



## Morningside House: Avoiding Hospitalizations with In-Home Care

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[Morningside House Long Term Home Health Care Program](#) (LTHHCP), a LeadingAge member in New York, is using remote monitoring technology from eCaring to reduce expensive hospital visits among its clients. During a recent 90-day trial involving 8 high-risk clients, the eCaring system helped LTHHCP avoid estimated hospital costs of \$60,000 by preventing:

- 9 visits to the Emergency Room (ER).
- 3 hospitalizations.
- 12 doctor visits.
- 3 unplanned nurse visits.

Morningside House LTHHCP is a “nursing home without walls” program. It offers a coordinated plan of medical, nursing and rehabilitative care to 160 frail, chronically ill adults who live at home but are medically eligible for placement in a nursing home.

### Testing the eCaring System

[Healthcare Informatics](#) reports that home health aides use an eCaring program called CareTracker to enter hundreds of data points about a particular client’s activities, personal care, mental and physical state. The eCaring system includes care management modules and dashboards that help care managers review information about a particular client.

Care managers also receive alerts about issues that need an immediate response.

LTHHCP set up its eCaring system so it would send an alert when a client was demonstrating symptoms that could eventually lead to a 9-1-1 call. In response to the alerts, a nurse in the program worked with the client’s home health aide to initiate a plan of care that could be carried out at home.

### A New Model of Care

Laura Hernandez, R.N., LTHHCP’s vice president of home care and director of patient services, says that New York’s reimbursement structure makes it necessary for Morningside House to contain costs while providing clinically excellent care.

“Many patients can be clinically unstable,” says Hernandez. “If something goes wrong, seemingly as minor as wheezing or dizziness, some patients call 9-1-1 and end up going to the ER. That’s a model that has to change.”

Morningside House Long Term Home Health Care Program is a member of Aging in America’s family of providers, which oversees 5 subsidiaries in the Bronx, Westchester, Rockland and Long Island.