

Assisted Living: A Growing Aspect of Long Term Care

Assisted living communities serve individuals who need help with every day activities and some health care services but 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



SPECIALIZED DEMENTIA CARE SERVICES

Memory care is an increasing component of assisted living.

- 78% have dementia care units
- 12% have a unit, wing or floor designated
- 10% only serving adults with dementia

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

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



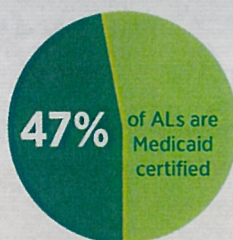
95% OF COMMUNITIES HAVE A LICENSED NURSE AVAILABLE 24-7

Paying for Care

\$43,200
per year

Average Yearly Cost

This is **less** than the average cost for homemaker services (\$44,616) or a home health aide (\$45,760). 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

But many residents are Medicare beneficiaries, making Medicare issues (hospitalizations, medications, therapy services, etc.) important to assisted living providers.