING HOME OWNERSHIP STATISTICS

21. In 2001, around 34 per cent of independent sector nursing homes were operated by **major 'corporate' providers** (accounting for 45 per cent of the total available places). This compared with 27 per cent of nursing homes in corporate ownership in 1997 and 15 per cent in 1992.

PROJECTIONS OF FUTURE DEMAND FOR CARE

22. Over about the next thirty years the number of people aged 60 to 74 years is

REGULATION OF NURSING HOMES

24. The Care Standards Act 2000, which was implemented with effect from April 2002, replaced the Registered Homes Act 1984 as the legal framework for the regulation of nursing homes in England and Wales. The Regulation of Care (Scotland) Act 2001 covers Scotland.

50 Key Facts about Nursing Homes



- nursing home - 8.1 hours of qualified nurse time and 18.9 hours of care assistant time per resident per week;

- residential care home - 0 hours of qualified nurse time and 16 hours of care assistant time per resident per week.

AMENITIES IN NURSING HOMES

30. As at the beginning of 2002, **single rooms** represented just over 80 per cent of the available bed spaces in independent nursing homes, compared with around 45 per cent in 1989 and 60 per cent in 1997.

31. As at the beginning of 2002, **en suite toilet facilities** were available in just over 60 per cent of available bed spaces in independent sector nursing homes, compared with around 18 per cent in 1989 and 34 per cent in 1997.

LEVEL OF DEPENDENCY

32. Around 41 per cent of patients in nursing homes are **aged over 85**.

33. The modern nursing home is **looking after more highly dependent patients with multiple nursing needs** than its predecessor in the 1960s, 70s and 80s.

34. According to figures from the Personal Social Services Research Unit, the number of **older people with the greatest level of dependency** will rise by 63 per cent between 1996 and 2031.

35. According to figures from the Personal Social Services Research Unit, the number of **people who are likely to require continuing residential care** (including nursing home care) in thirty years' time could rise by between 16 per cent and 119 per cent. The degree of such an increase is contingent upon what happens over that period to the general level of dependency among the older age group in the population.

25. Regulations issued under the Care Standards Act require nursing homes to ensure that **at all times there are suitably qualified registered nurses on duty**. The level of nursing input required will depend on patients' assessed needs.

26. Under the Care Standards Act, **national minimum standards** have been introduced which are being implemented in phases up to 2007. Aspects of the running of nursing homes which are affected by the standards include staffing ratios and qualifications, the physical environment and financial procedures.

27. Nursing homes are subject to a **minimum of two annual inspections**. These are carried out by inspectors employed by the National Care Standards Commission. One of the inspections is pre-planned on a date known in advance to the home. The other inspection is unannounced. Homes are assessed against the registration requirements under which they were originally established and against national minimum standards and regulations under the Care Standards Act.

28. Other **legislation affecting the management of nursing homes** includes:

- Medicines Act 1968

- Misuse of Drugs Act 1971
- Nurses, Midwives and Health Visitors Act 1979
- Health Services and Public Health Act 1968
- Fire Precautions Act 1971
- Town and Country Planning Act 1971
- Food Hygiene (General) Regulations 1970
- Employment Protection (Consolidation) Act 1978
- Mental Health Act 1983
- Health and Safety at Work Act

QUANTITY OF CARE PROVIDED

29. The quantity and type of care provided to nursing home patients varies from patient to patient, according to individuals' particular needs and level of dependence. Patients receiving nursing care have a higher level of dependence than those receiving residential care. Estimates based on figures for 2001 indicate that the **average amount of care delivered to each person each day** in nursing homes and residential care homes was as follows:

50 Key Facts about Nursing Homes

REGISTERED NURSING HOME ASSOCIATION



36. The Registered Nursing Home Association (RNHA) represents **around 1,400 nursing homes** across the UK with a total of 60,000 beds.

37. Established in 1968, the RNHA is the **only national body which exclusively represents nursing homes**. Membership of the Association is open only to nursing home owners and not to the providers of other types of care.

38. The **policies of the RNHA** are determined by its membership at the annual general meeting.

39. The **chairman of the RNHA and members of its national management committee** are all nursing home owners with practical experience of providing this type of care to a wide range of vulnerable people.

40. The **head office team of the RNHA**, led by its chief executive officer (also a nursing home owner), is located at 15 Highfield Road, Edgbaston, Birmingham.

41. **The key aims of the RNHA** are:

- to work with individual nursing homes to ensure and maintain the highest standards of professional nursing care;
- to foster the happiness, dignity and well-being of all who need the services of a nursing home by promoting the concept of 'total individualised nursing care';
- to provide a forum for the exchange of ideas and practical experience;

● to bring to the attention of Government the needs of all patients within registered nursing homes;

● to support the continuing education of RNHA members and their staff.

42. The RNHA has **35 branches** throughout England, Scotland, Wales and Northern Ireland.

43. The RNHA provides **information, advice and support** to help individual nursing homes provide the highest possible standards of care for their patients.

44. The RNHA publishes a **bi-monthly magazine** - *Nursing Home News* - as well as a wide range of **policy briefings, educational materials and management guidance tools** on nursing home matters.

45. The dedicated RNHA **web site** may be found at www.rnha.co.uk

46. The **Blue Cross** is a registered trade mark and the symbol of the RNHA. It is displayed at the premises

of all nursing homes in membership of the Association and signifies that the nursing homes concerned have met and are sustaining the quality thresholds required to become and remain members.

47. At a national level, the **RNHA represents the views of the nursing home sector** to the Government, National Care Standards Commission, General Social Care Council, TOPPS and other relevant agencies.

48. The RNHA is able to provide **information and comment to the news media** (national, regional, local and specialist) on issues which are relevant to the nursing home sector. The numbers to contact are 0121-454 2511 (office) or 07785 227000 (mobile).

49. RNHA spokespersons **are available for radio and television news and current affairs programmes** as required.

50. The RNHA is the **voice of the independent nursing home sector**.

Registered Nursing Home Association,
15 Highfield Road, Edgbaston,
Birmingham B15 3DU
Tel: 0121-454 2511
Fax: 0121-454 0932
E-mail: info@rnha.co.uk



Visit our web site at: www.rnha.co.uk

Acknowledgements: Sources of information for this folder include: *Laing's Healthcare Market Review 2002-2003* published by Laing & Buisson; the *A to Z Care Homes Guide 2003* (see www.carehome.co.uk); *Calculating a Fair Price for Care* published for the Joseph Rowntree Foundation by The Policy Press; *Community Care Statistics* published by the Department of Health; and a range of RNHA publications describing its activities.