



2018

ASSISTED

LIVING

in California

Services, Trends, & Demographics

California Assisted Living

CALA

Association

Presented by The California Assisted Living Association

A PERSON-CENTERED MODEL OF CARE

Assisted Living is a licensed residential setting that provides 24-hour care and supervision for seniors who need assistance with activities of daily living, medication management, social activities, housekeeping, meals, and transportation, among other things. It emerged as a response to consumer demand for long-term services and supports that were less restrictive, residential rather than institutional, and able to meet the everyday needs of those who can't live alone but don't need 24-hour nursing care.

A person-centered model of care, Assisted Living tailors services to individual needs and promotes maximum independence and dignity for each resident. To this end, many communities offer dementia care programs and health-related services. Assisted Living can also be found in a Continuing Care Retirement Community (CCRC) as part of a continuum of care typically provided in one location along with independent living and skilled nursing.

LEADERS IN DEMENTIA CARE

According to the Alzheimer's Association, about 630,000 Californians were living with Alzheimer's disease in 2017. That number is expected to rise more than 35% in the next decade to 840,000. Every 66 seconds, someone develops Alzheimer's; by 2050, someone will develop the disease once every 33 seconds. With this dramatic rise in Alzheimer's disease and other dementias, the need for quality residential dementia care will increase.

Assisted Living providers are leaders in serving residents with dementia. As part of their commitment to person-centered care, providers specialize their community offerings, including physical plant features, special programs, well-trained staff, and even collaboration with leading researchers. These enhancements allow them to create attractive, healthy, home-like environments that promote independence and freedom of movement, provide opportunity for self-directed privacy, reduce or eliminate the need for medication, and promote the highest quality of life for residents with dementia.

ASSISTED LIVING CONTRIBUTES MORE THAN **68,000** JOBS IN CALIFORNIA.

SOURCE: SACRAMENTO REGIONAL RESOURCE INSTITUTE

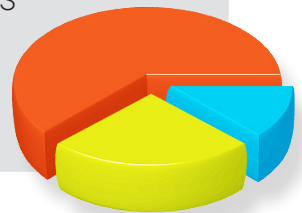
BY THE NUMBERS

95% OF RESIDENTS SAY THEY ARE COMFORTABLE, SAFE AND SECURE IN THEIR ASSISTED LIVING COMMUNITY.

SOURCE: PROMATURA

THERE ARE APPROXIMATELY 7,400 LICENSED ASSISTED LIVING COMMUNITIES (RCFES) IN CALIFORNIA THAT SERVE AS MANY AS **180,281** RESIDENTS.

SOURCE: DSS, COMMUNITY CARE LICENSING DIVISION



VARIETY AND CHOICE

A majority of residents experience a high quality of life in their communities, due in part to the model's built-in variety and flexibility. Variations in size, amenities, services, and pricing enable consumers to choose an environment that they consider attractive, a community that meets their needs, and pricing that works for them.

Reflecting this variety, Assisted Living is offered at a wide range of pricing levels from SSI/SSP to high-end communities. In California, Assisted Living is almost entirely private-pay; unlike health facilities or other home and community-based programs, it is not covered by Medi-Cal, except through a small waiver program in 15 counties. Prices are impacted by factors such as labor, energy, food, and transportation costs. In addition, statutory and regulatory requirements change often and can have a significant impact on the cost of delivering services. Yet, despite these cost impacts, it is still among the least costly care options. According to a 2017 Genworth report, Assisted Living services cost 43 percent less than skilled nursing.

OVERSIGHT AND ACCOUNTABILITY

Assisted Living communities in California are licensed Residential Care Facilities for the Elderly (RCFEs) and are regulated by the Department of Social Services, Community Care Licensing Division (CCLD). In addition to an RCFE license, all communities offering continuing care contracts must meet the state's CCRC requirements, license all units as either RCFE or skilled nursing, and hold a certificate of authority from the DSS Continuing Care Contracts Branch.

Inspections by state officials—along with staff training and certification requirements, family and community involvement, and ongoing quality assurance efforts—add to the system's integrity, promote public confidence, and demonstrate the overall compliance within this model of care. After many years and multiple legislative efforts, the 2015-16 State Budget provided funding to increase RCFE inspections, reaching annual inspections by 2019.

In addition to the increase in inspection frequency, California's RCFEs and CCLD have undergone significant legislative and budgetary enhancements in the past few years. These changes cover a wide variety of subjects. Significantly higher staff training requirements, additional training and testing for administrators, and more disclosure during licensing are among a few of the changes that provide for even higher quality, stronger oversight, and greater consumer satisfaction.

DEMENTIA BY THE NUMBERS

IN 2017, 630,000 CALIFORNIANS WERE LIVING WITH DEMENTIA. BY 2025, THAT WILL INCREASE MORE THAN 30% TO **840,000**.

IN THE NEXT 10 MINUTES, **10** PEOPLE WILL RECEIVE AN ALZHEIMER'S DIAGNOSIS.

SOURCE: THE ALZHEIMER'S ASSOCIATION

TRENDS

CALIFORNIA IS HOME TO MORE THAN 6 MILLION PEOPLE AGE 65 OR OLDER. BY 2040, THAT POPULATION IS EXPECTED TO REACH 11 MILLION, AN INCREASE OF **110 PERCENT** FROM 2015.

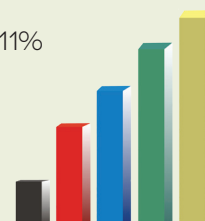
SOURCE: CALIFORNIA DEPARTMENT OF FINANCE - DEMOGRAPHIC RESEARCH UNIT

BY 2040, THE POPULATION OF CALIFORNIANS 85 AND OLDER IS EXPECTED TO GROW TO **1 IN 21.2 MILLION**

SOURCE: CALIFORNIA DEPARTMENT OF FINANCE - DEMOGRAPHIC RESEARCH UNIT

CALIFORNIA IS HOME TO ABOUT 11% OR **6,000** OF THE NATION'S CENTENARIANS

SOURCE: UNITED STATES CENSUS



CONSUMER TRANSPARENCY

Assisted Living consumers are more informed today than ever before. Current law requires admission agreements to disclose pricing structures, reasons rates may increase, and rate increases over the previous three years. In addition, if rates do increase, providers are required to disclose the amount and reasons why at least 60 days in advance. These laws help ensure that consumers understand the costs of care and have adequate notice of changes.

Consumers also take advantage of information provided by CCLD. CCLD's Facility Search website provides the public with instant access to detailed licensing information for RCFEs, CCRCs, and other types of licensed care.

In addition to these disclosures, the most often used and preferred method of selecting Assisted Living is a personal visit to the community. Announced and unannounced visits, talking with current staff members, and sharing a meal with current residents all help to inform the consumer and ultimately increase the likelihood of a successful match.



California Assisted Living Association

455 Capitol Mall, Suite 222

Sacramento, CA 95814

Phone: (916) 448-1900

Fax: (916) 448-1659

www.CAassistedliving.org

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