ARGENTUM
EXPANDING SENIOR LIVING

Senior Living Resident Profile

Key national and state demographics, demographics, diagnoses, adverse events, and types of assistance needed

SENIOR LIVING RESIDENT PROFILE

A look at senior living residents on the national and state level

Senior living communities provide homes for older adults who generally need assistance in managing basic activities that are part of their daily routines, but who also seek socialization and engagement in their surroundings.

To get a clearer picture of a typical senior living resident on the national and state levels, Argentum turned to data from the National Center for Health Statistics (NCHS), compiled in the 2016 report "Long-Term Care Providers and Services Users in the United States: Data from the National Study of Long-Term Care Providers, 2013-2014."

NCHS, a division of the Centers for Disease Control and Prevention, released several reports and supplements in 2015 and 2016 describing the long-term care landscape, based on extensive surveys completed by managers of long-term care settings and data collection of relevant populations. The publications contain descriptive information about senior living residents including demographic, health, and functional characteristics – such as the percent of residents needing assistance with various activities of daily living.*

Argentum used the reports to create a snapshot of the United States, each state and the District of Columbia, summarizing data available from NCHS and the U.S. Census Bureau. The summaries include key demographic variables—age, gender, and race—along with the frequencies of specific diagnoses, adverse events, and types of assistance needed. Each state summary also includes the percent of each state's older population who reside in senior living.

EACH STATE SNAPSHOT INCLUDES:

Key demographic characteristics

» state age profile compared with the national profile;

» racial profile, with notation of states with the highest and lowest percentages of non-Hispanic white residents and a comparison to the national profile; and

» gender split, with notation of states with the highest and lowest percentages of female residents with a comparison to the national profile.

Senior living usage rates

» percentage of older adult population using senior living, in each of three age cohorts (65-74, 75-84, 85 and older); and

» comparison with national rates for each cohort.

Chronic conditions and adverse events

» percentage of residents diagnosed with Alzheimer's disease or other dementias, depression, cardiovascular disease, or diabetes;

» percentage of residents who experienced adverse events within the past 90 days: hospital or emergency room (ER) visit, discharge from an overnight hospital stay, or a fall; and

» states with highest and lowest frequencies of each condition or event and a comparison to the national profile.

Type of assistance needed

» percentage of residents requiring specific types of assistance: bathing, walking, dressing, toileting, transferring to/from a bed, and eating; and

» states with highest and lowest frequencies of each need and a comparison to the national profile.

The CDC released a similar report in December 2013 with data collected during 2012. A comparison of the 2012 data to the most recent 2014 report shows more senior living residents in 2014 are 85 and older, confirming what many senior living leaders have been observing – there's an increase in the number of older residents calling senior living home.

The CDC data sets show a slight change in race and ethnicity among senior living residents from 2012 to 2014. During that time, there's been an increase in the "other" category while a decrease in non-Hispanic white residents. A look at trends in the number of residents who need assistance with activities of daily living show an increase in ADLs from 2012 to 2014. More residents need assistance with bathing, dressing, toileting, and eating. See the trend charts on page 6.

The number of people using long-term care settings such as senior living, nursing homes, or home care services is expected to jump from 15 million in 2000 to 27 million in 2050, according to the U.S. Department of Health and Human Services. This is largely due to the expanding population of older adults, many of whom will need long-term care as they

age. The number of individuals 85 and older – the majority of senior living residents – are expected to almost triple to nearly 18 percent in 2050 and account for 4.5 percent of the total population.

It's clear that these older adults will turn to senior living as a viable option and a solution. This data helps shine a light on the sometimes subtle and often clear differences throughout the state senior living populations. Clear regional trends weren't evident, but certain states scored high or low in several categories.

State Highlights:

Iowa boasts one of the healthiest senior living populations, scoring "lowest state" in six categories of residents experiencing: Alzheimer's disease, hospital or emergency room visit, overnight hospital stay, and it has the fewest residents needing assistance with walking, toileting, transferring to and from a bed, and eating.

Maine shows a senior living population that ranks highest of all the states in experiencing Alzheimer's disease or other dementias, cardiovascular disease, and diabetes.

Connecticut scored lowest in two categories of all states – falls and needing assistance with dressing. Its neighbor **Rhode Island** scored highest in percent of senior living residents checking into a hospital or visiting the ER, with 19 percent compared to the national average of 12 percent.

The East Coast's **Maryland** scored highest in percentage of residents with Alzheimer's disease at 53 percent while **Delaware** residents experienced the most falls at 34 percent.

The **West's Montana, Wyoming,** and **Utah** were low states in several categories. Montana and Utah had the lowest percent of residents spending the night in a hospital – it was a four-way tie with **South Carolina and Iowa**. Wyoming was the lowest of the 50 states, tying with Washington, DC, for having senior living residents diagnosed with diabetes.

Washington, DC was unusual for receiving the highest ranking in assistance with dressing, but lowest in diabetes diagnoses.

Michiganders in senior living needed the most help transferring to and from a bed, while its neighbor to the south, **Ohio** tied with **Massachusetts** in highest states with residents spending a night in the hospital.

Outside the continental United States, **Hawaii** scored lowest in cardiovascular disease and depression. While **Alaska** scored the highest of all states in residents needing assistance with walking, toileting, and eating.

Of the Southern states, **Louisiana** scored lowest in bathing need with 36 percent, compared to the national average of 62 percent.

See the national and state charts on the following pages for detailed data.

**The NCHS data identifies senior living communities as "residential care communities." To be eligible for their study, an RCC must be state-licensed to provide: room and board with at least two meals a day and 24-hour, onsite supervision; help with personal care; have four or more licensed beds; have at least one resident; and serve a predominantly adult population. The study excluded RCCs licensed to exclusively serve individuals with severe mental illness, intellectual or developmental disability, and nursing homes.*

Sources

Sengupta M, Valverde R, Lendon JP, Rome V, Caffrey C, Harris-Kojetin L. Long-Term Care Providers and Services Users in the United States—State Estimates Supplement: National Study of Long-Term Care Providers, 2013-2014. Hyattsville, MD: National Center for Health Statistics. 2016. (Accessible at http://www.cdc.gov/nchs/data/series/sr_03/sr03_038.pdf)

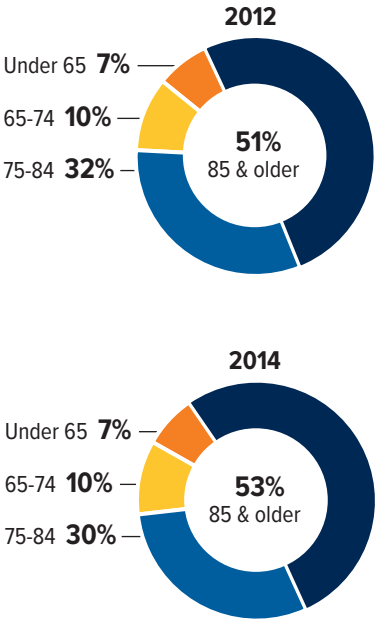
Sengupta, M, Harris-Kojetin L, and Caffrey C. Variation in Residential Care Community Resident Characteristics, by Size of Community: United States, 2014. NCHS data brief no 223. Hyattsville, MD: National Center for Health Statistics. 2015. (Accessible at http://www.cdc.gov/nchs/data/databriefs/db223.htm)

Annual Estimates of the Resident Population for Selected Age Groups by Sex for the United States, States, Counties and Puerto Rico Commonwealth and Municipios: April 2010 to July 1, 2016. U.S. Census Bureau, Population Division. 2017.

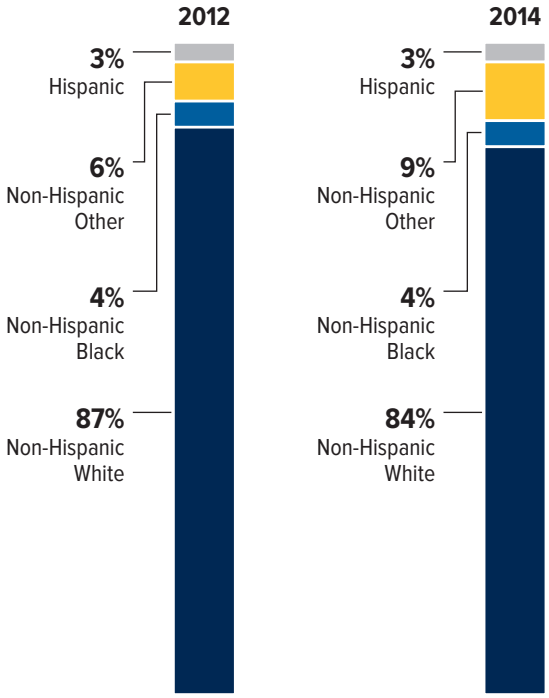
This white paper includes state snapshots for Florida and Texas. A full report including all 50 states is available to Argentum members only. For more information about membership, go to ***argentum.org/membership***

NATIONAL RESIDENT TRENDS

AGE PROFILE



RACE



TYPE OF ASSISTANCE NEEDED

2012

61% Bathing

45% Dressing

37% Toileting

18% Eating

2014

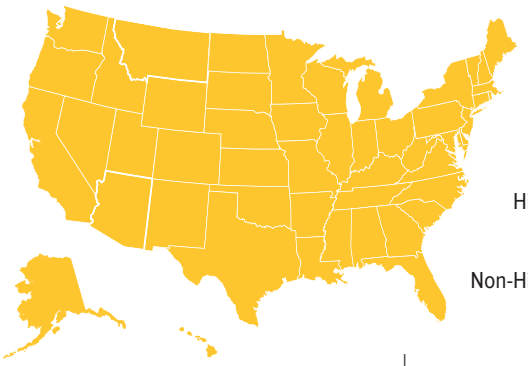
62% Bathing

47% Dressing

39% Toileting

20% Eating

NATIONAL



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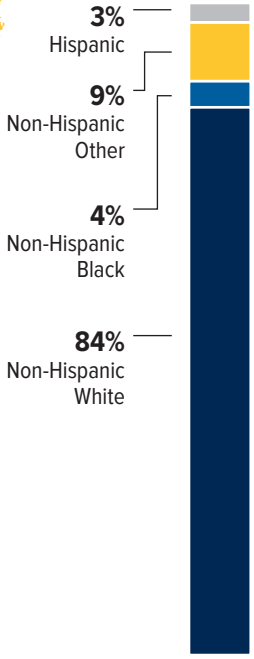
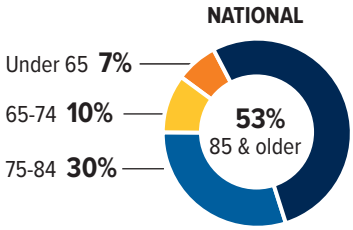


GENDER

30% Male

70% Female

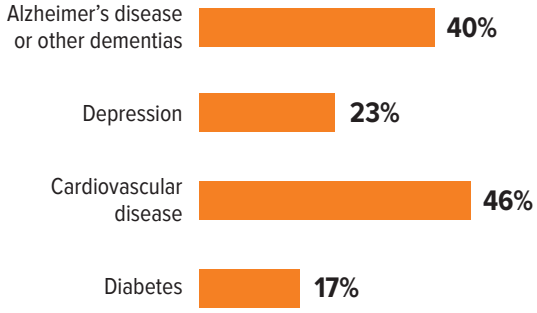
AGE PROFILE



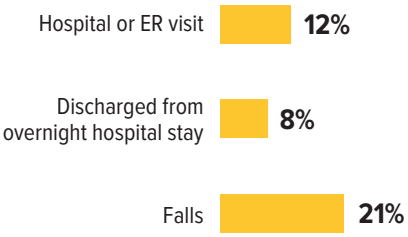
POPULATION USING SENIOR LIVING

	U.S.
65-74 years	0.3%
75-84 years	1.8%
85 & older	7.2%

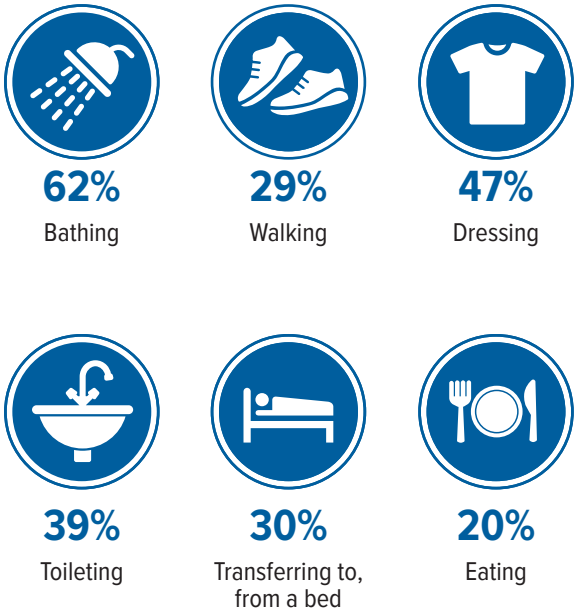
CHRONIC CONDITION DIAGNOSES



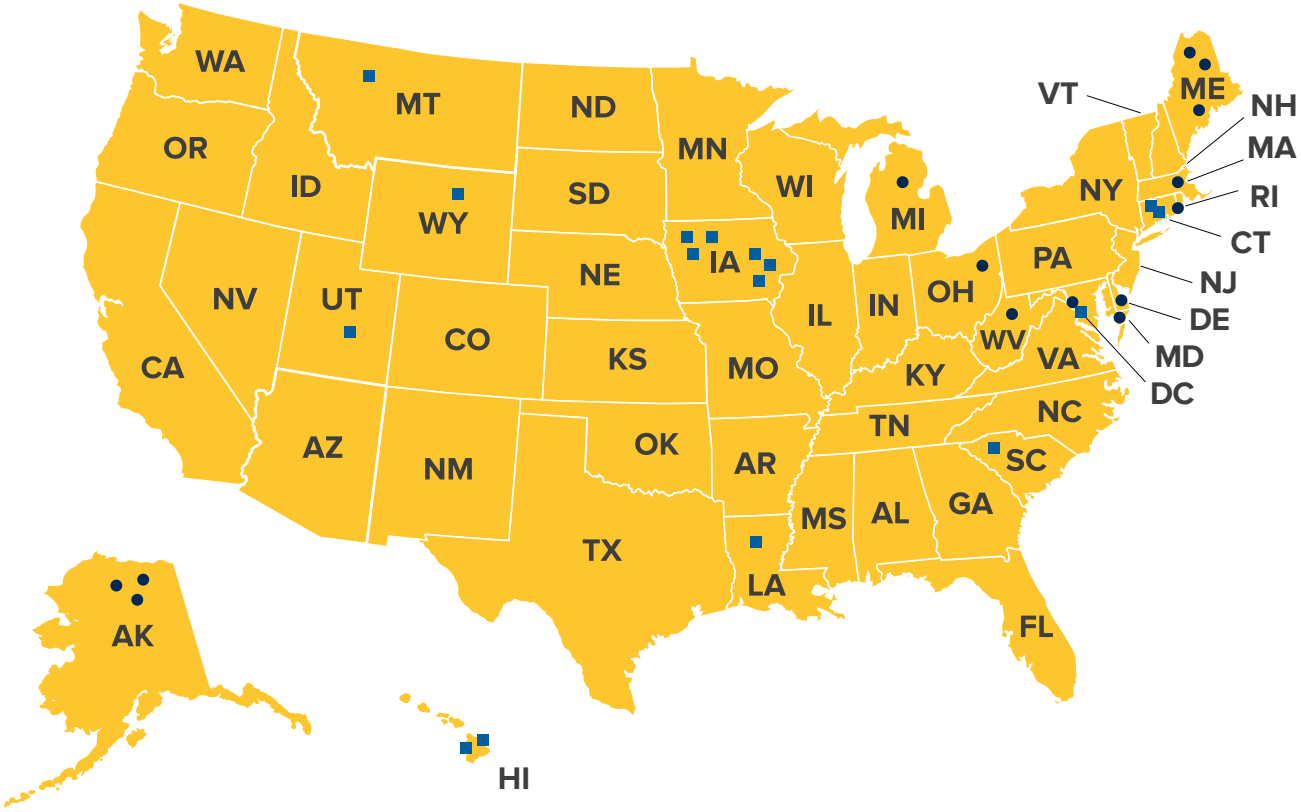
ADVERSE EVENTS IN THE PAST 90 DAYS



TYPE OF ASSISTANCE NEEDED



STATE COMPARISON



● HIGH STATES

CHRONIC CONDITION DIAGNOSES	U.S.	STATE
Alzheimer's disease or other dementias	40%	MD, 53%
Depression	23%	ME, 37%
Cardiovascular disease	46%	ME, 57%
Diabetes	17%	ME, 25%

ADVERSE EVENTS IN THE PAST 90 DAYS	U.S.	STATE
Hospital or ER visit	12%	RI, 19%
Discharged from overnight hospital stay	8%	MA, OH, 12%
Falls	21%	DE, 34%

TYPE OF ASSISTANCE NEEDED	U.S.	STATE
Bathing	62%	WV, 76%
Walking	29%	AK, 42%
Dressing	47%	DC, 61%
Toileting	39%	AK, 57%
Transferring to, from a bed	30%	MI, 44%
Eating	20%	AK, 45%

■ LOW STATES

CHRONIC CONDITION DIAGNOSES	U.S.	STATE
Alzheimer's disease or other dementias	40%	IA, 18%
Depression	23%	HI, 11%
Cardiovascular disease	46%	HI, 28%
Diabetes	17%	DC, WY, 11%

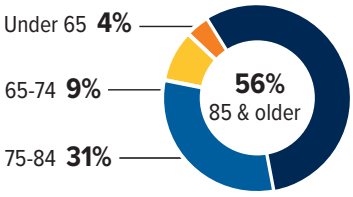
ADVERSE EVENTS IN THE PAST 90 DAYS	U.S.	STATE
Hospital or ER visit	12%	IA, 5%
Discharged from overnight hospital stay	8%	IA, MT, SC, UT, 6%
Falls	21%	CT, 10%

TYPE OF ASSISTANCE NEEDED	U.S.	STATE
Bathing	62%	LA, 36%
Walking	29%	IA, 7%
Dressing	47%	CT, 13%
Toileting	39%	IA, 10%
Transferring to, from a bed	30%	IA, 7%
Eating	20%	IA, 4%

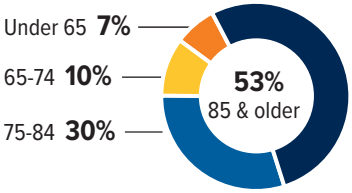
FLORIDA

AGE PROFILE

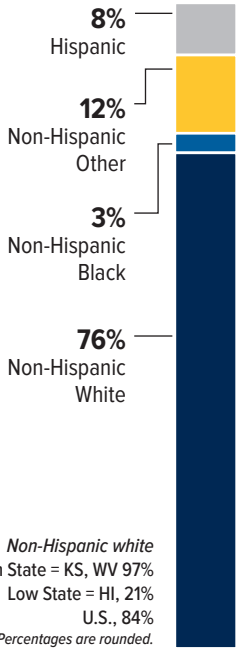
FLORIDA



NATIONAL



RACE*



Non-Hispanic white
High State = KS, WV 97%
Low State = HI, 21%
U.S., 84%
*Percentages are rounded.

GENDER

29% Male

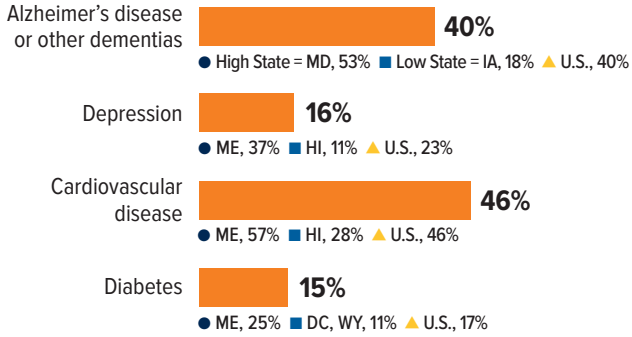
71% Female

High State = DC, 76%, Low State = IA, 61%, U.S., 70%

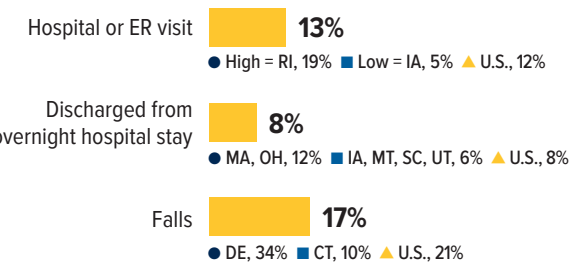
POPULATION USING SENIOR LIVING

	FL	U.S.
65-74 years	0.3%	0.3%
75-84 years	1.8%	1.8%
85 & older	7.0%	7.2%

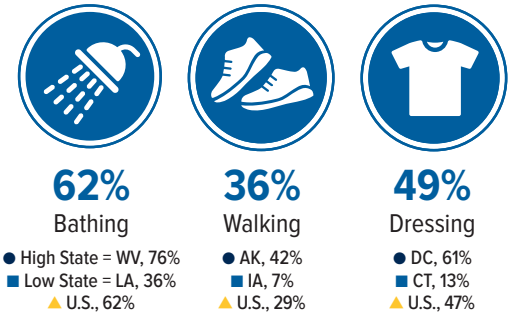
CHRONIC CONDITION DIAGNOSES



ADVERSE EVENTS IN THE PAST 90 DAYS



TYPE OF ASSISTANCE NEEDED



62% Bathing
High State = WV, 76%
Low State = LA, 36%
U.S., 62%

36% Walking
AK, 42%
IA, 7%
U.S., 29%

49% Dressing
DC, 61%
CT, 13%
U.S., 47%

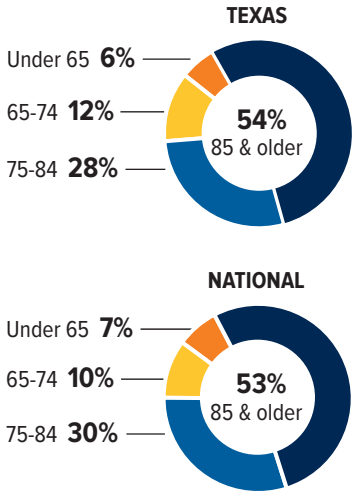
41% Toileting
High State = AK, 57%
Low State = IA, 10%
U.S., 39%

33% Transferring to, from a bed
MI, 44%
IA, 7%
U.S., 30%

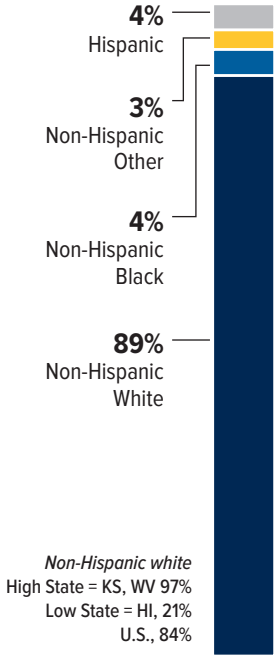
17% Eating
AK, 45%
IA, 4%
U.S., 20%

TEXAS

AGE PROFILE

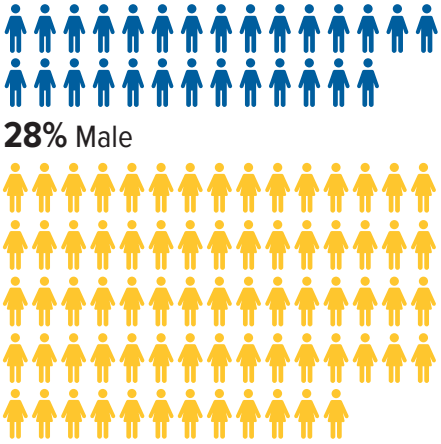


RACE



Non-Hispanic white
High State = KS, WV 97%
Low State = HI, 21%
U.S., 84%

GENDER



28% Male

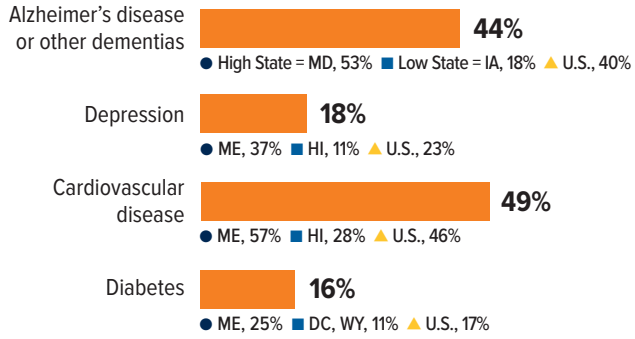
72 % Female

High State = DC, 76%, Low State = IA, 61%, U.S., 70%

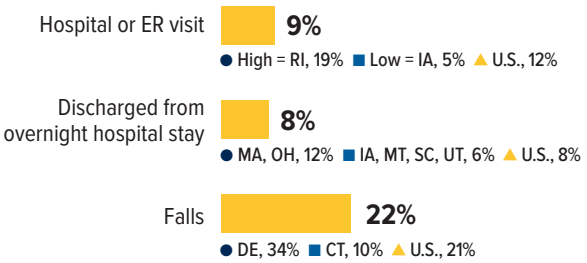
POPULATION USING SENIOR LIVING

	TX	U.S.
65-74 years	0.2%	0.3%
75-84 years	1.1%	1.8%
85 & older	5.5%	7.2%

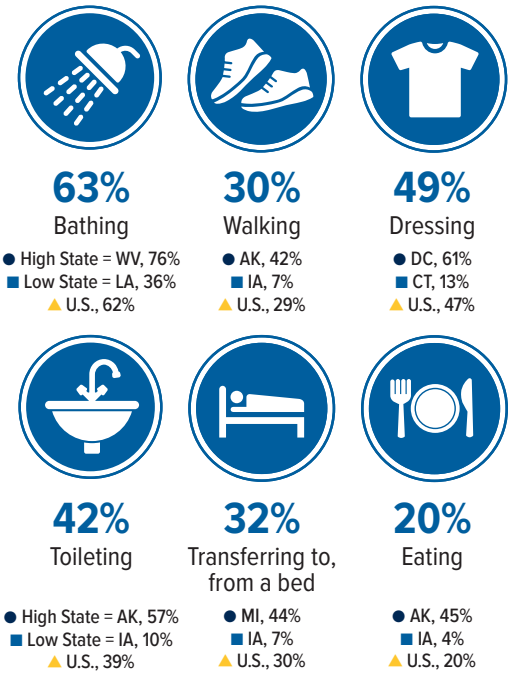
CHRONIC CONDITION DIAGNOSES



ADVERSE EVENTS IN THE PAST 90 DAYS



TYPE OF ASSISTANCE NEEDED



ARGENTUM

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