

Not Your Grandmother's Nursing Home

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What is Assisted Living?

- Provides housing, personal care, and 24-hour supervision
- Varies in size, amenities, and residents served
- Terminology, regulation differ across states
- Largely private pay
- Predominantly for-profit (82%)
- Substantial share are chain affiliated (38%)



Policy Relevance

- Where people with disabilities live has shifted
 - Market response to increased income and demand
 - Policy to rebalance; ADA and Olmstead decision
- Shift has raised new questions
 - Should it be viewed as home or nursing home?
 - How should beneficiaries be protected?
 - When care needs increase, how should transitions be managed?



Data Source



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National Survey of Residential Care Facilities

- Data on facilities and residents in 2010
- Sponsored by NCHS, ASPE, AHRQ, and VA
- Work at:
 - *NCHS*: Lauren Harris-Kojetin, Manisha Sengupta, Christine Caffrey, Eunice Park-Lee
 - *RTI International under contract for ASPE*: Josh Wiener, Angela Greene, Galina Khatutsky
 - *ASPE*: Emily Rosenoff, John Drabek, Gavin Kennedy



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Survey Definition of Residential Care

- Serves primarily an adult population; not a nursing facility
- **Four or more beds**; at least one resident at time of survey
- **Licensed** or otherwise regulated by the state to:
 - Provide **room and board** with at least 2 meals a day
 - Provide **around-the-clock on-site supervision**
 - Offer **help with personal care** or health care-related services
- **Excludes facilities exclusively serving adults with severe mental illness or intellectual or developmental disabilities**



Residential Care Varies Greatly



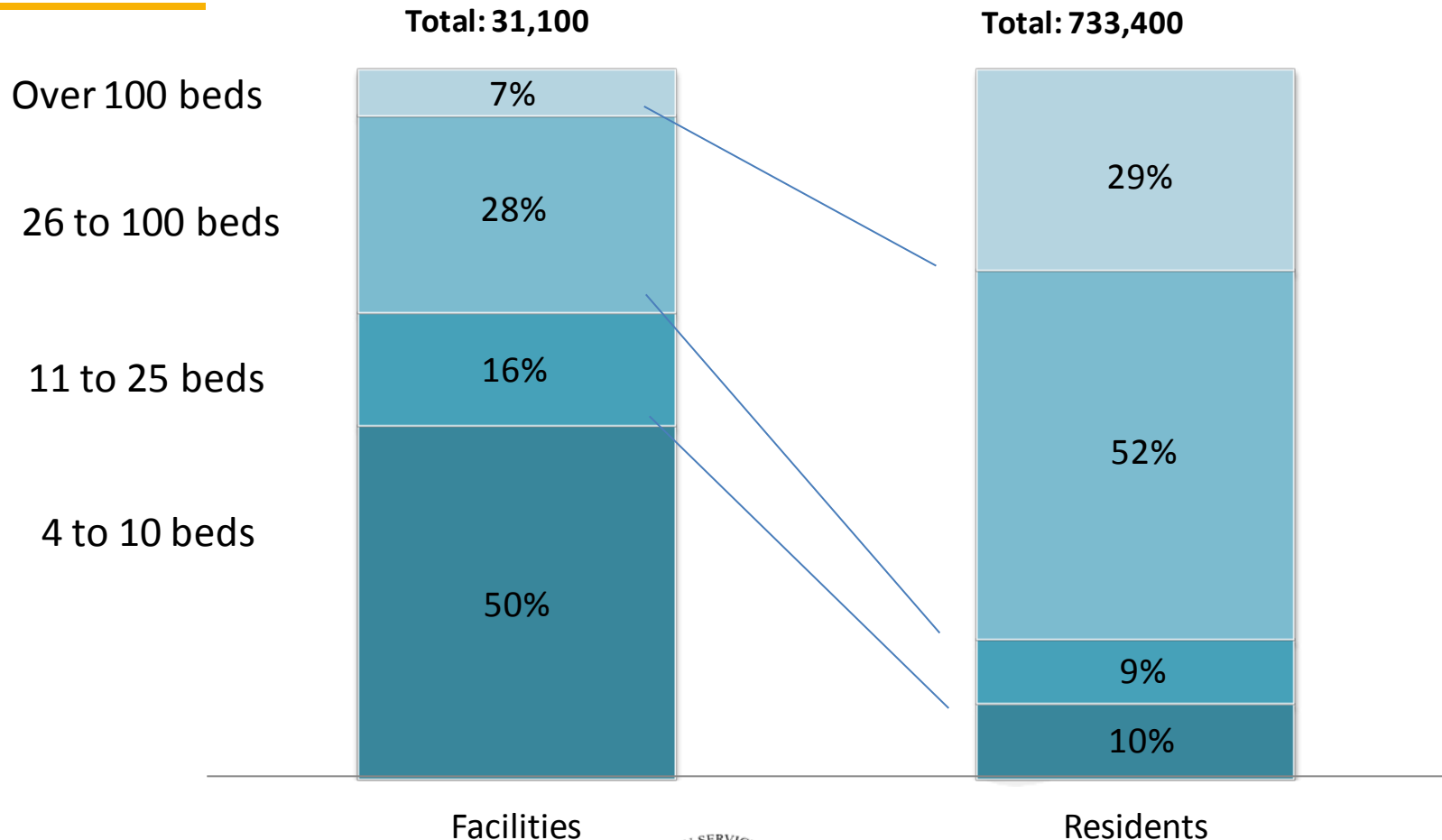
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Variety of Residential Care Facilities



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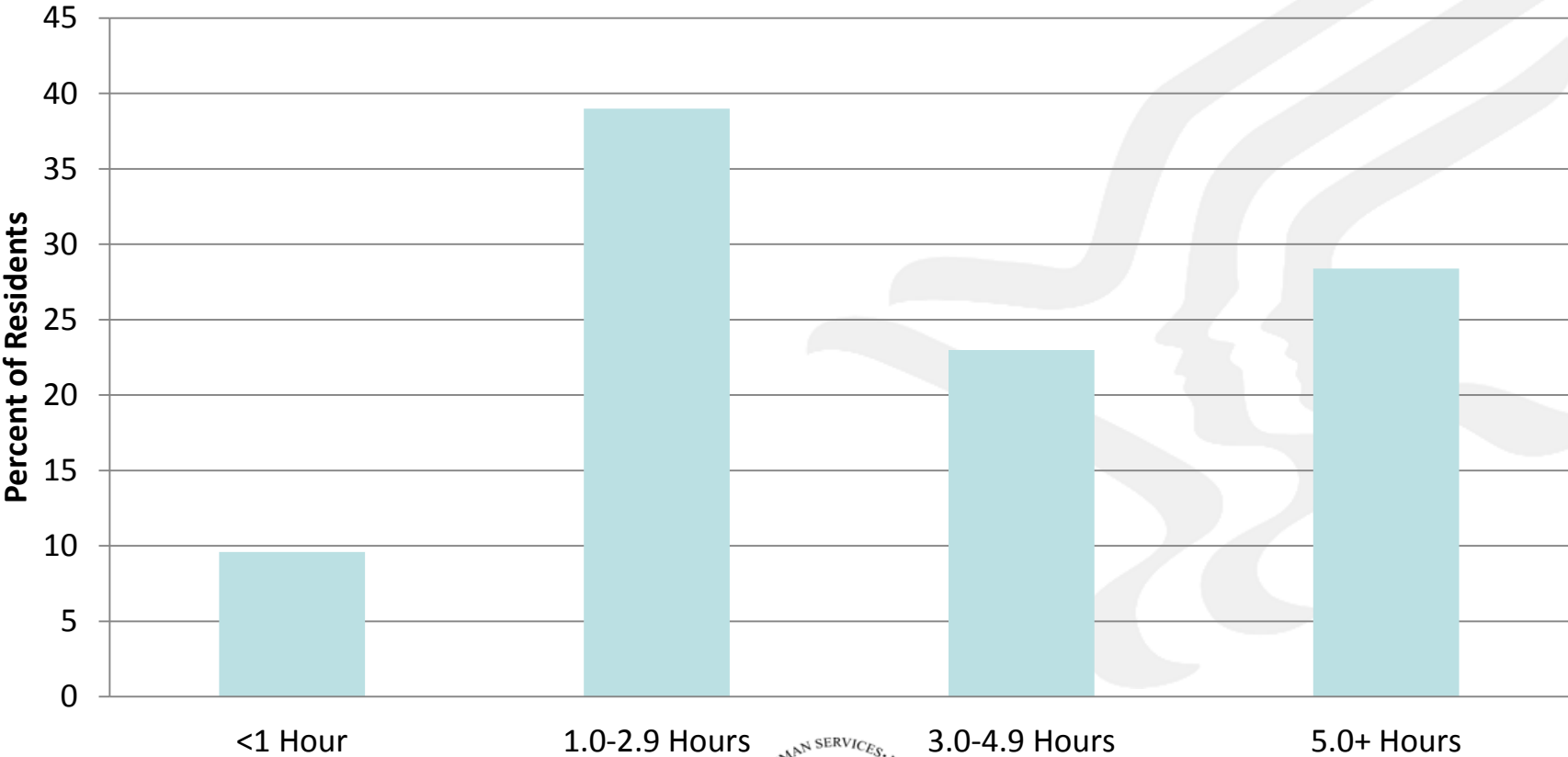
Majority of **Facilities** Are Small, But Most **Residents** Live in Large Facilities



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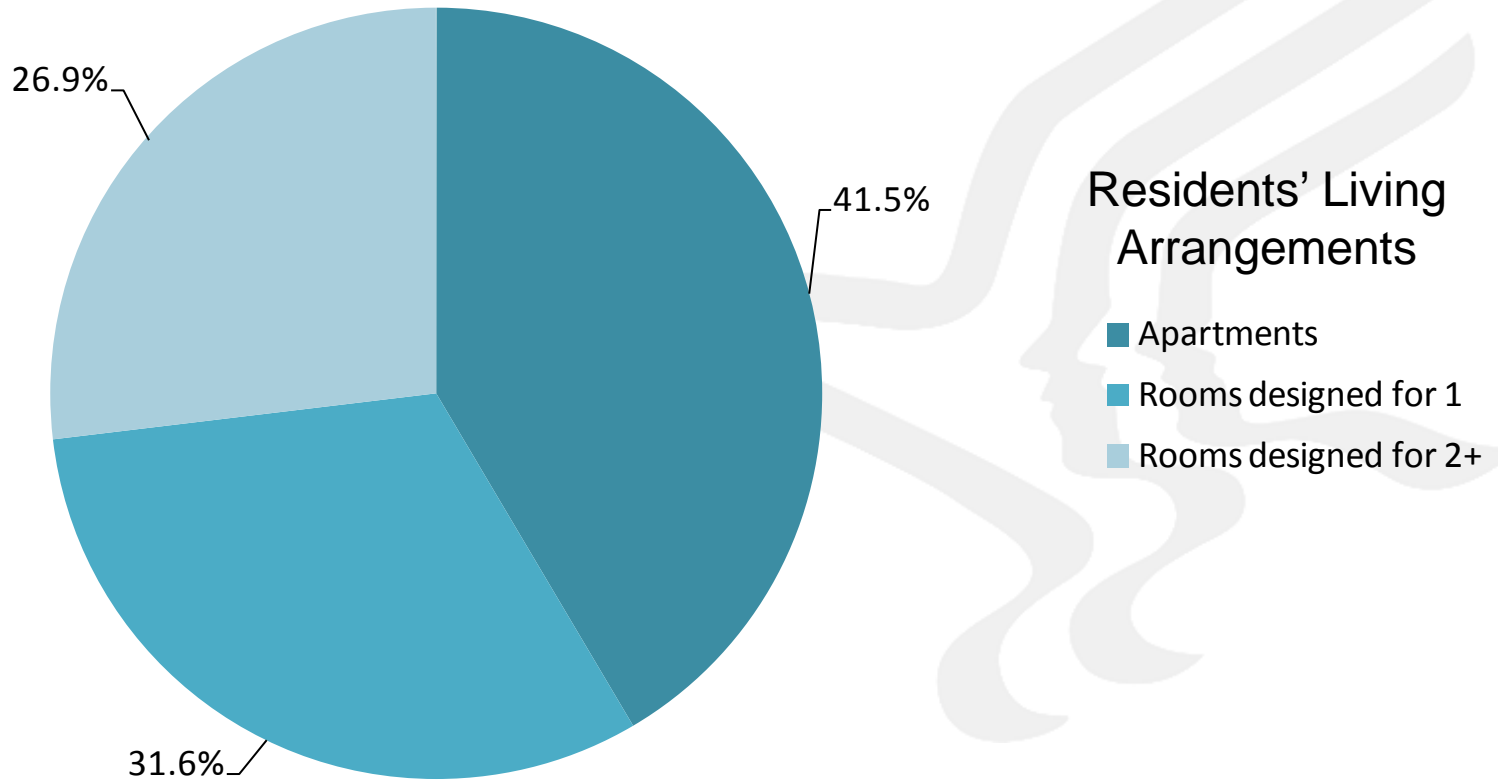
Residents Live in Facilities Providing Varying Levels of Care

Average Hours of Direct Care per Resident per Day in the Facility



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Residents' Privacy Varies



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Many in Residential Care Are as Frail as Those in Nursing Homes



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Nursing Home and Residential Care Industries

Type of Facility	Number of Facilities	Number of Residents
Nursing Homes*	15,682	1,396,448
Residential Care **	31,000	733,300

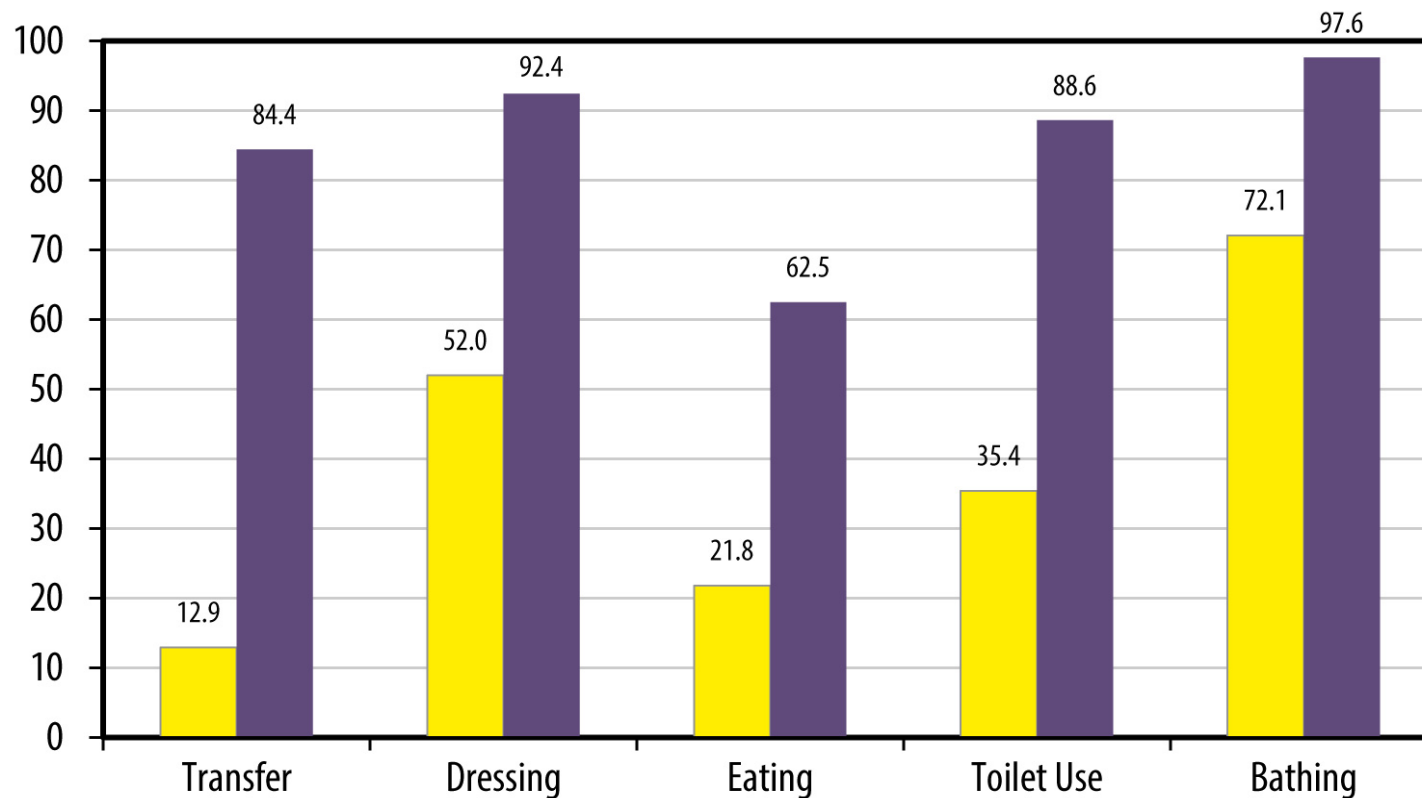
*2010 American Health Care Association

** 2010 NSRCF



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Need for Personal Care in Residential Care Is Great But Not As Great As in Nursing Homes

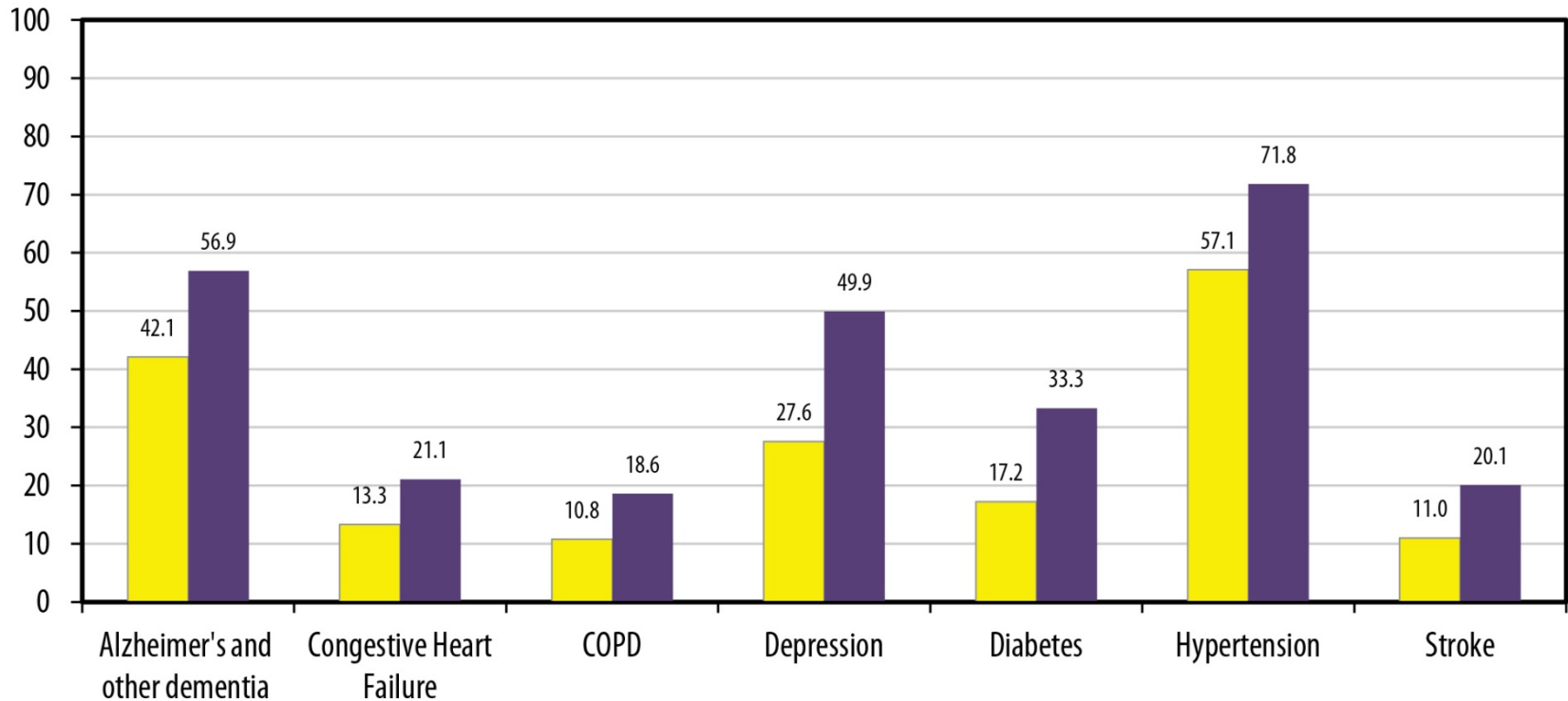


 Residential Care Facilities  Nursing Facilities



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As in Nursing Homes, Alzheimer's and Other Chronic Conditions Are Prevalent



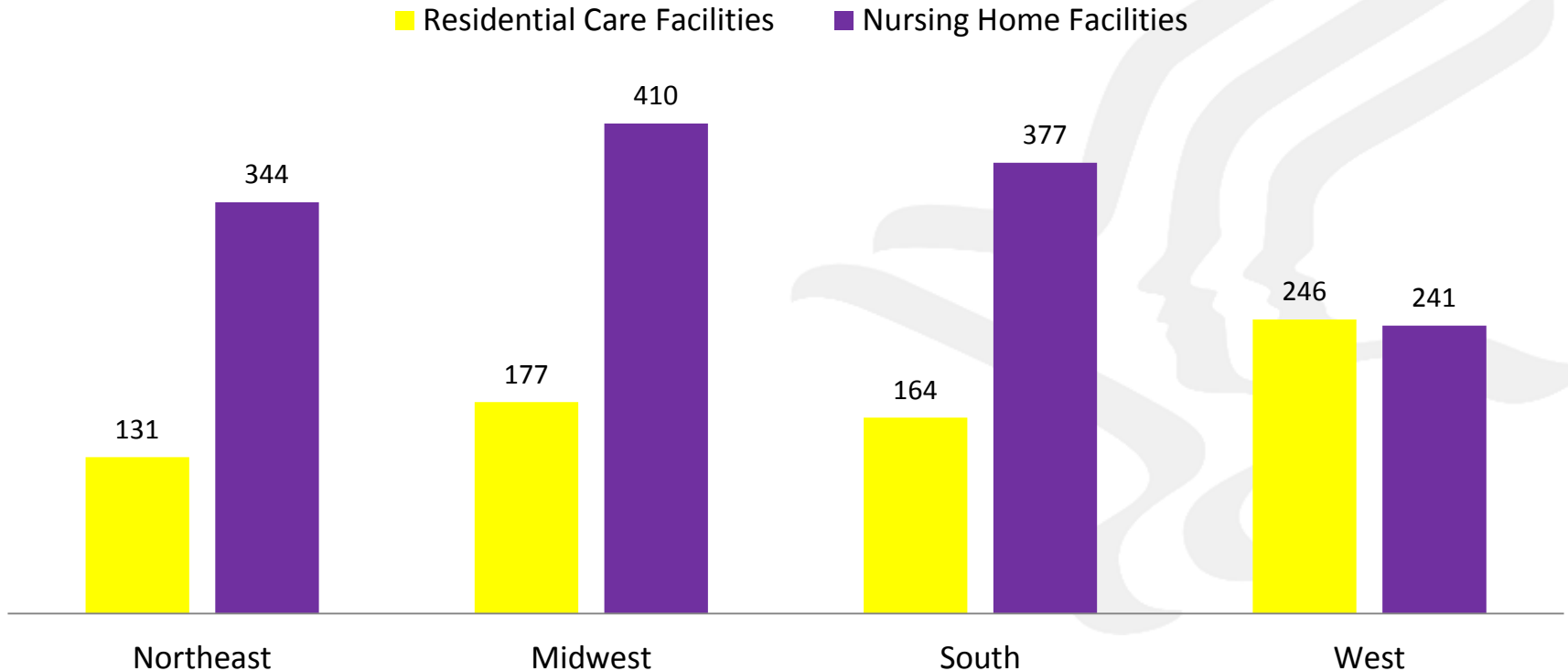
 Residential Care Facilities  Nursing Facilities



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Reliance on Residential Care Varies Across Regions

Beds per 1,000 People Age 85 and Older



Source: 2004 NNHS, 2010 NSRCF



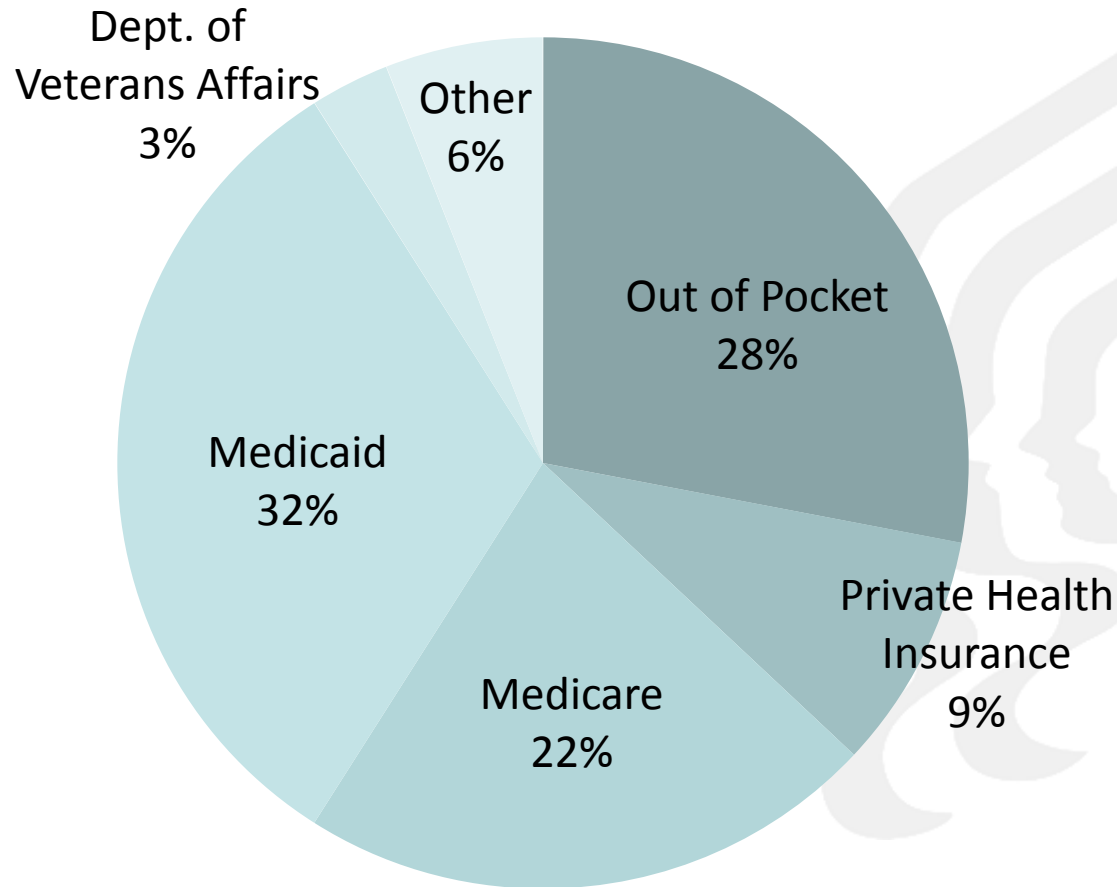
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Medicaid Pays for Nursing Homes But Not Room and Board in Residential Care



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Nursing Home Financing



Source: 2010 National Health Expenditures Account, CMS



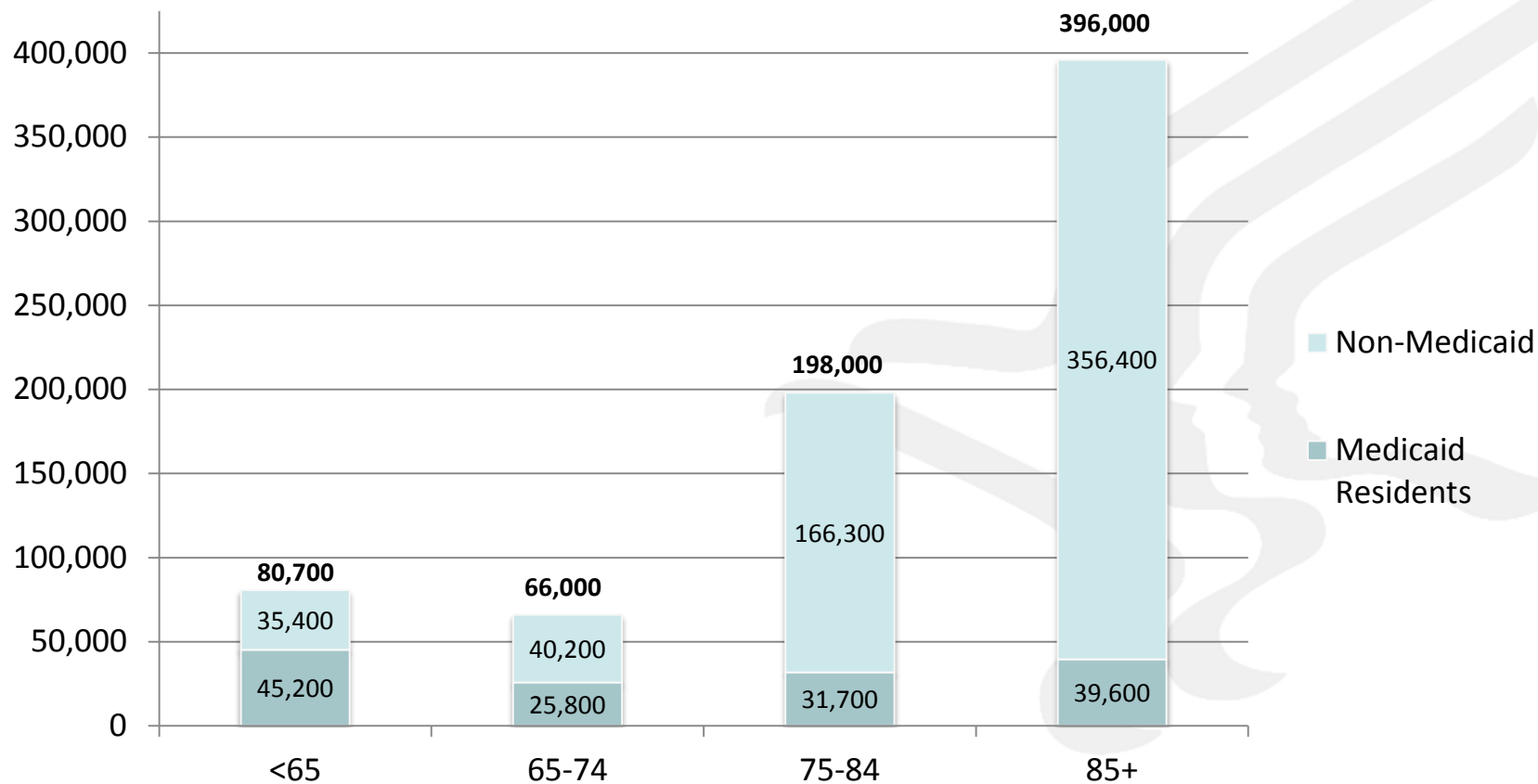
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Residential Care Financing

- Medicaid does not pay for room and board
- But residents may receive some services under Medicaid, if they are Medicaid beneficiaries
- 19% of residents receive services under Medicaid
- 43% of facilities have at least one resident receiving Medicaid services



Over Half of Residents Under 65 Receive Medicaid Services, But Many Residents Over 65 Also Receive Medicaid



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Conclusion

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Summary

- Residential care facilities have similarities to both home and nursing homes
- Residential care facilities vary greatly
- Many residents of residential care facilities are as frail as those in nursing homes
- Medicaid pays for nursing homes but not room and board in residential care



Implications

- Growth in residential care has created new opportunities for more home-like living
- Also creates new policy challenges
 - Beneficiary protection
 - Transition when care needs increase
 - Treat as home or institution?



Appendix



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For More on Residential Care

The NHCS NSRCF website has additional data on survey methodology, data files, and data dictionaries (including frequencies) and links to NCHS Data Briefs.

<http://www.cdc.gov/nchs/nsrcf.htm>

Link to the NCHS Data Users Conference presentation on the NSRCF

http://www.cdc.gov/nchs/events/2012nchs/program_tuesday.htm#ss06

Caffrey C, Sengupta M, Park-Lee E, et al. Residents living in residential care facilities: United States, 2010. NCHS data brief, no 91. Hyattsville, MD: National Center for Health Statistics. 2012.

<http://www.cdc.gov/nchs/data/databriefs/db91.htm>

Park-Lee E, Caffrey C, Sengupta M, Moss AJ, Rosenoff E, Harris-Kojetin LD. Residential care facilities: A key sector in the spectrum of long-term care providers in the United States. NCHS data brief, no 78. Hyattsville, MD: National Center for Health Statistics. 2011.

<http://www.cdc.gov/nchs/data/databriefs/db78.htm>



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Data and Methods

- Two-stage probability sampling design
 - Residential Care Facilities sampled first
 - Depending on facility size, sampled 3–6 current residents per facility
- In-person interviews were conducted with facility directors and designated staff
- Data on residents collected from staff; no interviews with residents



Data and Methods (cont.)

- Facility weighted response rate 81%; Resident weighted response rate 99%
- Study sample:
 - Merged facility- and resident-level data at NCHS's Research Data Center
 - 2,302 RCF facilities
 - 8,094 current RCF residents
- All results represent weighted estimates

