



**CAREPatrol™**  
Your Partner In Senior Care Solutions



## Senior Care Options with Care and Compassion

# Senior Care Options: Assisted Living

From the CarePatrol Educational Series

**More than 800,000 older adults resided in 29,000 assisted living communities in the United States, and that number is expected to continue to increase over the next decade. Assisted Living is part of a continuum of long-term care services that provides a combination of housing, personal care services, and health care support services.**

### WHO LIVES IN AN ASSISTED LIVING COMMUNITY?

The majority of residents are the “oldest old,” or age 85 and older, female, and non-Hispanic white. Residents often need help with only a few activities of daily living (ADLs) and do not require 24-7 skilled nursing care. (source: AHCA/NCAL) The typical resident is:

- A mobile female or male around 85 years old
- Mostly independent, but requires help with at least two (2) ADLs
- Has some chronic conditions like osteoporosis or high blood pressure
- 4 in 10 have Alzheimer’s disease or other dementias
- Average length of stay is 22 months

### ADL Support:

- |                  |                      |
|------------------|----------------------|
| • Bathing (64%)  | • Toileting (40%)    |
| • Walking (57%)  | • Bed transfer (29%) |
| • Dressing (48%) | • Eating (19%)       |

### Residents with at least two common chronic conditions:

- |  |                    |
|--|--------------------|
| • High blood pressure (52%)                  | • Other conditions |
| • Arthritis (42%)                            | o Diabetes         |
| • Alzheimer’s disease & other dementia (42%) | o Cancer           |
| • Heart disease (34%)                        | o COPD             |
| • Depression (31%)                           | o Osteoporosis     |
|  | o Stroke           |

### PAYING FOR CARE

The national median rate for assisted living services is \$4,000 monthly, however, rates vary in each state and are dependent on the services provided.

**Private Pay/ Insurance:** The majority of assisted living residents use some form of private pay (e.g., long term care insurance, personal finances) to cover the cost of their assisted living community services.

**Medicare:** Medicare does not cover long term care services and supports, and therefore, assisted living community services. However, the majority of assisted living residents are Medicare beneficiaries.

**Medicaid:** Only a small minority of state Medicaid programs do not cover services in assisted living communities. Low-income individuals may be able to utilize Medicaid to help cover the cost of services, depending on their state’s Medicaid program.



**Considering senior care options?  
We are your partner in the process.  
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