

# Long term care assessment Germany

A short introduction

EUMASS Summer Meeting in Düsseldorf, June 2nd 2023  
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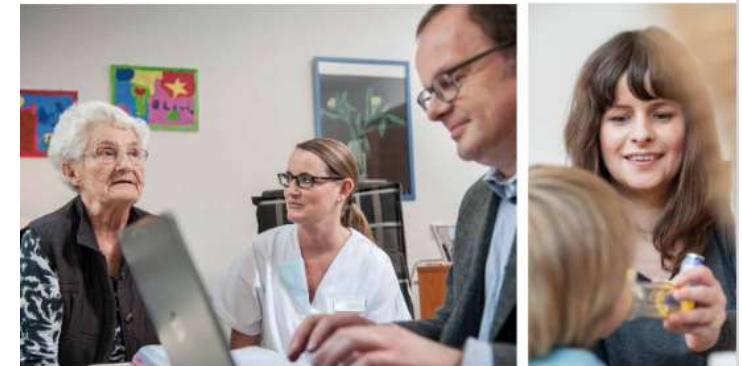


# Assessment of the individual need for long-term care (LTC)

- ❖ Implementation of a **new approach** to long-term care launched in 2017
- ❖ New assessment criteria prepared through discussions and considerations with **experts and scientists**
- ❖ Assessment deals with **dependence or independence** in managing everyday life
- ❖ **Assessment guidelines** decreed by the federal medical advisory service

MDS MEDIZINISCHER DIENST  
DES SPITZENVERBANDES  
BUND DER KRANKENKASSEN

GKV  
Spitzenverband



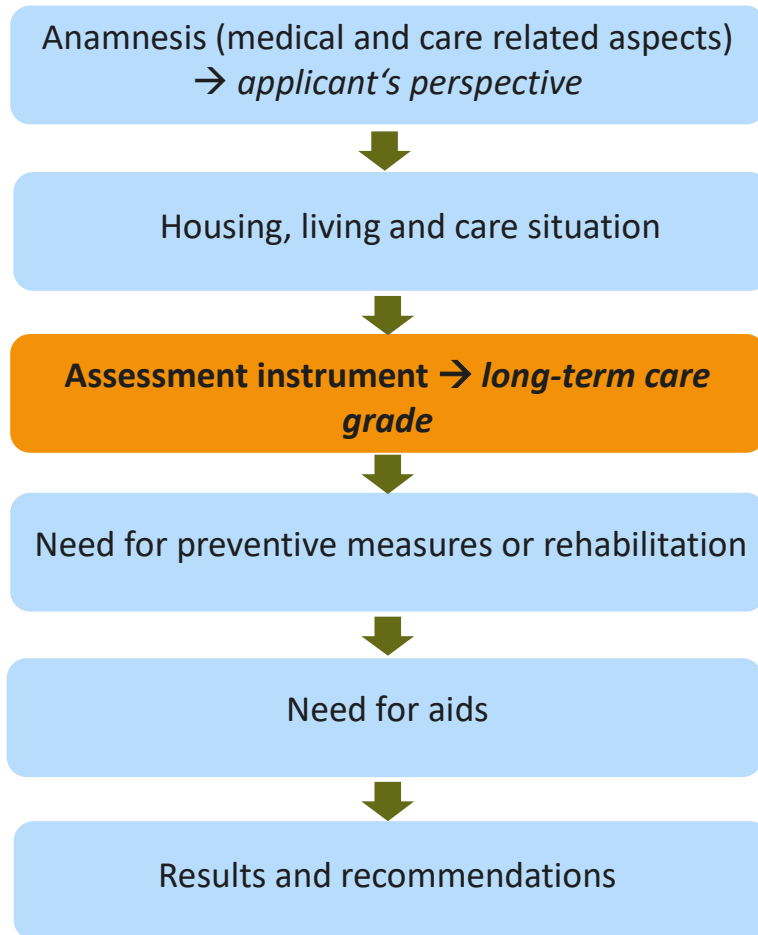
Richtlinien des GKV-Spitzenverbandes  
zur Feststellung  
der Pflegebedürftigkeit  
nach dem XI. Buch des Sozialgesetzbuches

## Who \* Where \* When

- ❖ Application to long-term care insurance company
- ❖ Assessors are trained nurses – medical advisory service experts
- ❖ In the applicant's household
- ❖ Within 5 weeks of application
- ❖ Penalty fee of 70 euros per week if deadline is exceeded



# Assessment of long-term care need



## Assessment instrument

### Definition of independence







Independence = performing activities of daily life without the assistance of another person

Not relevant

- ❖ if someone needs a **medical aid** (e.g. wheelchair...)
- ❖ whether a certain **activity is** necessary
- ❖ home environment **conditions**
- ❖ **frequency** of activities or **time** someone needs to perform a certain activity

## Assessment instrument

### Six modules

-  Mobility
-  Cognitive abilities and communication
-  Behaviour patterns and psychological problems
-  Self-supply
-  Coping with illness- and therapy related demands and stress
-  Organizing everyday life and social contacts (6 criteria)

Activities outside the house

Household maintenance

# Assessment Instrument

## Module 1: Mobility

Criteria		independent	almost independent	almost dependent	dependent
1.1	changing position in bed	0	1	2	3
1.2	holding a stable and safe sitting position	0	1	2	3
1.3	standing up from a sitting position	0	1	2	3
1.4	moving within the home environment	0	1	2	3
1.5	climbing stairs	0	1	2	3



# Assessment instrument

## Module 2: Cognitive abilities and communication

Criteria		unimpaired	mainly unimpaired	mainly impaired	impaired
2.1	recognizing people of the closer environment	0	1	2	3
2.2	spatial orientation	0	1	2	3
2.3	temporal orientation	0	1	2	3
2.4	remembering substantial things	0	1	2	3
2.5	managing every day routines	0	1	2	3
2.6	making decisions in everyday life	0	1	2	3
2.7	understanding facts and information	0	1	2	3
2.8	recognizing risks and danger	0	1	2	3
2.9	communicating substantial needs	0	1	2	3
2.10	understanding requests	0	1	2	3
2.11	participating in a conversation	0	1	2	3





# Assessment instrument

## Module 3: Behaviour patterns and psychological problems

Criteria		never occurs / very rarely	occurs rarely (one or two times within two weeks)	occurs often (two times or more within a week, but not every day)	occurs daily
3.1	non-aggressive physical agitation (e.g. repetitive physical movements)	0	1	3	5
3.2	restlessness at night	0	1	3	5
3.3	self-destructive behaviour	0	1	3	5
3.4	aggressive physical agitation against objects	0	1	3	5
3.5	aggressive physical agitation against other persons	0	1	3	5
3.6	aggressive verbal agitation	0	1	3	5
3.7	non-aggressive verbal agitation	0	1	3	5
3.8	resisting care	0	1	3	5
3.9	misidentifications, hallucinations	0	1	3	5
3.10	anxiety	0	1	3	5
3.11	depression-induced apathy	0	1	3	5
3.12	socially inappropriate behaviour patterns (e.g. inappropriate sexual behaviour)	0	1	3	5
3.13	other care related inappropriate behaviour patterns (e.g. stereotypes)	0	1	3	5



# Assessment instrument

## Module 4: Self-supply

Criteria		independent	almost independent	almost dependent	dependent
4.1	washing the upper body	0	1	2	3
4.2	hygiene in the area of the head (e. g. combing, shaving)	0	1	2	3
4.3	washing the genital area	0	1	2	3
4.4	showering, bathing	0	1	2	3
4.5	dressing and undressing the upper body	0	1	2	3
4.6	dressing and undressing the lower body	0	1	2	3
4.7	preparing food and pouring beverages	0	1	2	3
4.8	eating	0	3	6	9
4.9	drinking	0	2	4	6
4.10	using a toilet or a commode	0	1	2	3
4.11	coping with urinary incontinence	0	1	2	3
4.12	coping with faecal incontinence	0	1	2	3

		independent	not daily, not permanently	daily, in addition to oral nutrition	exclusively
4.13	parenteral feeding or tube feeding	0	0	6	3



# Assessment instrument

## Module 5: Coping with illness- and therapy related demands and stress

Criteria		frequency of assistance			
		independent	per day	per week	per months
5.1	taking of medication				
5.2	handling injections				
5.3	intravenous supply				
5.4	aspirating / providing oxygen				
5.5	providing embrocation				
5.6	measuring blood glucose				
5.7	dealing with proximal aids such as prostheses				
5.8	bandage replacement				
5.9	stoma care				
5.10	catheterization				
5.11	therapeutic interventions in the housing environment				
5.12	technically intensive interventions in the housing environment				
5.13	visiting the doctor				
5.14	visiting other medical and health facilities (up to three hours a day)				
5.15	visiting other medical and health facilities (more than three hours a day)				

		independent	almost independent	almost dependent	dependent
5.16	maintaining a diet	0	1	2	3



# Assessment instrument

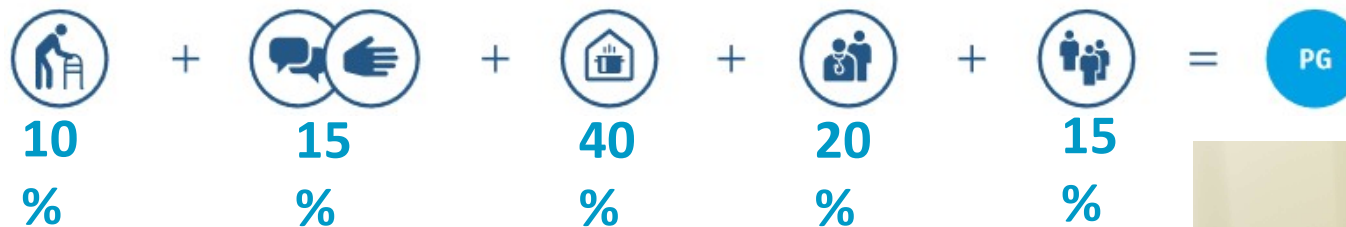
## Module 6: Structuring every day life and social contacts

Criteria		independent	almost independent	almost dependent	dependent
6.1	arranging the daily routine	0	1	2	3
6.2	relaxing and sleeping	0	1	2	3
6.3	occupying oneself	0	1	2	3
6.4	planning future activities	0	1	2	3
6.5	interacting with persons around (e. g. family members)	0	1	2	3
6.6	interacting with persons outside the immediate environment	0	1	2	3



## Assessment result – long-term care grade

- ❖ **Step 1:** Points are summarized for each area of life
- ❖ **Step 2:** Cumulative amount is translated into a weighted point value



- ❖ **Step 3:** All weighted point values are added  
→ result is an overall score between 0 and 100



## Assessment result – long-term care grade

❖ **Step 4:** Assignment of the total score to one of the five long-term care grades

Care level  
1

12,5 - under 27 points = **minor impairments**

Care level  
2

27 - under 47,5 points = **considerable impairments**

Care level  
3

47,5 - under 70 points = **serious impairments**

Care level  
4

70 - under 90 points = **severe impairments**

Care level  
5

90 - 100 points or special need constellation = **most severe impairments**



## What's next?



- ❖ Health insurance company informs applicant of the result
- ❖ Needs are met
  - ❖ Medical aids
  - ❖ Rehabilitation
  - ❖ Long-term care by
    - ❖ *trained nurses (payment in kind) or*
    - ❖ *family or neighbours (cash supplement)*
- ❖ Amount of contribution depends on the determined care level



## Advancement

- ❖ Focus on rehabilitation needs and preventive measures
- ❖ Assessment results serve as a starting point for individual care planning
- ❖ Specific health problem the applicant is suffering from does not matter
- ❖ Focus is on the person in need of care (= **person-centered approach**)
- ❖ Assessment instrument is complex and requires the valuable resource of the nursing staff of the medical advisory service





Thank you very much for your attention

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