

# Comparison of Long-term Care Settings in Oregon, 2019

	Assisted Living (AL)	Residential Care (RC)	Memory Care (MC)	Adult Foster Homes (AFH)	Nursing Facilities (NF)
Number of facilities	227*	297*	186	1,584	136
Total capacity (beds)	15,264	11,510	6,574	7,064	11,102
Average licensed capacity per facility	67	27	35	3.9	82
Minimum number of licensed beds	12	4	8	1	5
Maximum number of licensed beds	180	165	114	5	214
Average occupancy rate	77%	75%	85%	84%	67%
<b>Facility size</b>					
Less than 50 beds	26%	79%	78%	100%	15%
50–99 beds	65%	15%	22%	—	52%
100–149 beds	9%	4%	<1%	—	24%
More than 149 beds	<1%	1%	—	—	10%
<b>Resident characteristics</b>					
White, non-Hispanic	91%	91%	87%	86%	84%
African American or Black	<1%	2%	1%	2%	2%
Hispanic	1%	1%	2%	3%	2%
Other or unknown race/Ethnicity	6%	3%	5%	8%	11%
Female	71%	65%	73%	62%	57%
Age 65–84	41%	41%	47%	40%	53%
Age 85+	53%	47%	50%	38%	28%
<b>Assistance with Activities of Daily Living (ADLs)<sup>†</sup></b>					
Eating	4%	10%	26%	27%	54%
Dressing	37%	51%	83%	60%	97%
Bathing	55%	68%	92%	80%	97%
Using the bathroom	32%	39%	78%	53%	96%
Walking/Mobility <sup>‡</sup>	24%	28%	48%	47%	96%/93%
<b>Chronic medical conditions</b>					
Alzheimer's disease/dementia	27%	38%	97%	46%	20%
Hypertension	53%	52%	47%	48%	72%
Depression	30%	36%	34%	40%	36%
Serious mental health illness	5%	12%	6%	19%	15% <sup>§</sup>
Diabetes	22%	23%	15%	21%	35%
Cancer	9%	9%	7%	8%	12%
Osteoporosis	21%	20%	20%	18%	12%
Arthritis	32%	27%	31%	36%	27%

\* This figure includes all AL or RC settings, including those with MC units.

† For AL, RC, MC, and AFHs, assistance with ADLs means any assistance; NF includes residents who had “some dependence” or “dependent”.

‡ For AL, RC, MC, and AFHs mobility referred to walking or moving around; NF reports transferring (96%) and bed mobility (94%).

§ NF reports “Severe & Persistent Mental illness” which includes manic depression and schizophrenia.

	Assisted Living (AL)	Residential Care (RC)	Memory Care (MC)	Adult Foster Homes (AFH)	Nursing Facilities (NF)
<b>Length of stay*</b>					
30 days or less	9%	15%	5%	13%	73%
31–90 days	10%	10%	12%	14%	20%
91–180 days	12%	10%	9%	9%	4%
181 days — < 1 year	14%	13%	16%	16%	2%*
1–2 years	15%	15%	20%	9%	1%
2–4 years	20%	25%	21%	18%	1%
More than 4 years	20%	12%	15%	21%	0%
<b>Top payer sources†</b>					
Private pay	59%	59%	51%	43%	12%
Medicaid	40%	39%	48%	57%	61%
<b>Monthly medicaid payment for lowest service level‡</b>					
Effective February 2018	\$1,184	\$1,475	\$3,870	\$1,461	\$8,606
Effective February 2017	\$1,128	\$1,405	\$3,686	\$1,371	\$7,986
<b>Average total monthly private pay rates§</b>					
December 2017	\$3,959	\$4,497	\$5,620	\$3,492	\$9,277

\* The full NF report provides figures from 30 days or less to 365 days.

† Totals do not equal 100% because some years included additional payer sources (e.g. other). Medicare FFS was the second largest payer source for NFs (15%). Note that Medicare does not pay for AL/RC/MC/AFH services.

‡ AL/RC/MC/AFH Medicaid rates reflect service payments and do not include a room and board fee of \$571 per month in 2017.

§ The monthly rates for AL, RC, and MC exclude 4 facilities with rates that were outliers. See the full report for an explanation.

|| The 2017 rate for a semi-private room in Oregon. Source: <https://www.genworth.com/about-us/industry-expertise/cost-of-care.html>

The Oregon legislature allocated funding to study five types of settings that provide assistance with personal care, supervision, and health monitoring to adults who have physical and/or cognitive impairments. The goal was to collect and analyze data that could inform local and statewide planning and policymaking. The Oregon Department of Human Services (DHS) collaborated with Portland State University, Oregon State University, and stakeholders to produce several reports on the state of long-term care available at: <https://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/publications.aspx> and <https://www.pdx.edu/ioa/oregon-community-based-care-project>

These five setting types are licensed and monitored by DHS and are staffed 24-hours daily to respond to the personal care, health, and social needs of residents. **Adult Foster/Care Homes (AFHs/ACHs)** are licensed single-family settings with care for up to five people. Adult foster home settings serve a range of needs in a home setting. **Assisted Living Facilities (ALs)** provide private, single-occupancy apartments with a bathroom and kitchenette. **Residential Care Facilities (RCs)** may provide shared or private apartments and bathrooms. **Memory Care Communities (MCs)** are assisted living, residential care or nursing facilities endorsed by DHS to serve individuals who have diagnoses of Alzheimer's disease or other types of dementias. Most memory care communities are licensed as assisted living or residential care facilities; however a small number of endorsed memory care communities are licensed as nursing facilities. **Nursing Facilities (NFs)** provide medical care and monitoring for people needing on-going skilled nursing care. Of these five settings, NFs provide the most intensive level of care and must meet federal as well as state requirements for staffing and services.



Facility-Level

# Assisted Living and Residential Care in Oregon 2019

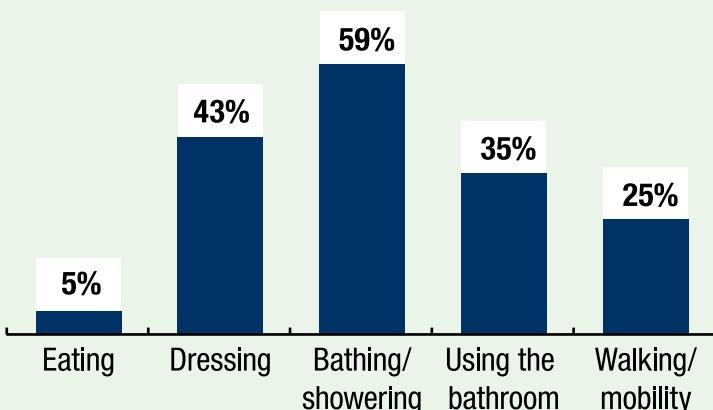
Approximately 69 percent of eligible AL/RC (not including RC/AL with Memory Care Endorsements) facilities responded to the facility-level study.

**535**  
Total assisted living and residential care communities in Oregon

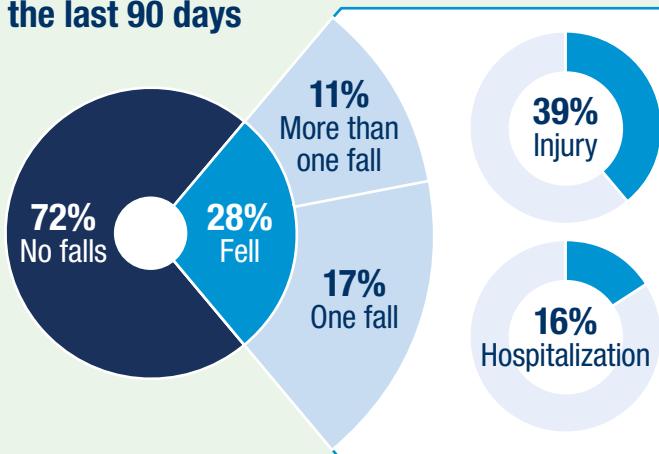
**27,332**  
Licensed capacity (fall 2018)

**21,643**  
Residents in all 535 communities (estimate)

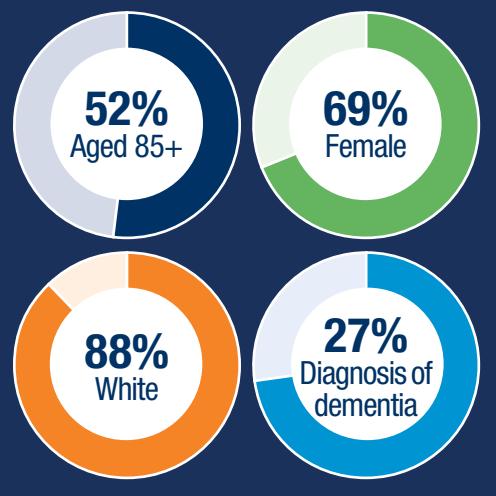
## Percent of residents who receive staff assistance with personal care



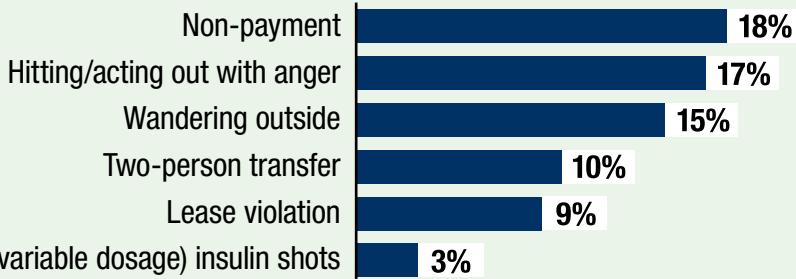
## Resident falls and fall-related injuries and hospitalizations among residents who fell in the last 90 days



## Resident demographics and health characteristics



## Resident needs and behaviors that prompted a move-out notice



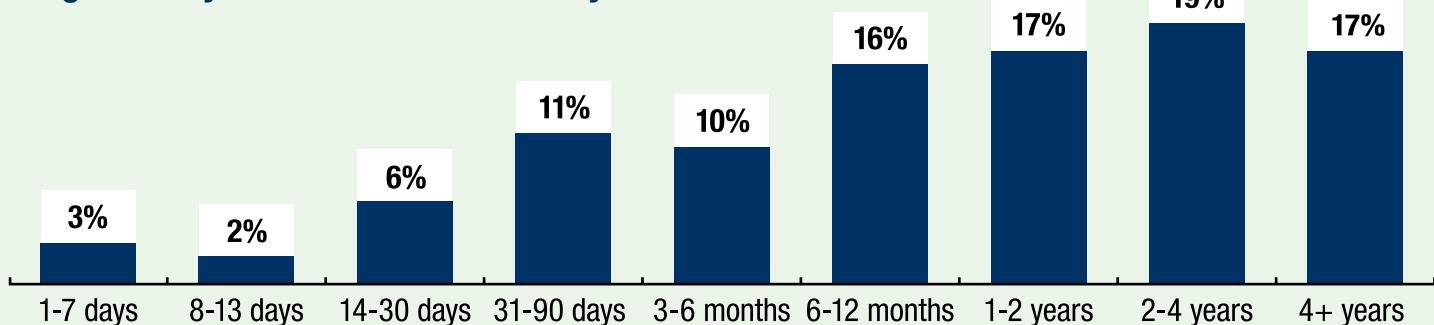
**71%**  
Received assistance taking oral medications

**62%**  
Took 9 or more medications

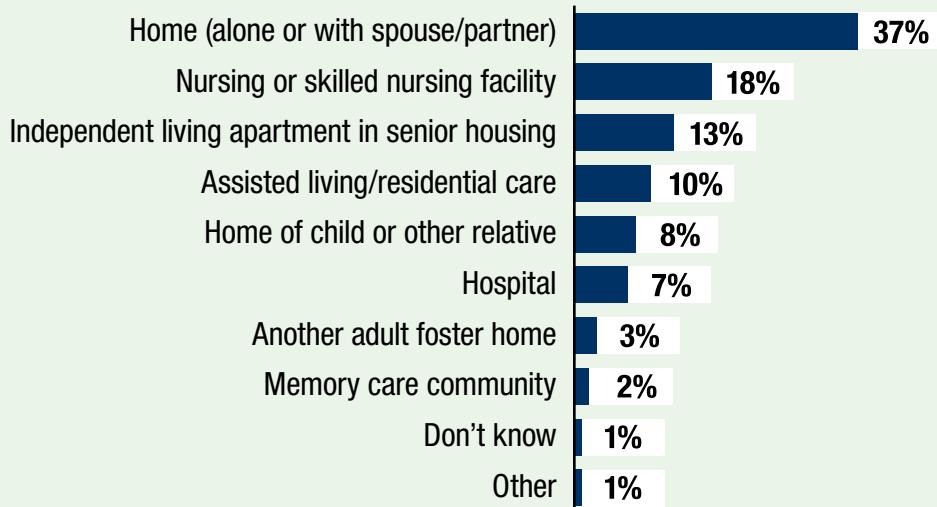
**20%**  
Were given antipsychotic medication

**16%**  
Administered their own medications

## Length of stay of residents who recently moved out



## Where have residents moved from?



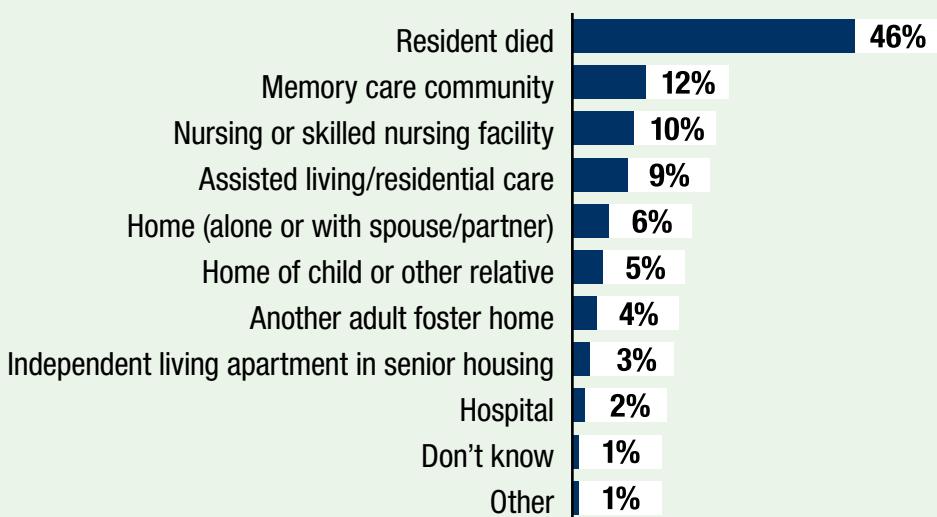
**29%**  
Received assistance during the night

**4%**  
Received assistance for wandering

**7%**  
Needed assistance from two staff

**78%**  
Used a mobility aid (e.g. cane, walker)

## When residents move out, where did they move to?



**18%**  
Received assistance for lack of awareness to safety, judgment and decision-making

**28%**  
Fell in the last 90 days

**16%**  
Were treated in hospital ER in the last 90 days

**8%**  
Were hospitalized overnight in the last 90 days

**6%**  
Received hospice in the last 90 days

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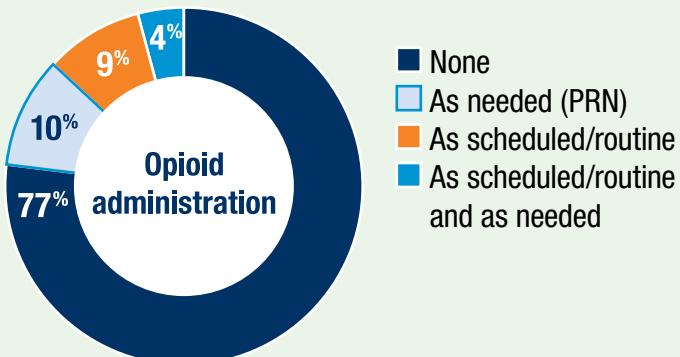


Resident-Level

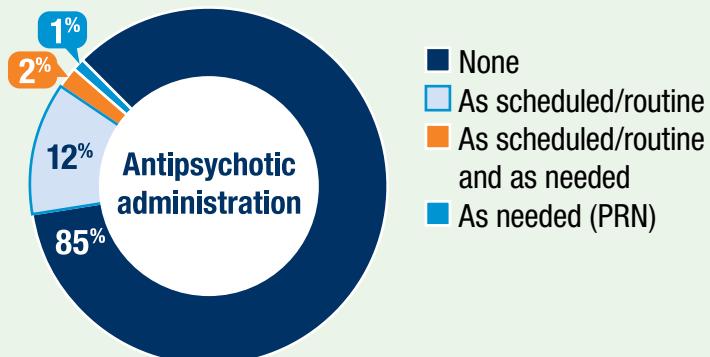
# Assisted Living and Residential Care in Oregon 2019

All licensed RC/AL settings received by mail two, resident-level questionnaires and were asked to respond on behalf of two randomly selected and anonymous residents. Approximately 61% of eligible AL/RC (not including RC/AL with Memory Care Endorsements) responded by submitting at least one resident-level questionnaire.

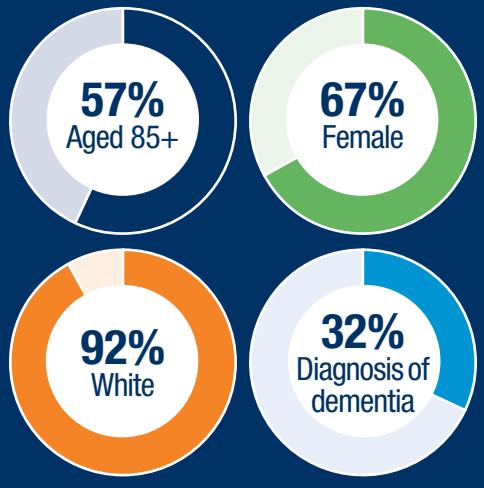
## Percent of residents who were administered opioid medication



## Percent of residents who were administered antipsychotic medication



## Resident demographics and health characteristics



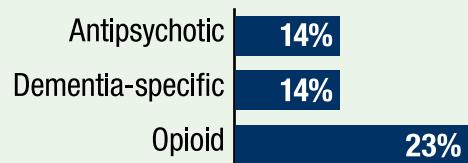
**48%**  
Were prescribed 9 or more medications

**14%**  
Took dementia-specific medication

**14%**  
Were given antipsychotic medication

**23%**  
Took opioid medications

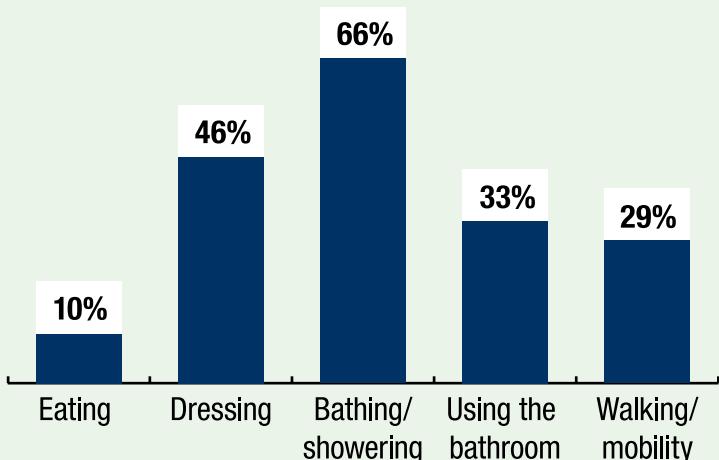
## Percent of residents who received antipsychotic, dementia-specific, and opioid medication



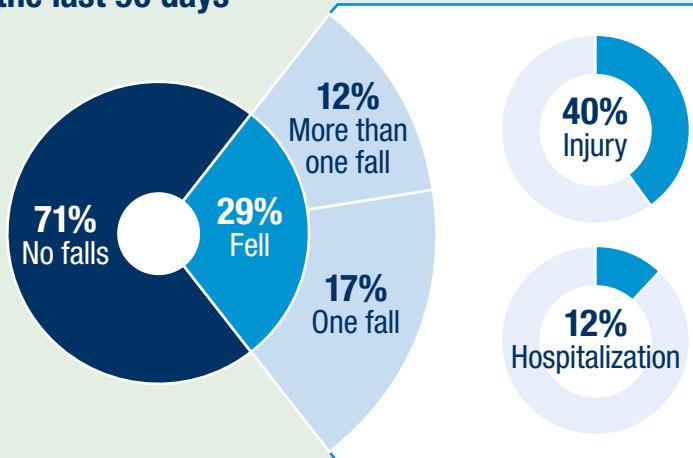
**16%**  
Self-administered their medications



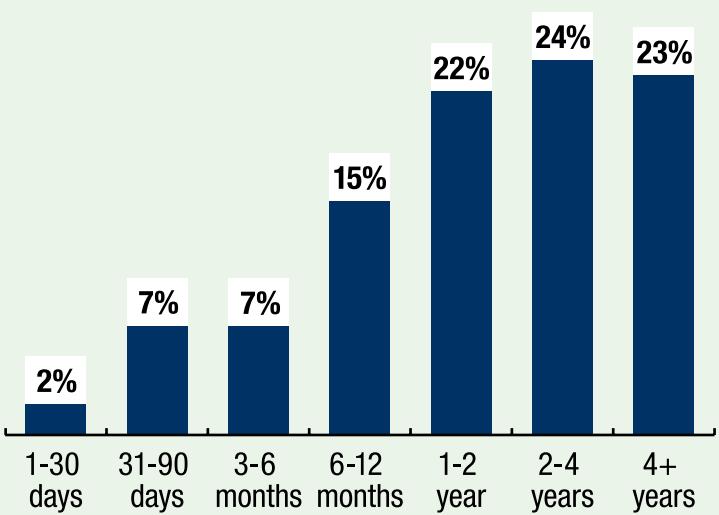
### Percent of residents requiring assistance with ADLs activities of daily living



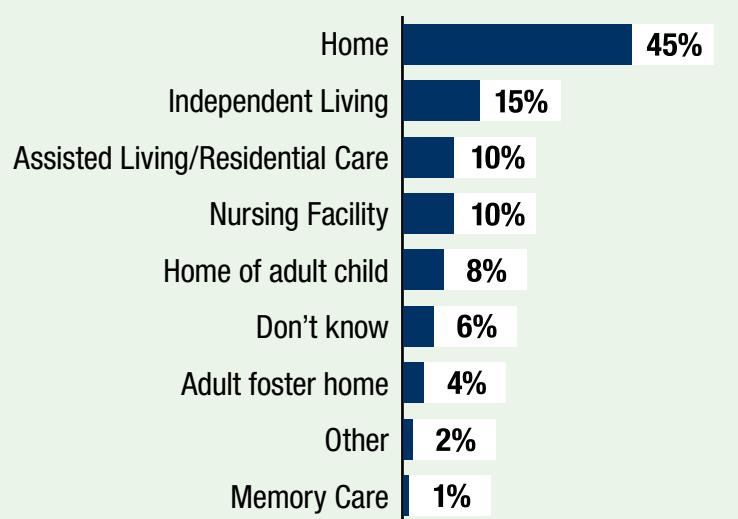
### Resident falls and fall-related injuries and hospitalizations among residents who fell in the last 90 days



### Length of stay among recent move-outs



### Where have residents moved from?



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Facility-Level

# Memory Care in Oregon 2019

Memory Care (MC) communities are Residential Care (RC) or Assisted Living (AL) facilities that have obtained a memory care endorsement from DHS on their RC/AL license. In order to receive this endorsement, a community must meet a set of requirements and provide specialized memory care services according to Oregon Administrative Rules (See OAR 411-057).

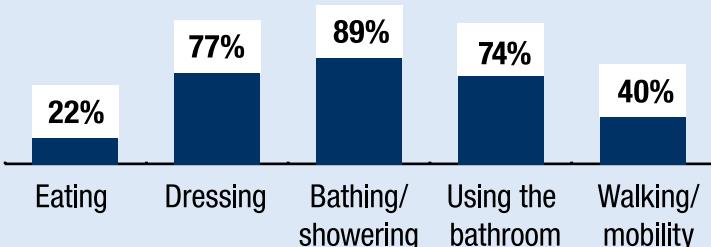
Approximately 67 percent of eligible MC communities responded to the facility-level study.

**193** Assisted living and residential care communities have a memory care endorsement.

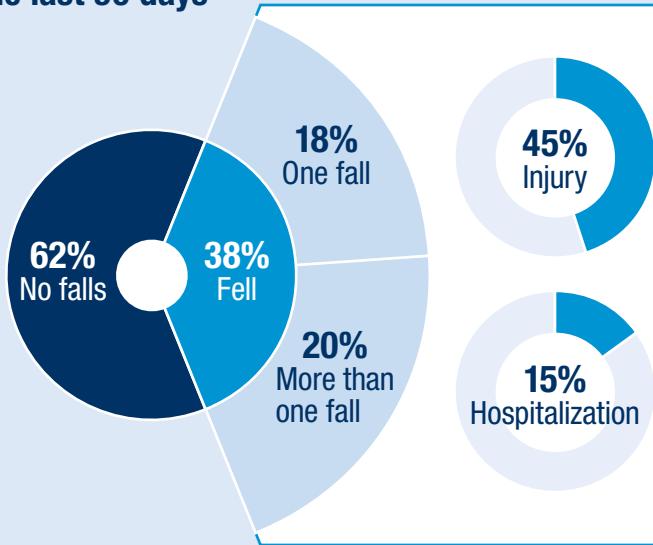
**6,759** Licensed bed capacity

**28%** of all residents living in the responding facilities lived in a memory care unit

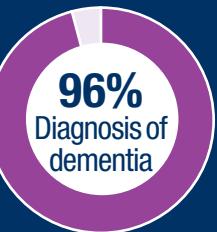
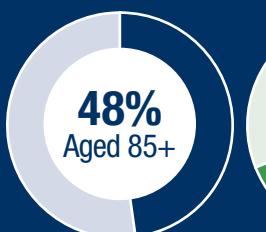
## Percent of residents who receive staff assistance with personal care



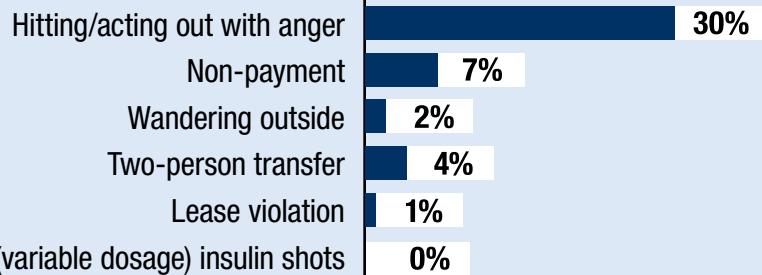
## Resident falls and fall-related injuries and hospitalizations among residents who fell in the last 90 days



## Resident demographics and health characteristics



## Resident needs and behaviors that prompted a move-out notice



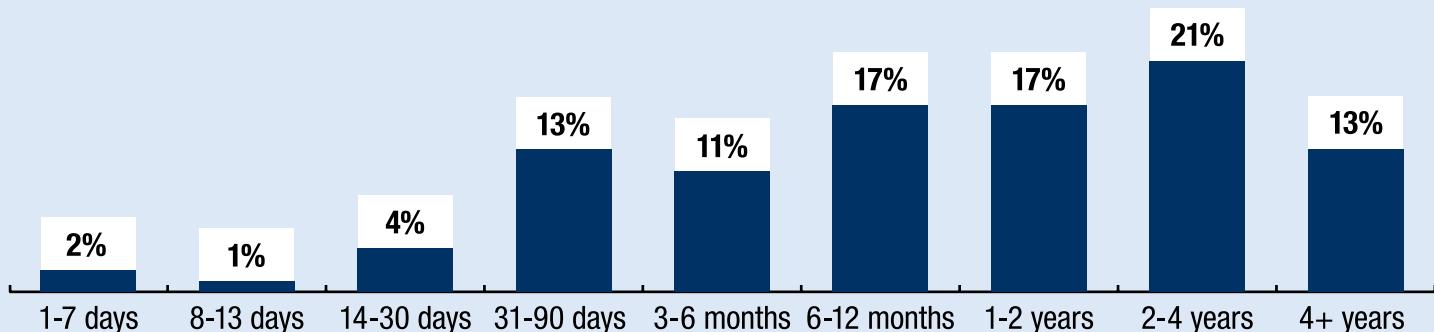
**95%** Received assistance taking oral medications

**54%** Took 9 or more medications

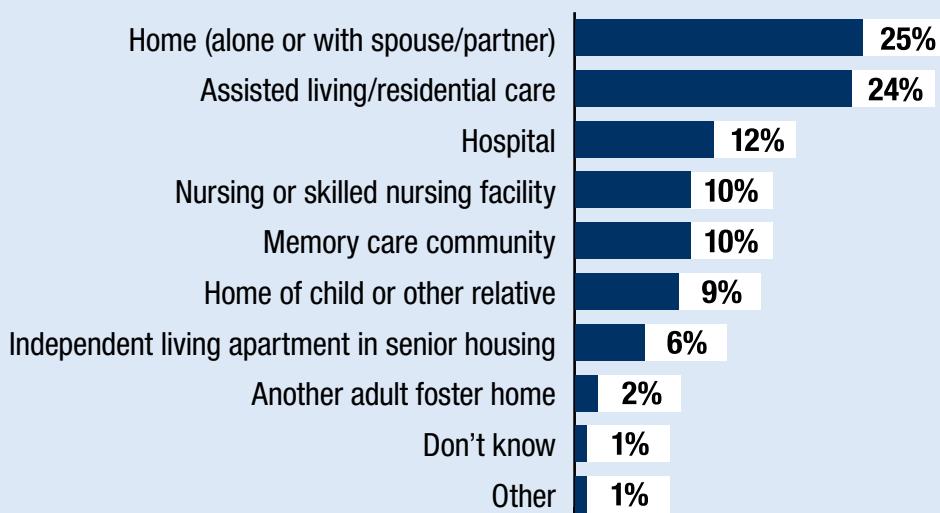
**44%** Were given antipsychotic medication

**<1%** Administered their own medications

## Length of stay of residents who recently moved out



## Where have residents moved from?



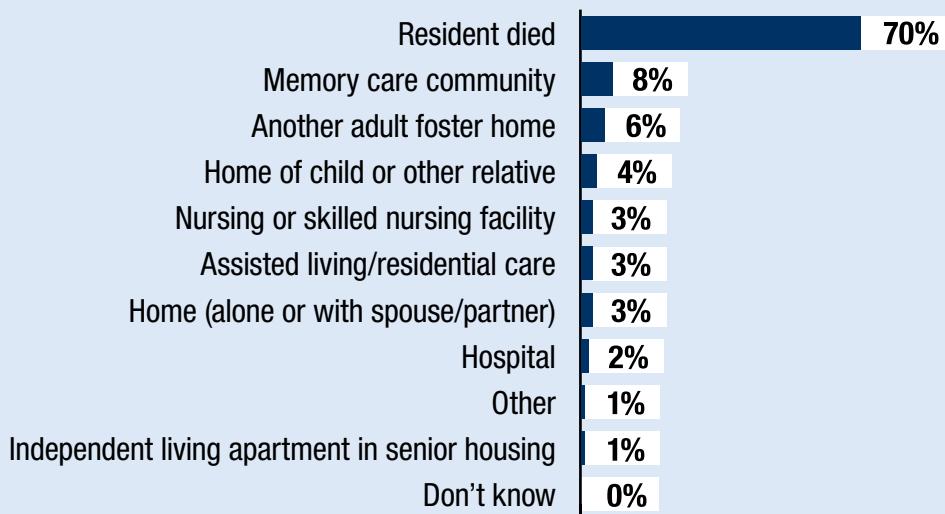
**68%**  
Received assistance  
during the night

**21%**  
Needed assistance  
from two staff

**65%**  
Used a mobility aid  
(e.g. cane, walker)

**86%**  
Received assistance for lack of  
awareness to safety, judgment and  
decision-making

## When residents move out, where did they move to?



**38%**  
Fell in the  
last 90 days

**14%**  
Were treated in  
hospital ER in the  
last 90 days

**28%**  
Received assistance  
for wandering

**7%**  
Were hospitalized  
overnight in the  
last 90 days

**11%**  
Received hospice  
in the last 90 days

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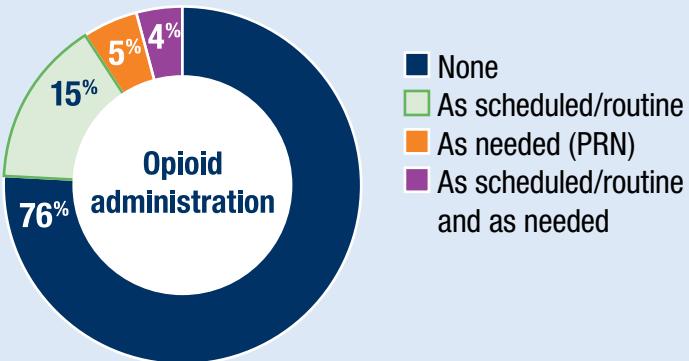
Resident-Level

# Memory Care in Oregon 2019

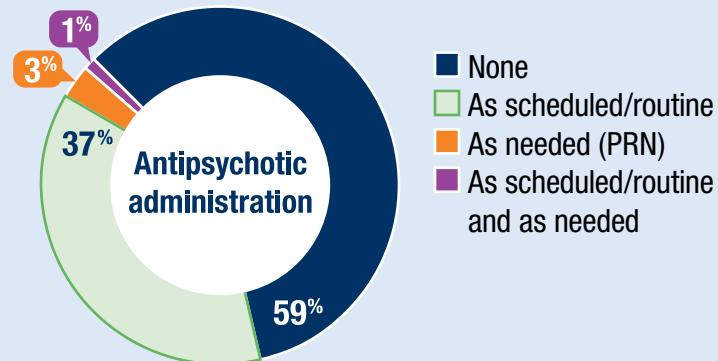
Memory Care (MC) communities are Residential Care (RC) or Assisted Living (AL) facilities that have obtained a memory care endorsement from DHS on their RC/AL license. In order to receive this endorsement, a community must meet a set of requirements and provide specialized memory care services according to Oregon Administrative Rules (See OAR 411-057).

All licensed RC/AL settings, including the 193 Endorsed Memory Care (MC) settings, received by mail two, resident-level questionnaires and were asked to respond on behalf of two randomly selected and anonymous residents. Approximately 57% of Memory Care Communities responded by submitting at least one resident-level questionnaire.

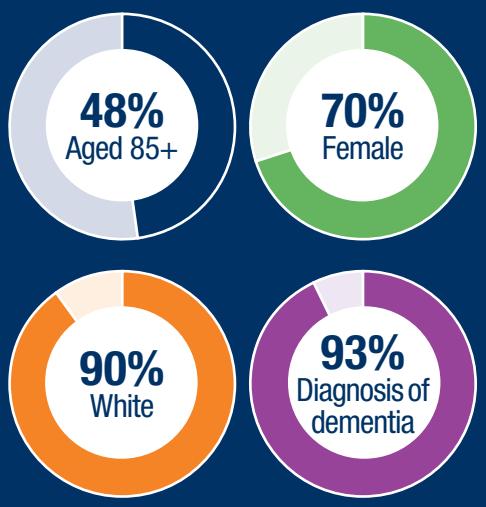
## Percent of residents who were administered opioid medication



## Percent of residents who were administered antipsychotic medication



## Resident demographics and health characteristics

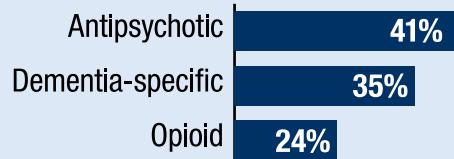


**39%**  
Were prescribed 9 or more medications

**24%**  
Took opioid medications

**2%**  
Self-administered their medications

## Percent of residents who received antipsychotic, dementia-specific, and opioid medications

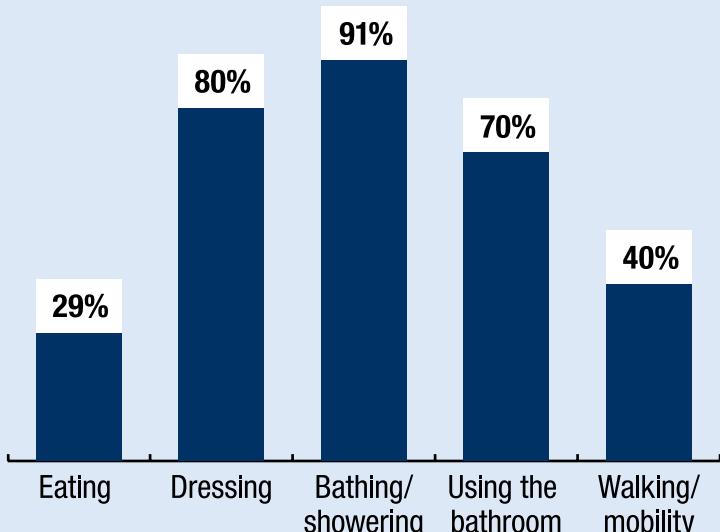


**42%**  
Fell in the last 90 days

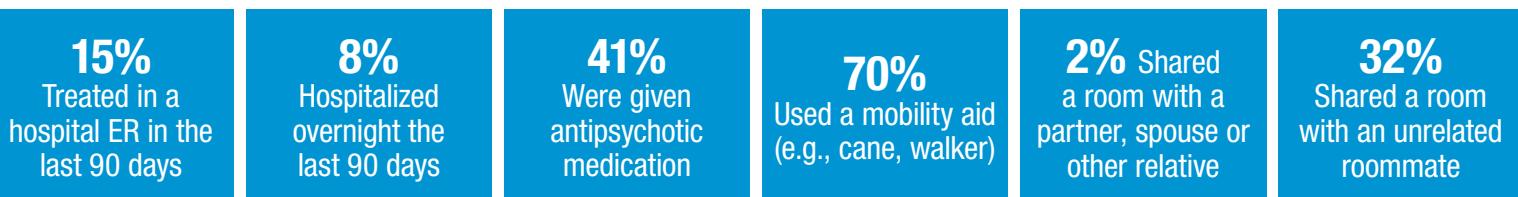
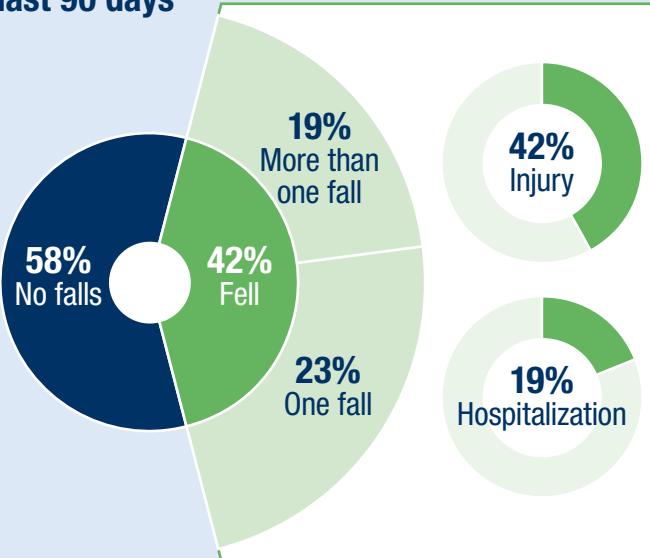
**35%**  
Took dementia-specific medication



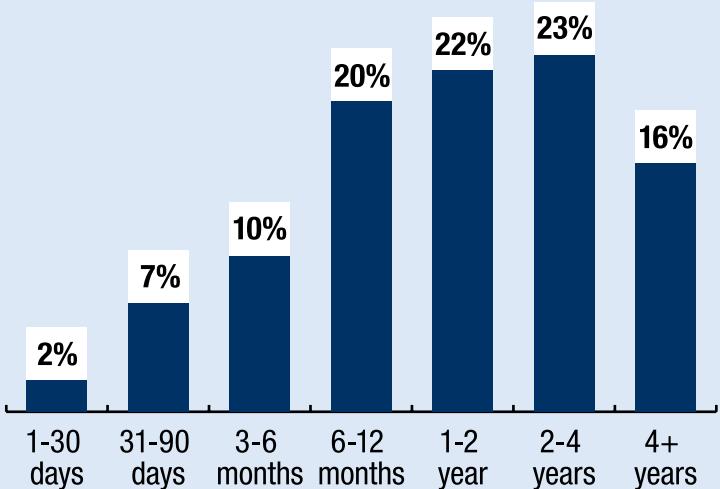
### Percent of residents requiring assistance with ADLs activities of daily living



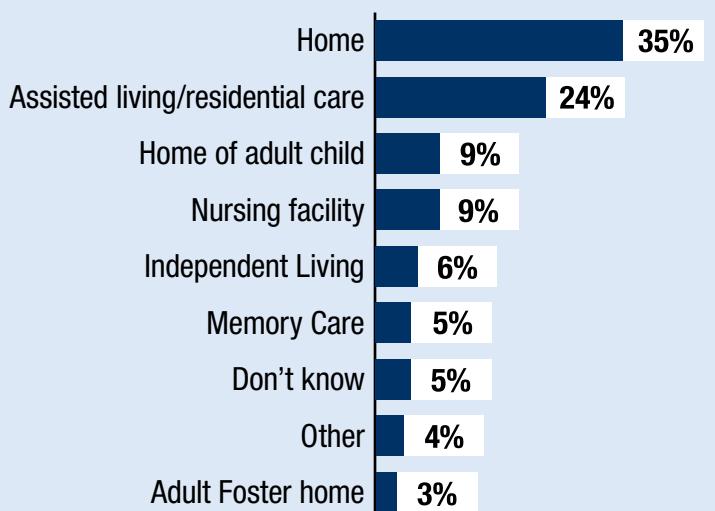
### Resident falls and fall-related injuries and hospitalizations among residents who fell in the last 90 days



### Length of stay among recent move-outs



### Where have residents moved from?



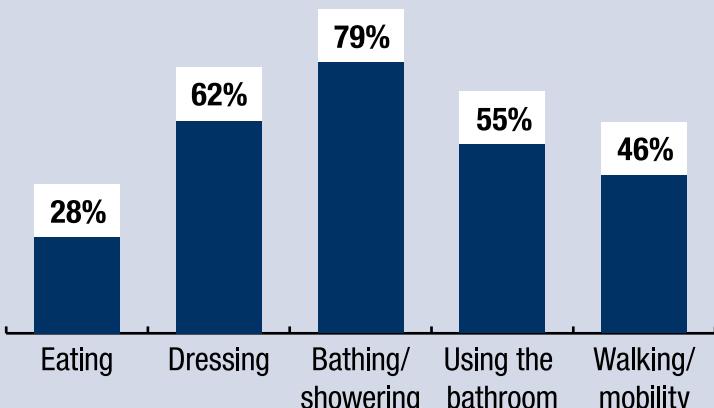
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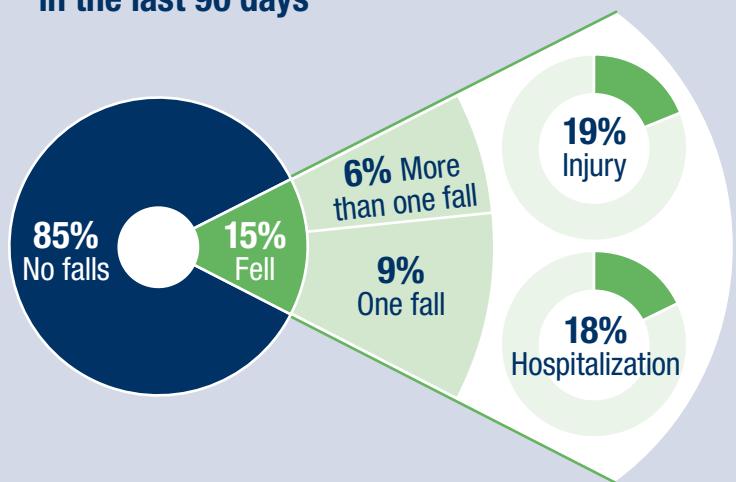
# Adult Foster Homes in Oregon 2019

Of the 1,483 Adult Foster Homes licensed by the Office of Aging and People with Disabilities, a sample of 650 (proportionate according to geographic regions of the state) was selected. Approximately 60 percent of Adult Foster Homes responded to the study.

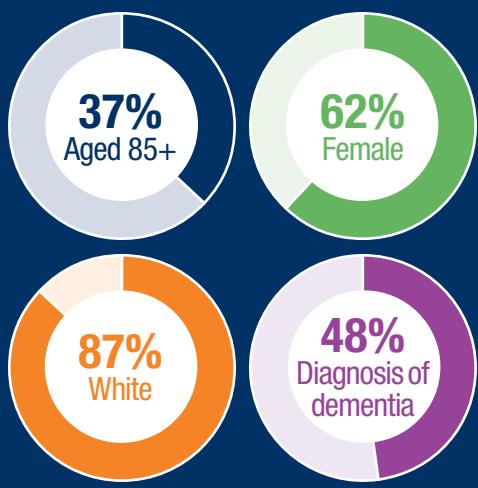
## Percent of residents who receive staff assistance with personal care



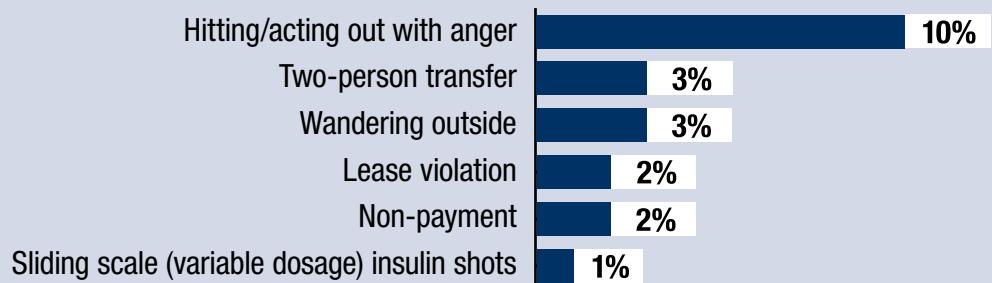
## Resident falls and fall-related injuries and hospitalizations among residents who fell in the last 90 days



## Resident demographics and health characteristics



## Resident needs and behaviors that prompted a move-out notice



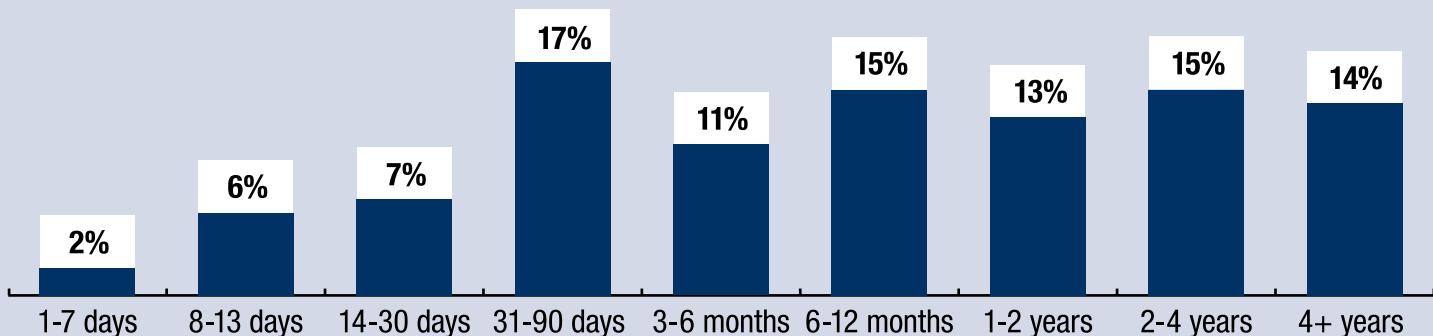
**75%**  
Received assistance taking oral medications

**52%**  
Took 9 or more medications

**36%**  
Were given antipsychotic medication

**6%**  
Administered their own medications

## Length of stay of residents who recently moved out



## Where have residents moved from?



**39%**  
Received assistance with behavioral symptoms

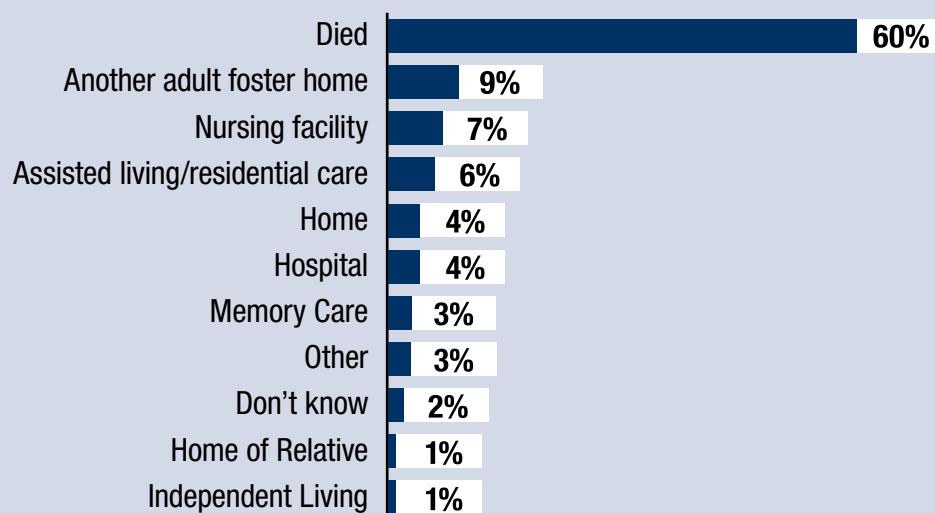
**71%**  
Used a mobility aid (e.g. cane, walker)

**15%**  
Fell in the last 90 days

**8%**  
Were hospitalized overnight in the last 90 days

**10%**  
Received hospice in the last 90 days

## When residents move out, where did they move to?



**90%**  
Owners live in the AFH at least some of the time

**69%**  
of AFHs employed at least one staff member in the last 90 days

**29%**  
of owners have a healthcare certification

**8%**  
of staff have a healthcare certification

**82%**  
of care staff are employed in the same homes for 6+ months

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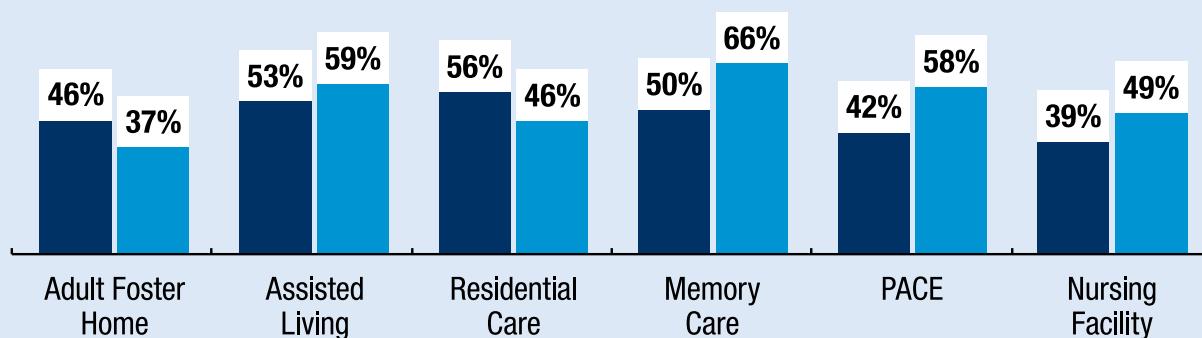
Resident-Level

# Medicaid Consumer Satisfaction 2019

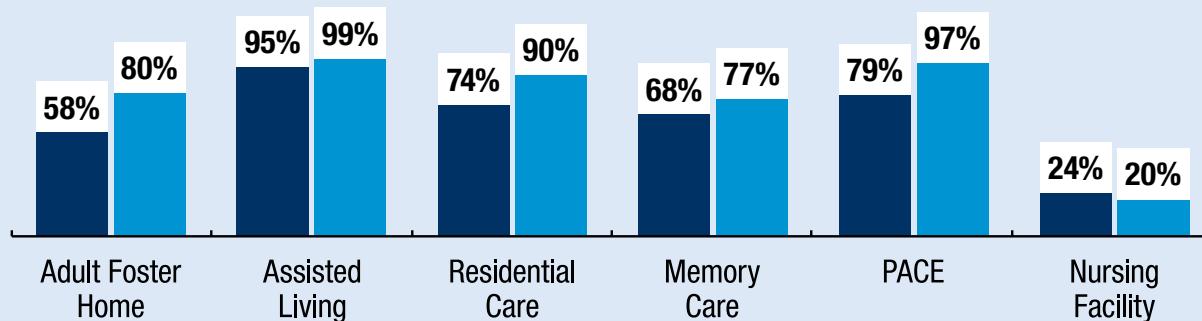
The National Core Indicators – Aging and Disability (NCI-AD) data represents results of face-to-face interviews with Oregonians who receive Medicaid-funded services in adult foster home, assisted living, residential care, memory care, Program for All-inclusive Care for the Elderly (PACE) or nursing facility settings.

Legend for the survey periods: ■ 2016–2017 (589 participants) ■ 2017–2018 (683 participants)

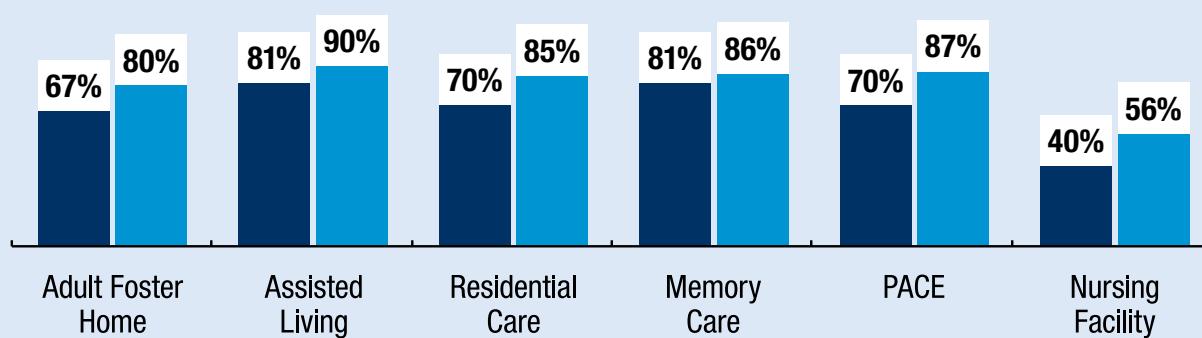
## Proportion of people who are as active in their community as they would like to be



## Proportion of people who are able to lock the door to their room if they want to



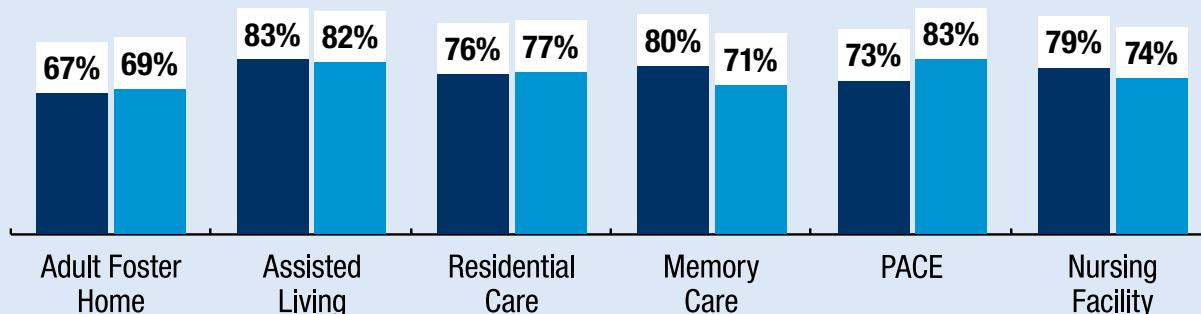
## Proportion of people who are able to furnish and decorate their room however they want to



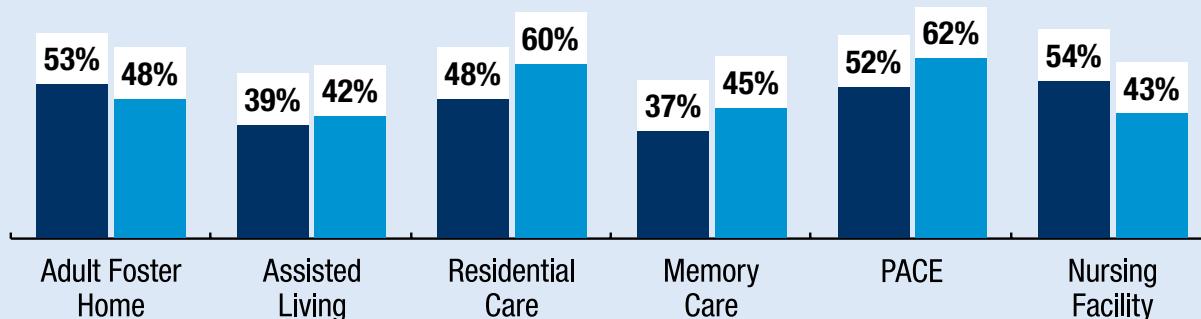
## Legend for the survey periods:

■ 2016–2017 (589 participants) ■ 2017–2018 (683 participants)

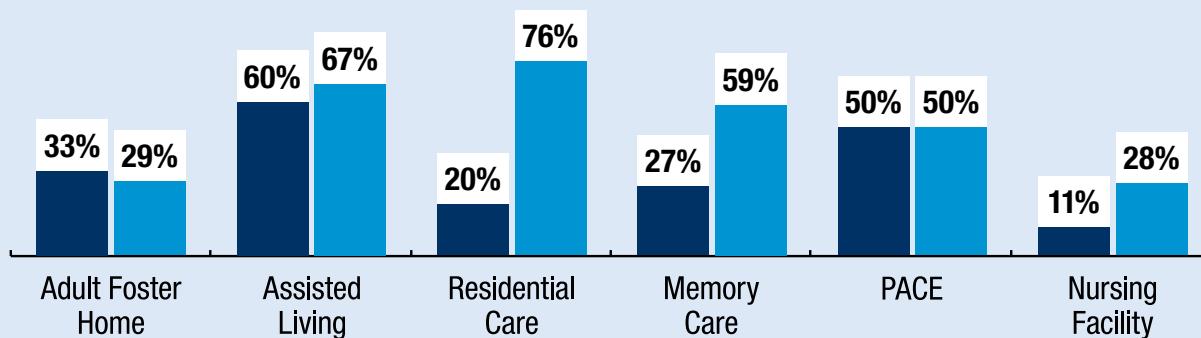
## Proportion of people who are always able to see or talk to friends and family when they want



## Proportion of people who can eat their meals when they want



## Proportion of people who are able to choose their roommate



This fact sheet focuses on data related to the Home and Community Based Services (HCBS) rules that states have been required to implement by the Centers for Medicare and Medicaid (CMS). The NCI-AD contains a large array of data: for more information and to see the full NCI-AD Oregon reports for 2016-2017 and 2017-2018, please visit:

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/ADVISORY/Pages/NCI-AD.aspx>

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