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National Center for Assisted Living

Your National Assisted Living Leader for Advocacy, Knowledge, Education
and Professional Development

Understanding Assisted Living

Key Facts & Tips On Choosing a Community

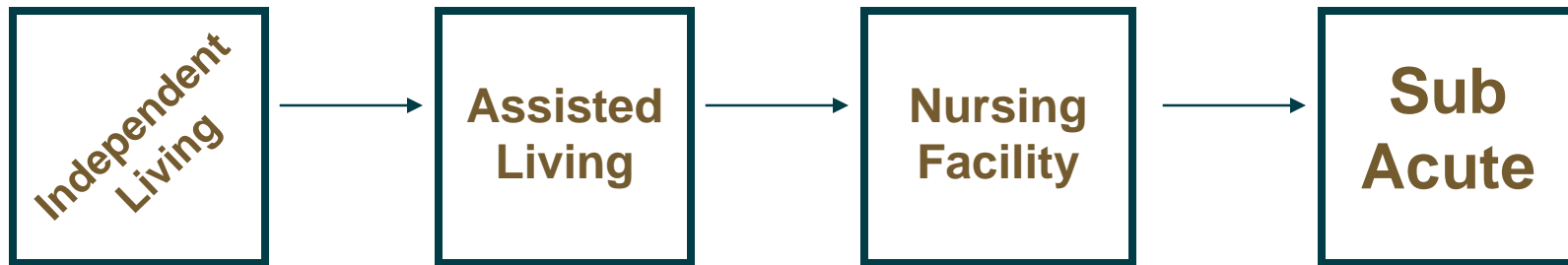
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Evolution Of Long Term Care In America

- **Poor houses (*circa 1900*)**
- **County homes (*circa 1950*)**
- **Rest homes & nursing homes (*1950s - 1960s*)**
- **HUD apartments & luxury retirement communities (*1970s - 1980s*)**
- **Assisted living communities (*1980s - now*)**



The Long Term Care Spectrum



Person's
Acuity



What Is Assisted Living?

- Part of a spectrum of long term care services, assisted living provides a combination of:
 - housing,
 - health care, and
 - personal care services.
- Assisted living is designed to help individuals who need assistance with normal daily activities in a way that promotes maximum independence.



Why People Move to Assisted Living

- **Individuals may move to assisted living following a significant health or memory-related concern.**
- **Individuals move into assisted living for more social interaction with people in their peer group, to reduce their responsibilities, for safety and security, for activities and physical fitness offerings.**



The Typical Assisted Living Resident

- **86.9 years old**
- **Moved to assisted living at age 84.6**
- **74% are women, 26% are men**
- **62% live within 10 miles of previous home**

Source: *2009 Overview of Assisted Living*



Where Residents Move From

- 70% were living in a private home or apartment
- 9% resided in a retirement community (also called independent living)
- 9% received care in a skilled nursing facility
- 7% were living in a family residence
- 5% moved from another assisted living residence or group home



Source: 2009 Overview of Assisted Living

Health Reasons For Moving Into Assisted Living

- 80% need help with medications
- Assisted living residents, on average, take 7.6 prescription medications and 2.3 over-the-counter medications per day.



Source: 2009 Overview of Assisted Living

Health Conditions

- 66% Hypertension/
High blood pressure
- 42% Arthritis
- 38% Alzheimer's/
Dementia
- 33% Coronary Heart
Disease
- 30% Depression
- 27% Osteoporosis
- 19% Macular
Degeneration/
Glaucoma
- 17% Diabetes
- 14% Stroke

Source: 2009 Overview of Assisted Living



What Are ADLs? (Activities of Daily Living)

ADLs are things we normally do in our daily lives, including daily self-care activities such as:

- bathing
- eating
- dressing
- toileting
- transferring



Percentages Of Residents' ADL Dependence

ADL's	Percentage
• Bathing	64%
• Dressing	39%
• Toileting	26%
• Transfer	19%
• Eating	12%



Instrumental Activities of Daily Living (IADLs)

- Housework
- Laundry
- Meal Preparation
- Telephone
- Managing Medications
- Transportation



Services And Activities

Typical services and activities provided, or arranged for assisted living residents, include:

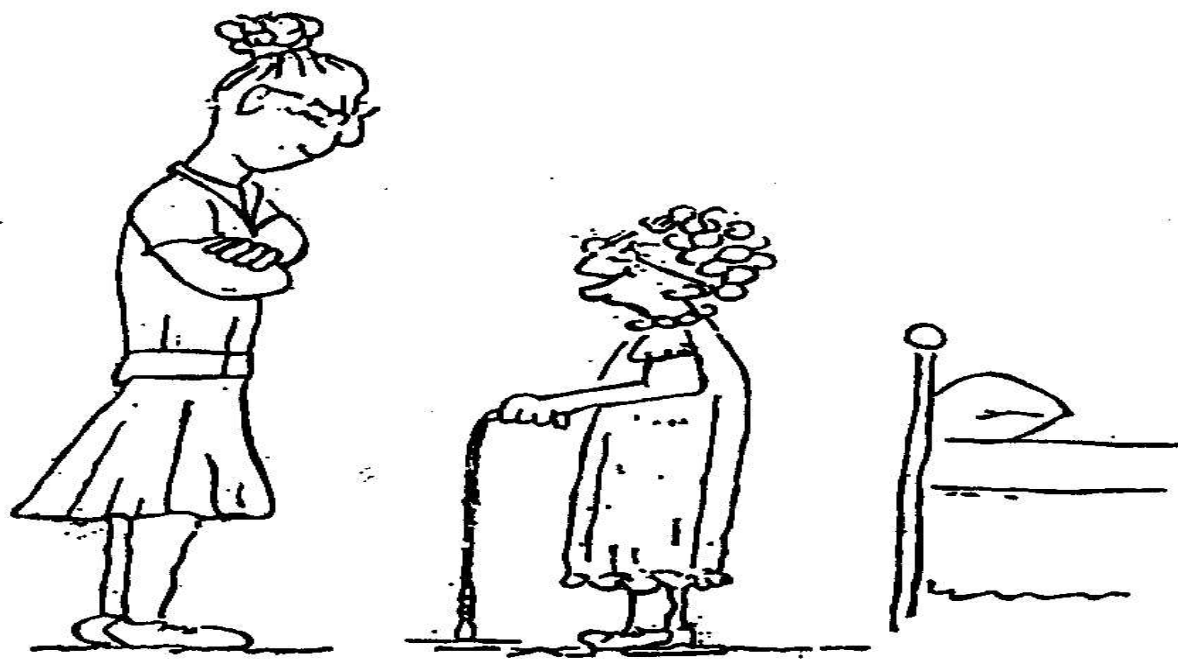
- **24 hour supervision**
- **3 meals each day—served in a dining room alongside other residents**
- **Personal care services (e.g., help with bathing and dressing)**
- **Assistance or management of medication, including self-administered medicines**



Services And Activities (*continued*)

- **Supervision and assistance for individuals with Alzheimer's disease or other forms of dementia or disabilities**
- **Recreation and spiritual activities**
- **Exercise and wellness programs**
- **Linen and laundry service**
- **Housekeeping and maintenance**
- **Arrangements for transportation**





"Honey. I've been through 2 world wars, the Great Depression, taught 3,297 children, administered 4 elementary schools and outlived every one of the pastors I worked with. I'm 89 years old and you're telling me it's bedtime?"



What Does An Assisted Living Community Look Like?

- A freestanding building
- Attached to a nursing facility or hospital
- Shares a campus with independent living
- Part of a Continuing Care Retirement Community (CCRC)



Choosing An Assisted Living Community

- Obtain recommendations from your physician or from friends, social workers, financial planners, or your local long term care ombudsman's office
- Make sure the community is licensed or registered if required by state law
- Visit communities more than once and at different times of the day



Choosing An Assisted Living Community

- Obtain NCAL's: *Choosing An Assisted Living Residence: A Consumer's Guide*
- Talk with directors and tour the residences
- Observe the interaction and relationships of staff to residents
- Ask the community to see the last inspection or survey results
- Involve the family member



Who Pays For Assisted Living?

- Private resources
- Long term care insurance
- Social Security income
- Medicaid

(However, MEDICARE does NOT cover assisted living)



How Much Does It Cost?

- The average assisted living resident remains in a community for 28.3 months
- According to a 2009 Genworth Cost of Care Survey, the average assisted living unit costs \$33,900 a year, or \$2,825 per month
- Rates depend on geographic location; rates range from \$25,049 per year in North Dakota to \$55,137 per month in Massachusetts



Typical Income And Assets

- **\$18,972 is the median income of the average assisted living resident**
- **In terms of assets, the average assisted living resident's assets (including his/her home) is \$205,000**



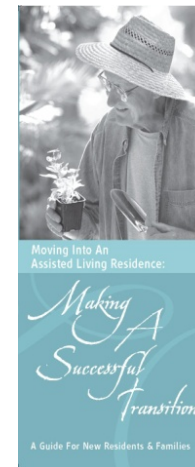
Source: 2009 *Overview of Assisted Living*

Key Resources for Consumers



Choosing An Assisted Living Residence: A Consumer's Guide

Moving Into An Assisted Living Residence: Making A Successful Transition



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- **Assisted living facts**
- **State-by-state regulatory summary**
- **Consumer information is available at www.longtermcareliving.com**

