



Understanding Assisted Living

Key Facts & Tips On Choosing A Community

National Center for Assisted Living

www.ncal.org

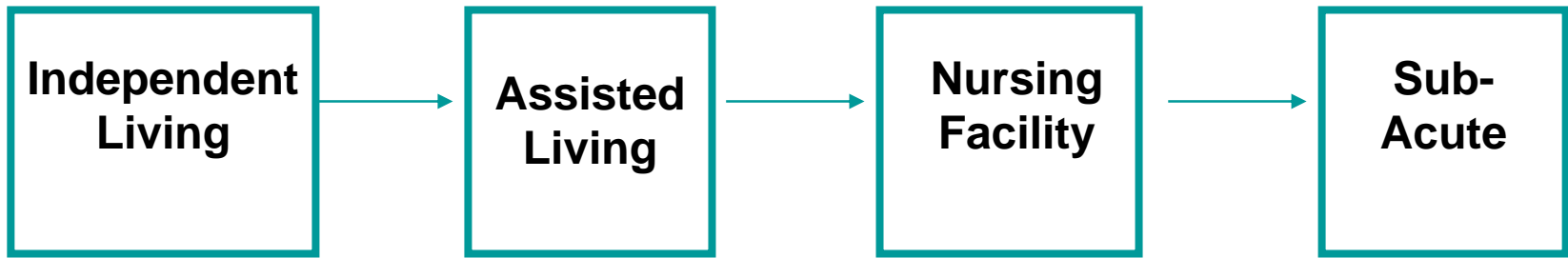


Evolution of Long Term Care in America

- Poor houses (*circa 1900*)
- County homes (*circa 1950*)
- Rest homes & nursing homes (*1950s – 1960s*)
- HUD apartments & luxury retirement communities (*1970s – 1980s*)
- Assisted living communities (*1980s – now*)



Long Term Care Spectrum



Person's Acuity





What is Assisted Living?

- Part of a spectrum of long term care services, assisted living provides a combination of:
 - housing,
 - health care, and
 - personal care services.
- Assisted living is designed to help individuals who need assistance with normal daily activities in a way that promotes maximum independence.



Why People Move to Assisted Living

- Individuals may move to assisted living following a significant health or memory-related concern.
- Individuals move into assisted living for more social interaction with people in their peer group, to reduce their responsibilities, for safety and security, for activities and physical fitness offerings.



The Typical Assisted Living Resident

- 85 years old
- Moved to assisted living at age 83
- 76% are women, 24% are men
- 61% live within 10 miles of previous home

Source: *2006 Overview of Assisted Living*



Where Residents Move From

- 60% were living in a private home or apartment
- 12% resided in a retirement community (also called independent living)
- 10% were living in a family residence
- 9% moved from another assisted living residence or group home
- 8% received care in a skilled nursing facility
- 1% were living in another type of residence

Source: *2006 Overview of Assisted Living*



Health Reasons for Moving Into Assisted Living

- 86% need help with medications
- Assisted living residents, on average, take 9 medications per day.

Source: *2006 Overview of Assisted Living*



Health Conditions

- 66% Hypertension
- 47% Arthritis
- 38% Depression
- 36% Osteoporosis
- 33% Alzheimer's or dementia
- 24% Congestive heart failure
- 22% Diabetes

Source: *2006 Overview of Assisted Living*



What are ADLs? (Activities of Daily Living)

ADLs are things we normally do in our daily lives, including daily self-care activities such as:

- bathing
- eating
- dressing
- toileting
- mobility functions



ADL Dependence

ADL	Assisted Living	Nursing Facility
• Bathing	68%	95%
• Dressing	47%	89%
• Toileting	34%	82%
• Transfer	25%	77%
• Eating	22%	51%

Source: *2006 Overview of Assisted Living*



Instrumental Activities of Daily Living (IADLs)

- Housework
- Laundry
- Meal Preparation
- Telephone
- Managing Medications
- Transportation



Services & Activities

Typical services and activities provided, or arranged for assisted living residents, include:

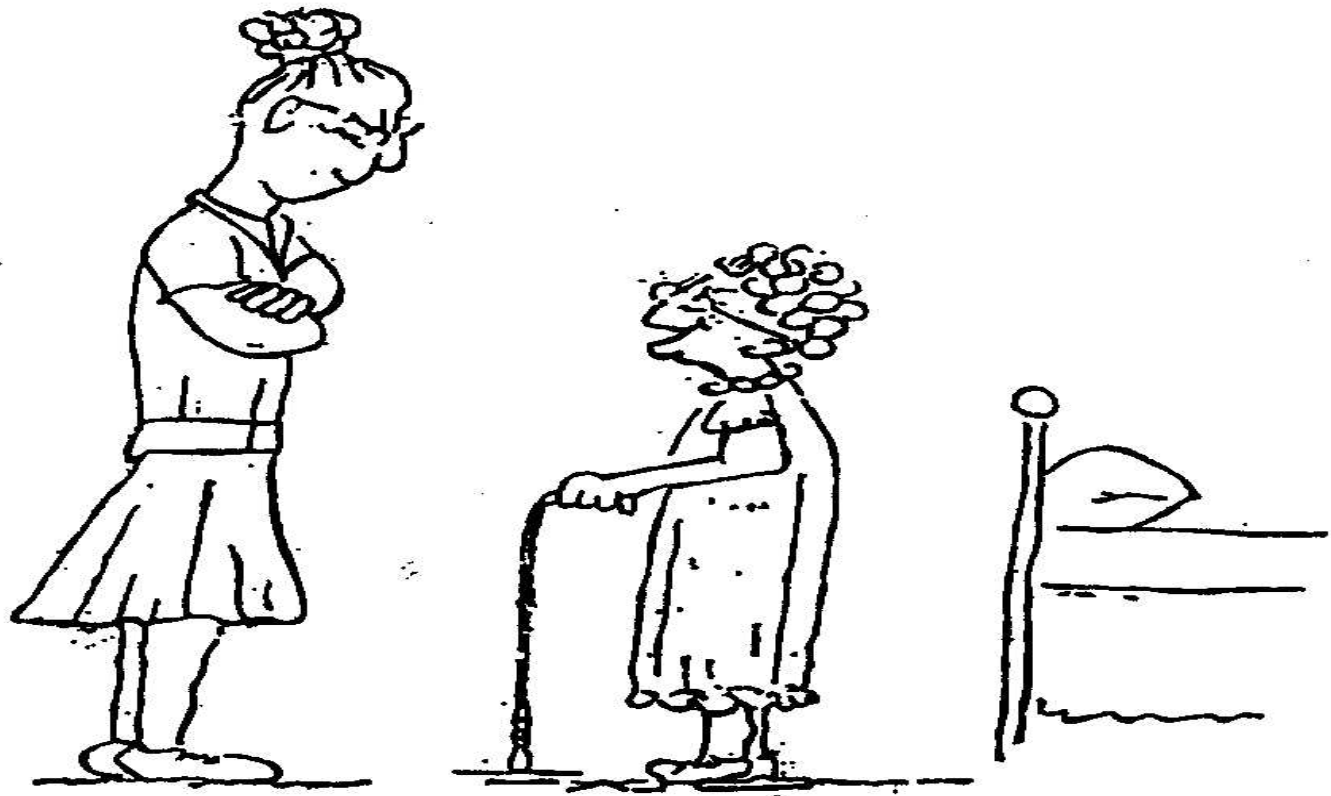
- 24 hour supervision
- 3 meals each day – served in a dining room alongside other residents
- Personal care services (e.g., help with bathing and dressing)
- Assistance or management of medication, including self-administered medicines



Services & Activities

(continued)

- Supervision and assistance for individuals with Alzheimer's disease or other forms of dementia or disabilities
- Recreation and spiritual activities
- Exercise and wellness programs
- Linen and laundry service
- Housekeeping and maintenance
- Arrangements for transportation



“Honey. I’ve been through 2 world wars, the Great Depression, taught 3,297 children, administered 4 elementary schools and outlived every one of the pastors I worked with. I’m 89 years old and you’re telling me it’s bedtime?”



What Does an Assisted Living Community Look Like?

- A freestanding building
- Attached to a nursing facility or hospital
- Shares a campus with independent living
- Part of a Continuing Care Retirement Community (CCRC)



Choosing an Assisted Living Community

- Obtain recommendations from your physician or from friends, social workers, financial planners, or your local long term care ombudsman's office
- Make sure the community is licensed or registered if required by state law
- Visit communities more than once and at different times of the day



Choosing an Assisted Living Community

- Obtain NCAL's: *Choosing An Assisted Living Residence: A Consumer's Guide*
- Talk with directors and tour the residences
- Observe the interaction and relationships of staff to residents
- Ask the community to see the last inspection or survey results
- Involve the family member



Who Pays For Assisted Living?

- Private resources
- Long term care insurance
- Social Security income
- Medicaid
(However, MEDICARE does NOT cover assisted living)



How Much Does It Cost?

- The average assisted living resident remains in a community for 27 months
- According to a 2008 national survey by MetLife Mature Market Institute, the average assisted living unit costs \$36,372 a year, or \$3,031 per month
- Rates depend on geographic location; rates range from \$1,980 per month in North Dakota to \$4,708 per month in Maine

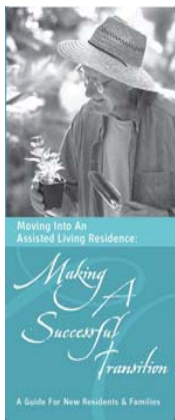


Typical Income & Assets

- \$15,686 is the median income of the average assisted living resident
- In terms of assets, the average assisted living resident's assets (including his/her home) is \$250,000

Source: 2006 Overview of Assisted Living

Key Resources for Consumers



*Choosing An Assisted Living Residence:
A Consumer's Guide*

*Moving Into An Assisted Living Residence:
Making A Successful Transition*





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www.longtermcareliving.com

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www.ncal.org

- Assisted living facts
- State-by-state regulatory summary
- Consumer information is available at www.LongTermCareLiving.com