

## Comparison of Long-Term Care Settings in Oregon, 2016

	Assisted Living (AL)	Residential Care (RC)	Memory Care (MC)	Adult Foster Homes (AFH)	Nursing Facilities (NF)
Number of facilities	216	275	160	1,692	138
Total capacity (beds)	14,406	10,688	5,632	7,475	12,172
Average licensed capacity per facility	67	39	35	4	88
Minimum number of licensed beds	12	7	8	1	5
Maximum number of licensed beds	180	186	114	5	214
Average occupancy rate	83%	83%	89%	87%	64%
<b>Facility Size</b>					
Less than 50 beds	26%	73%	78%	100%	16%
50–99 beds	65%	23%	21%	-	47%
100–149 beds	7%	3%	1%	-	30%
More than 150 beds	2%	1%	-	-	7%
<b>Resident Characteristics</b>					
White, non-Hispanic	90%	87%	94%	90%	89%
African American or Black	<1%	2%	1%	2%	2%
Hispanic	1%	1%	1%	2%	1%
Other or Unknown	9%	10%	4%	6%	8%
Female	73%	62%	71%	66%	59%
Age 65–84	40%	40%	45%	35%	50%
Age 85+	54%	48%	52%	42%	30%
<b>Assistance with Activities of Daily Living (ADLs)<sup>i</sup></b>					
Eating	3%	7%	27%	24%	58%
Transfer from bed/chair	22%	27%	40%	43%	96%
Dressing	39%	42%	77%	59%	97%
Bathing	54%	62%	93%	82%	93%
Using the bathroom	26%	33%	74%	52%	96%
<b>Chronic Medical Conditions</b>					
Alzheimer's disease/dementia	29%	35%	96%	49%	20%
Hypertension	53%	51%	49%	45%	70%
Depression	28%	32%	39%	40%	35%
Serious mental health illness	6%	14%	8%	15%	7%
Diabetes	20%	21%	13%	22%	32%
Cancer	7%	7%	7%	7%	9%
Osteoporosis	21%	19%	26%	16%	13%
Arthritis	37%	31%	39%	38%	25%

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Length of Stay					
30 days or less	6%	10%	10%	12%	60%
31-90 days	8%	11%	8%	18%	22%
91-180 days	10%	9%	14%	18%	5%
181 days–less than 1 year	11%	20%	15%	14%	5%
1–2 years	21%	17%	19%	15%	4%
2–4 years	21%	19%	22%	9%	3%
More than 4 years	22%	13%	12%	15%	2%
Resident Payer Sources					
Private pay	58%	60%	59%	41%	16%
Medicaid	42%	40%	41%	59%	59%
Monthly Medicaid Payment for Lowest Service Level <sup>ii</sup>					
Average total monthly charge	\$1,100	\$1,371	\$3,596	\$1,371	\$7,703
Change between 2015 and 2016 (adjusted for inflation)	1%	1%	1%	1%	4%

The Oregon Department of Human Services (DHS), as the licensing authority for long-term care in Oregon, collaborated with Portland State University, Oregon State University, LeadingAge Oregon, Oregon Health Care Association, and SEIU Local 503 to produce several reports on long-term care and community-based care communities in Oregon. These reports can be found at: <https://www.pdx.edu/ioa/oregon-community-based-care-project>. This brief provides a side-by-side comparison of resident and facility characteristics from five types of settings:

**Community-Based Care (CBC) settings** in Oregon serve older persons who need ongoing assistance with daily activities such as personal care and medications, as well as supervision and health monitoring. CBC settings offer and coordinate supportive services available on a 24-hour basis to meet the personal care, health, and social needs of residents. Four types of CBC settings include: **Assisted Living (ALs)** must provide private, single-occupancy apartments with a private bath and kitchenette. **Residential Care (RCs)** may provide single or double rooms with shared bathrooms. AL and RC are licensed for six or more seniors and adults with disabilities. **Memory Care (MCs)** describes a community intended for residents with Alzheimer’s disease or other type of dementia. The units are locked, segregated or secured to prevent or limit residents from leaving the building. These units may be co-located in an AL or RC, or a nursing facility or in a stand-alone MC community. **Adult Foster Homes (AFHs)** are single-family residences that are staffed by one or more live-in caregivers who provide personal care and health-related services for one to five unrelated adults.

**Nursing Facilities (NF)** provide medical care and monitoring for people with physical disabilities and for those who have been discharged from the hospital but whose health-related needs may not be met in the community. NFs serve two populations—individuals with post-acute care needs who usually stay for 90 days or less, and individuals with ongoing and indefinite needs. NFs are the most intensive setting in Oregon’s long-term care continuum serving individuals who need access to on-going skilled nursing care. The NF report and other long-term care reports are at: <http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/publications.aspx>

<sup>i</sup> For AL, RC, MC, and AFHs, assistance with ADLs was defined as any assistance needed. For NF, residents who were categorized as either “some dependence” or “dependent” were included.

<sup>ii</sup> Medicaid clients in ALF, RCF, MCC, and AFHs must pay room and board fees to the facility from their own income. The Medicaid rate for nursing facilities includes room and board.