Assisted Living: A Growing Aspect of Long Term Care

Assisted living communities typically serve individuals who need help with every day activities and some health care services but generally do not require 24-hour skilled nursing care services for extended periods of time. These communities offer a unique mix of companionship, independence, privacy, and security in a home-like setting. The philosophy of assisted living is built on the concept of delivering person-centered care and services to each individual resident.

Residents

Assisted living communities serve the oldest old who need help with some activities of daily living (ADLs) and health care services.

Activities of Daily Living

- 77% need help with bathing
- 69% need help with walking
- 62% need help with dressing
- 49% need help with toileting
- 51% need help with bed transfer
- 26% need help with eating

Common Conditions ALs Help Residents Manage

- 55% have high blood pressure
- 34% have heart disease
- 34% have Alzheimer’s disease or dementia
- 27% have depression
- 20% have diabetes

Activities and Services

TYPICAL SERVICES
- 24-hour supervision and assistance
- Exercise, health, and wellness programs
- Housekeeping and maintenance
- Meals and dining services
- Medication management or assistance
- Personal care services such as ADLs
- Transportation

SPECIALIZED DEMENTIA CARE SERVICES
Memory care is an increasing component of assisted living.
- 13% have a designated unit/wing/floor
- 8% only serving adults with dementia

COORDINATED SERVICES
Assisted living does not directly provide certain health care services, but consistently works with other providers to offer these services.
- dental
- depression screening
- hospice
- mental health or counseling
- pharmacy/pharmacist
- podiatry
- skilled nursing
- therapy (physical, occupational or speech)
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Communities

28,858 Assisted Living Communities
996,102 Total Licensed Beds
33 Beds Average Number of Licensed Beds in an AL Community

Workforce

423,408 total employees

Nursing Staff Breakdown

82% Aide
11% LVN/LPN
7% RN

95% OF COMMUNITIES HAVE A LICENSED NURSE AVAILABLE 24-7

Paying for Care

$54,000 per year

Average Yearly Cost
This is less than the average cost for homemaker services ($59,488) or a home health aide ($61,776). The majority of assisted living residents use some form of private funds to pay for care.

Medicaid
A little more than 19% of residents rely on Medicaid to pay for daily services. Medicaid does not pay for room and board costs. Each state varies on whether it covers assisted living services.

Medicare
Medicare does not cover assisted living services, but most residents are beneficiaries, making Medicare issues (hospitalizations, medications, therapy services, etc.) important to assisted living providers.

Sources: CDC National Center for Health Statistics, Genworth 2018 Cost of Care Survey, Bureau of Labor Statistics, National Center for Assisted Living