Assisted Living communities offer a unique mix of personal care services, companionship, independence, privacy, and security. Assisted living communities typically serve individuals who need help with everyday activities of daily living and some health care services but generally do not require 24-hour skilled nursing care services for extended periods of time. The foundation of assisted living is to deliver person-centered care and services to each individual resident.

**Residents**

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

**Activities of Daily Living**

- 64% need help with bathing
- 50% need help with walking
- 49% need help with dressing
- 43% need help with toileting
- 34% need help with bed transfer
- 22% need help with eating

**Common Diagnoses ALs Help Residents Manage**

- 48% have high blood pressure
- 17% have diabetes
- 42% have Alzheimer’s disease or dementia
- 31% have heart disease
- 29% have depression

**The Median Length of Stay is about 22 Months**

**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
- Arranging for Transportation

**SPECIALIZED DEMENTIA CARE SERVICES**

Memory care is an increasing component of assisted living.
- 18% have a designated unit/wing/floor
- 11% only serve 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.
- therapy (physical, occupational or speech
- pharmacy/pharmacist
- hospice
- podiatry
- dental
- skilled nursing
- mental health screening or counseling
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Communities

- **30,600** Assisted Living Communities (and other residential care communities)
- **1,197,600** Total Licensed Units
- **39** Average Number of Licensed Beds/Units in an AL Community

Workforce

- **478,500** total employees
- **66%** Aide
- **19%** LVN/LPN
- **15%** RN

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 personal care and room and board.

- **Medicaid**
  - A little more than **18% 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 2021 Cost of Care Survey, Bureau of Labor Statistics, National Center for Assisted Living