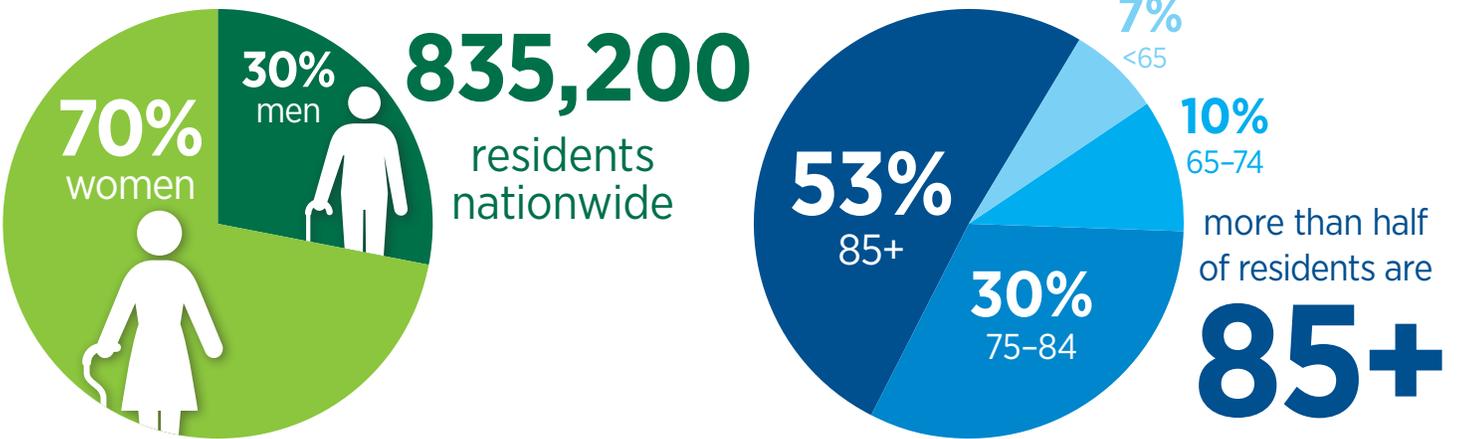


## Assisted Living: A Growing Aspect of Long Term Care

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



**THE MEDIAN LENGTH OF STAY IS ABOUT 22 MONTHS**

### Common Conditions ALs Help Residents Manage



### Activities and Services

#### SPECIALIZED DEMENTIA CARE SERVICES

*Memory care is an increasing component of assisted living.*

- 12% have a unit, wing or floor designated
- 10% only serving adults with dementia

#### 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

#### 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)



**Communities**



**Workforce**



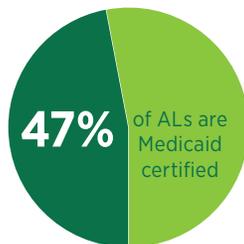
**95% OF COMMUNITIES HAVE A LICENSED NURSE AVAILABLE 24-7**

**Paying for Care**

**\$45,000** per year

**Average Yearly Cost**

This is **less** than the average cost for homemaker services (\$47,934) or a home health aide (\$49,192). The majority of assisted living residents use some form of private funds to pay for care.



**Medicaid**

A little more than **15% 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 AL services, but most residents are beneficiaries, making Medicare issues (hospitalizations, medications, therapy services, etc.) important to assisted living providers.