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

- 64% need help with bathing
- 57% need help with walking
- 48% need help with dressing
- 40% need help with toileting
- 29% need help with bed transfer
- 19% need help with eating

Common Conditions ALs Help Residents Manage

- 52% have high blood pressure
- 42% have arthritis
- 42% have Alzheimer’s disease or dementia
- 34% have heart disease
- 31% 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
- 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)
Assisted Living: A Growing Aspect of Long Term Care

Communities

28,858 Assisted Living Communities (and other residential care communities)
996,102 Total Licensed Beds
33 Beds Average Number of Licensed Beds in an AL Community

Workforce

435,800 total employees

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

Paying for Care

$48,000 per year

Average Yearly Cost
This is less than the average cost for homemaker services ($48,048) or a home health aide ($50,336). The majority of assisted living residents use some form of private funds to pay for care.

Medicaid
A little more than 16.5% 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.

8% XL (+100 beds)
32% Large (26-100 beds)
15% Medium (11-25 beds)
46% Small (4-10 beds)

82%  Aide
11%  LVN/LPN
7%  RN

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