Community-Based Care
Resident and Community
Characteristics Chart Book

Assisted Living
Residential Care
Memory Care

Paula C. Carder, PhD
Jacklyn Kohon, PhD
Aubrey Limburg
Amanuel Zimam
Megan Rushkin, MPH
Margaret B. Neal, PhD

Spring, 2016

Table of Contents

Section 1 -- Communities[1]

Table 1.1 – *Number of Licensed Settings and Licensed Capacity, 2016*

Type	Description	Total number AL/RCs[2]	Licensed capacity	Units
AL	**Assisted Living** provide private, single-occupancy apartments with a private bath and kitchenette.	216	14,406	12,115
RC	**Residential Care** provides single or double rooms with shared bathrooms. Kitchenettes are not required.	275	10,688	8,748
Total		491	25,094	20,863

- As of November 2015, there were 491 licensed AL and RC communities in Oregon.
- The licensed capacity for these settings totaled 25,094.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table 1*

---

[1] For literature, references, and more information about this study, see the Oregon CBC Survey 2016 available at http://www.oregon.gov/DHS/SENIORS-DISABILITIES/Pages/publications.aspx and https://www.pdx.edu/ioa/oregon-community-based-care-project

[2] This column includes all AL/RCs, including those that have a MC endorsement.

Table 1.2 – *Memory Care Endorsements in AL/RC*

Type/Description[3]	Total number of MCs (N)	Licensed Capacity (N)
Memory Care Communities are designated for persons with a diagnosis of Alzheimer's disease or other dementia and have additional requirements for staffing, services, and building design features.	160	5,632
Stand-alone MC	128	4,570
Combination AL/RC + MC	32	1,062

- Approximately one-third of Oregon's 491 AL and RC communities have a memory care endorsement.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table 2*

---

[3] A stand-alone MC is a setting that is licensed to provide memory care only, while "combination" refers to settings that have two of these licensure categories co-located on the same property.

Table 1.3 – *Occupancy Rates*

Community Type & Totals	Licensed Capacity	# of Current Residents	Occupancy Rate
AL	7,081	5,846	83%
RC	2,949	2,439	83%
MC	2,717	2,409	89%
Total	12,668	10,694	84%

- The overall occupancy rate was 84 percent, which is slightly higher than the rate of 81 percent reported in 2015.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table 3*

Table 1.4 – *Response by Region*

	AL % (n)	RC % (n)	MC % (n)	Stand- alone % (n)	Combination % (n)	Total % (n)
Portland Metro *Clackamas, Columbia, Multnomah, Washington*	31% (34)	47% (37)	42% (32)	37% (24)	67% (8)	38% (95)
Willamette Valley *Benton, Clatsop, Lane, Lincoln, Linn, Marion, Polk, Tillamook, Yamhill*	27% (30	17% (13)	31% (24)	34% (22)	17% (2)	26% (65)
Southern Oregon *Coos, Curry, Douglas, Jackson, Josephine*	15% (16)	17% (13)	12% (9)	12% (8)	8% (1)	15% (37)
Eastern Oregon *Baker, Crook, Deschutes, Gilliam, Grant, Harney, Hood River, Jefferson, Klamath, Lake, Malheur, Morrow, Sherman, Umatilla, Union, Wallowa, Wasco, Wheeler*	27% (30)	19% (15)	16% (12)	17% (11)	8% (1)	22% (56)
Total	43 % (110)	31% (78)[4]	30% (77)	26% (65)	5% (12)	253

- A total of 253 facilities responded for a response rate of 52 percent.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table A1*

---

[4] All stand-alone MCs that were licensed as RCs were counted as MC only.

Table 1.5 – *Community Ownership Characteristics, 2015 CBC Report*

	AL % (n)	RC % (n)	MC % (n)	Total % (n)
Tax status: For profit	82% (95)	84% (105)	86% (65)	84% (265)
Third party management	57% (66)	58% (52)	47% (36)	49% (154)
Ownership				
Single ownership	29% (33)	38% (47)	34% (26)	34% (106)
Owns 2-25 communities	32% (36)	39% (49)	34% (26)	35% (111)
Owns 26+ communities	40% (45)	23% (29)	32% (24)	31% (98)
Total responding facilities	116	127	78	243[5]

- The majority (84 percent) of communities were for profit.
- Nearly half (49 percent) of communities were managed by a third-party company.
- Just over one-third (34 percent) of communities were owned by a single proprietor, with another third being part of a chain of two to 25 communities, and just under one-third were part of a multi-community organization of 26 or more communities.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B1*

---

[5] MCs not counted in the total number of facilities, as MC is additional endorsement for ALs and RCs.

Section 2 -- Staff

Figure 2.1 – *Ratio of All Employees to Current Residents*
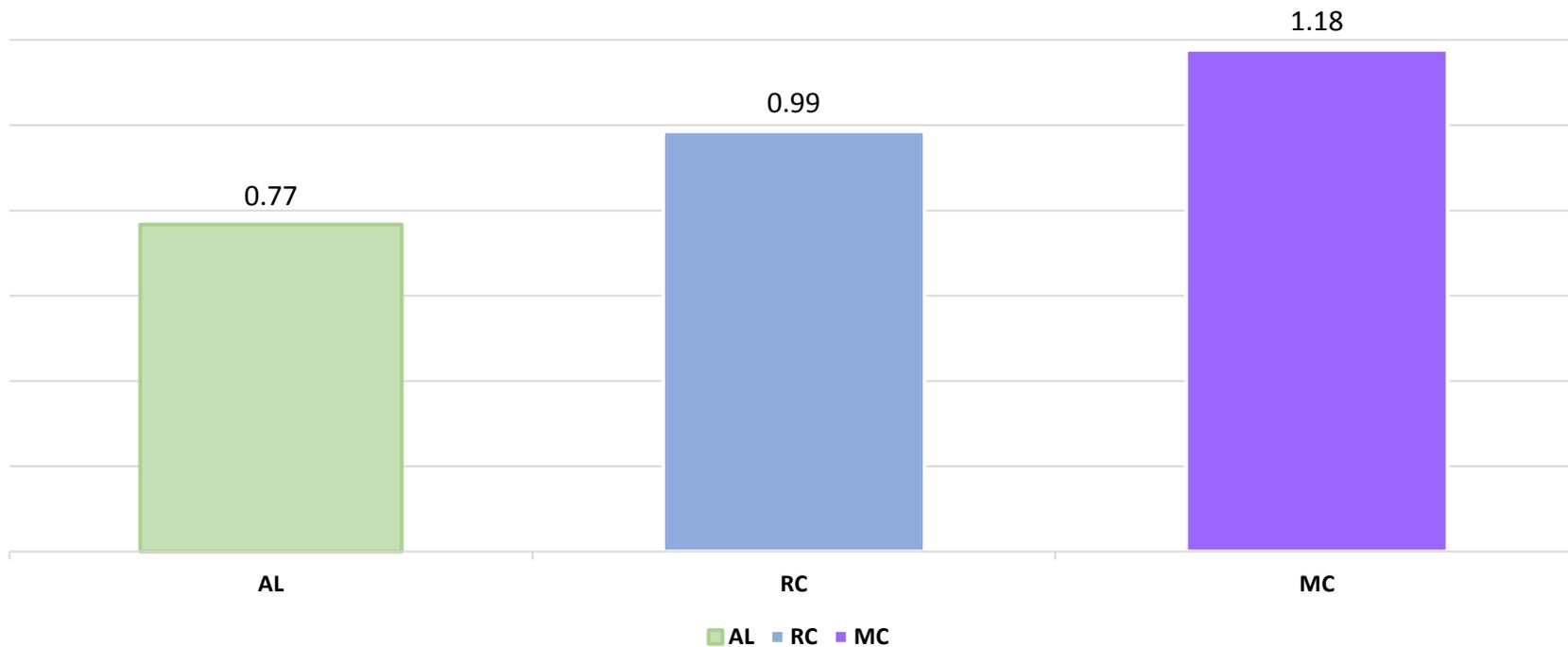
- The ratio of employees to residents was higher for MC (1.18) compared to RC (.99) and AL (.77).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 1*

Table 2.1 – *Percent of Staff that were Employed Part-Time or Full-Time, by Employee Categories*

	Part-time % (n)	Full-time % (n)	Total % (n)
RN	2% (123)	3% (175)	5% (298)
LPN/LVN	1% (31)	1% (66)	2% (97)
CNA/CMA	3% (164)	5% (320)	8% (484)
Personal care staff	17% (1,036)	61% (3,636)	79% (4,672)
Social worker	<1% (9)	<1% (22)	1% (31)
Activities Director	2% (125)	4% (241)	6% (366)
Total	25% (1,488)	75% (4,460)	5,948

- Responding facilities reported 5,948 care-related staff which accounted for 61 percent of all AL, RC, MC employees.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table 4*

Table. 2.2 – Percent of Staff that were Employed Part-Time or Full-Time, by Employee Categories, by Setting Type

	AL		RC		MC		
	Part-time % (n)	Full-time % (n)	Part-time % (n)	Full-time % (n)	Part-time % (n)	Full-time % (n)	Total
RN	2% (43)	3% (80)	3% (47)	4% (54)	2% (33)	2% (41)	5% (298)
LPN/LVN	<1% (8)	1% (23)	3% (47)	1% (9)	1% (13)	2% (34)	2% (97)
CNA/CMA	2% (58)	4% (110)	3% (50)	6% (94)	3% (56)	6% (116)	8% (484)
Personal care staff	18% (451)	62% (1,531)	21% (313)	56% (847)	14% (272)	64% (1,258)	79% (4,672)
Social worker	<1% (3)	<1% (2)	<1% (4)	1% (15)	<1% (2)	<1% (5)	1% (31)
Activities staff	2% (45)	5% (116)	2% (33)	3% (48)	2% (47)	4% (77)	6% (366)

- This table is a more detailed look at the percent of staff that were employed part-time or full-time by employee categories (Table 2.1).

SOURCE: *Oregon CBC Chartbook, 2016: AL, RC, and MC*

Figure 2.2 – *Percent of Facilities that Employed Part-Time or Full-Time Staff, by Employee Categories*
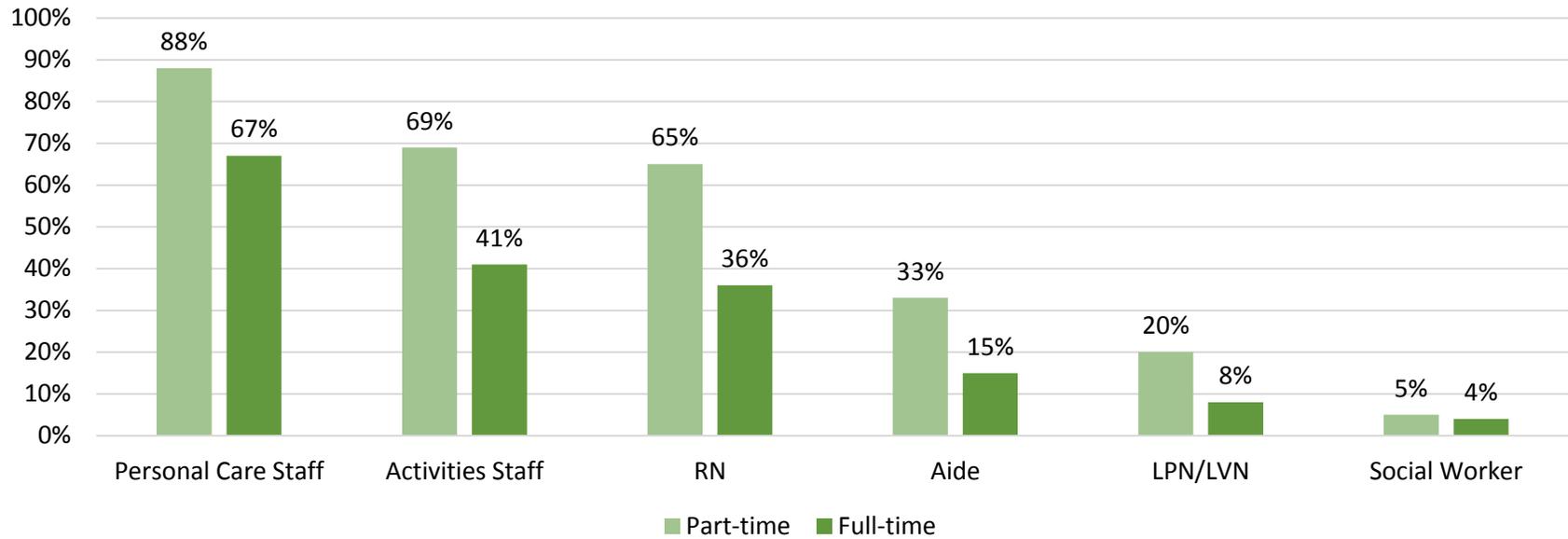
- A larger percent of facilities employed an RN full time, rather than part time.
- RNs were more likely to be employed than LPN/LVNs.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 2*

Table 2.3 – *Facilities that Employed Part-Time or Full-Time Staff, by Employee Categories, by Setting*

	AL		RC		MC		Total	
	Part-time % (n)	Full-time % (n)	Part-time % (n)	Full-time % (n)	Part-time % (n)	Full-time % (n)	Part-time % (n)	Full-time % (n)
RN	72% (76)	32% (24)	62% (46)	39% (29)	58% (41)	39% (28)	65% (163)	36% (91)
LPN/LVN	19% (20)	6% (6)	11% (8)	7% (5)	31% (22)	13% (9)	20% (50)	8% (20)
CNA/CMA	25% (27)	13% (14)	41% (30)	14% (10)	38% (27)	20% (14)	33% (84)	15% (38)
Personal Care Staff	88% (93)	67% (71)	89% (66)	68% (50)	89% (63)	65% (46)	88% (222)	67% (167)
Social Workers	2% (2)	3% (3)	9% (7)	5% (4)	4% (3)	3% (2)	5% (12)	4% (9)
Activities Staff	78% (83)	39% (41)	51% (38)	38% (28)	73% (52)	46% (33)	69% (173)	41% (102)

- This table is a more detailed look at the percent of facilities that employed various staff types (Figure 2.2).
- ALs were most likely to employ a part-time RN while MC was most likely to employ a full-time RN.
- The most commonly employed staff type across all communities was personal care staff (88 percent).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B2*

Figure 2.3 – *Staff Level in Hours, by Staff and Facility Type*

Notes: To convert hours to minutes, multiply the number of hours by 60. "Care" refers to caregivers; "aide" refers to CNA/CMAs; LPN includes LVN.
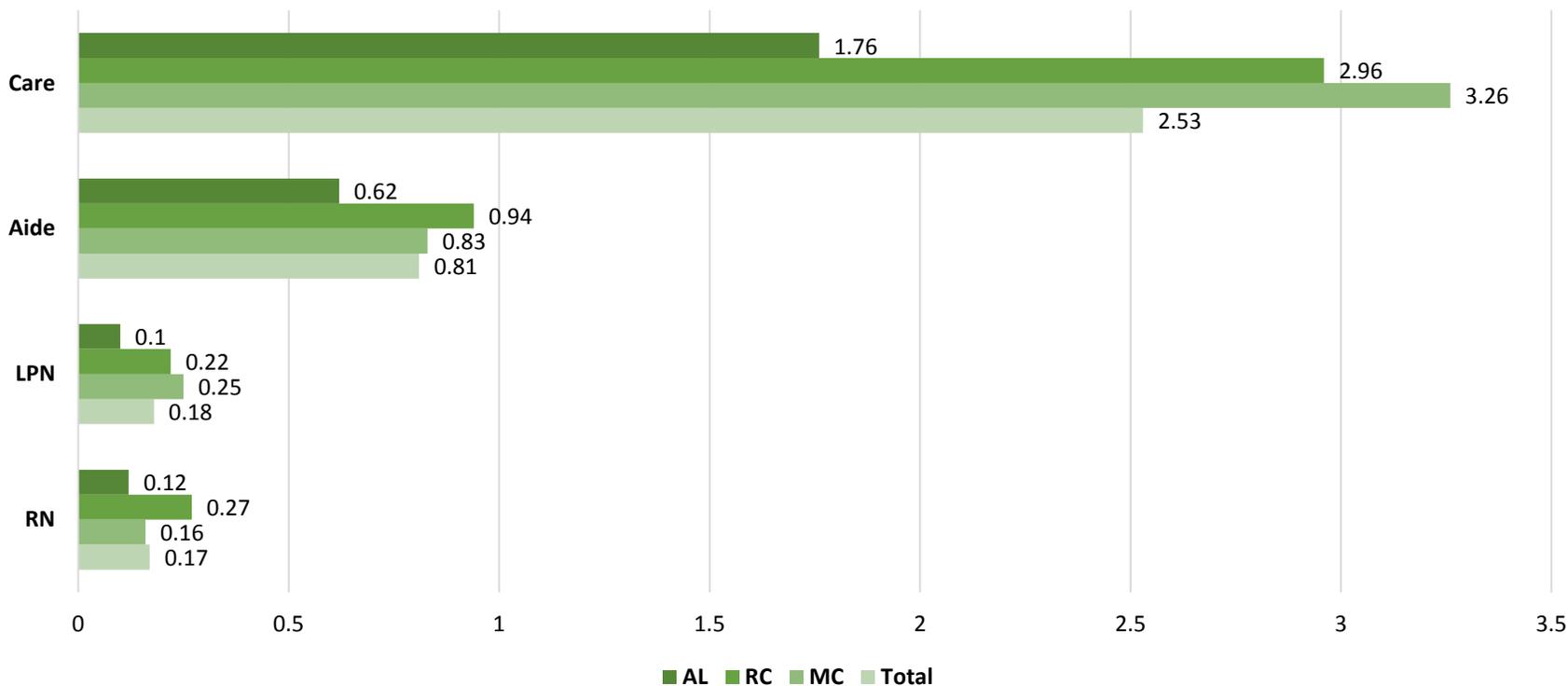
- Overall, Oregon's combined staffing level is 51 minutes higher per day compared to the national level.
- RC and MC communities report the highest staffing levels for all categories, compared to ALs.
- Aide refers to care staff who are certified nursing assistants or certified medication aides.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 3*

Figure 2.4 – *Staff Training Topics Covered in the Prior 12 Months*

Training Topic	Percentage
Safety	100%
Residents' rights	98%
Disease-specific	95%
Abuse	95%
Person-directed care	90%
Medication administration	89%
Preventing communicable diseases	89%
Communication/problem solving	89%
Nutrition/food management	81%
Working w/resident families	74%
Hospitality skills	73%
Other	23%
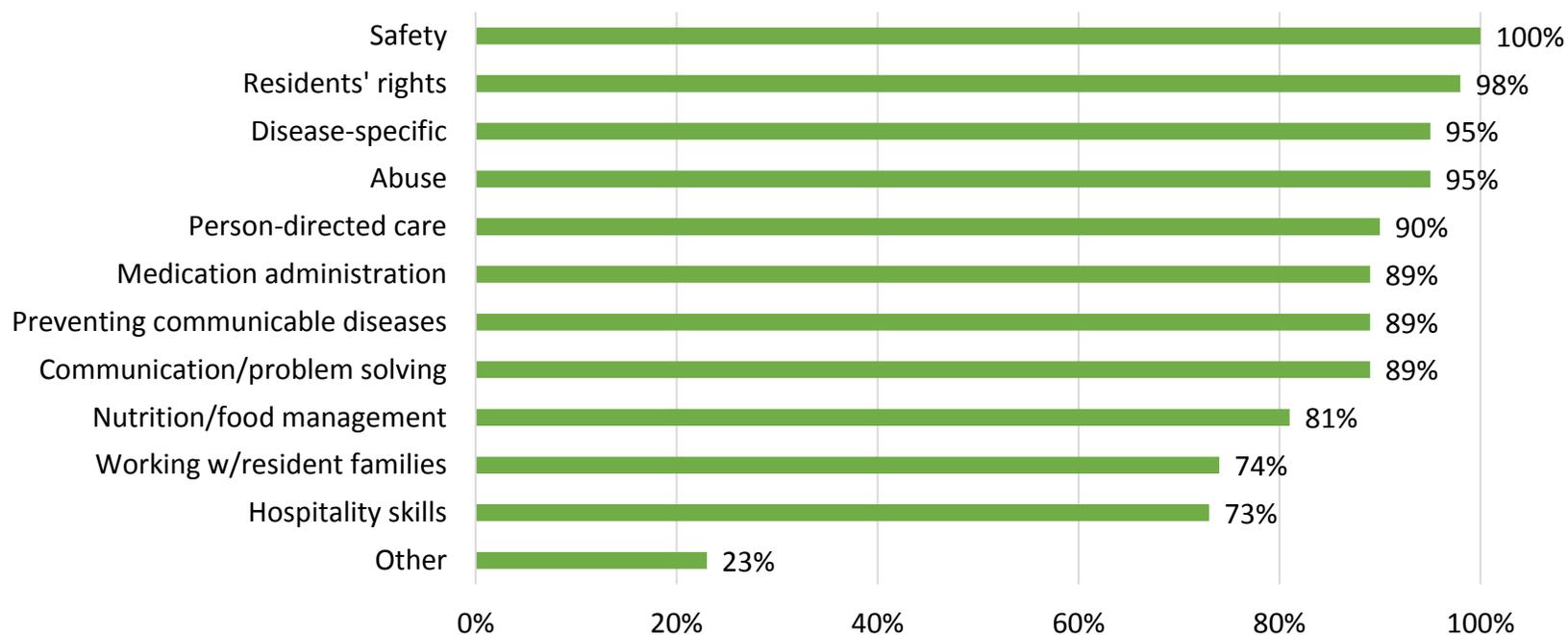
- The four most common training topics covered, based on a list provided in the questionnaire, included safety, residents' rights, disease-specific conditions (e.g. dementia), and abuse.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 4*

Section 3 -- Rates, Fees, and Medicaid Use

Table 3.1 – *Monthly Private-Pay Charges by Setting*

	AL % (n)	RC % (n)	MC % (n)
Average base monthly charge	$3,156.42	$3,178.82	$4,781.08
Minimum	$2,000	$1,670	$2,900
Maximum	$4,783	$8,640	$8,804
Average total monthly charge (including services)	$3,474.53	$3,555.75	$5,168.02
Minimum	$2,400	$1,670	$2,900
Maximum	$5,200	$8,640	$8,804

- For RC and MC, the highest base monthly charge exceeded $8,600 per month.
- The difference between MC and AL/RC rates was about $,1600 per month.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table 5*

Figure 3.1 – *Private-Pay Total Monthly Charges*
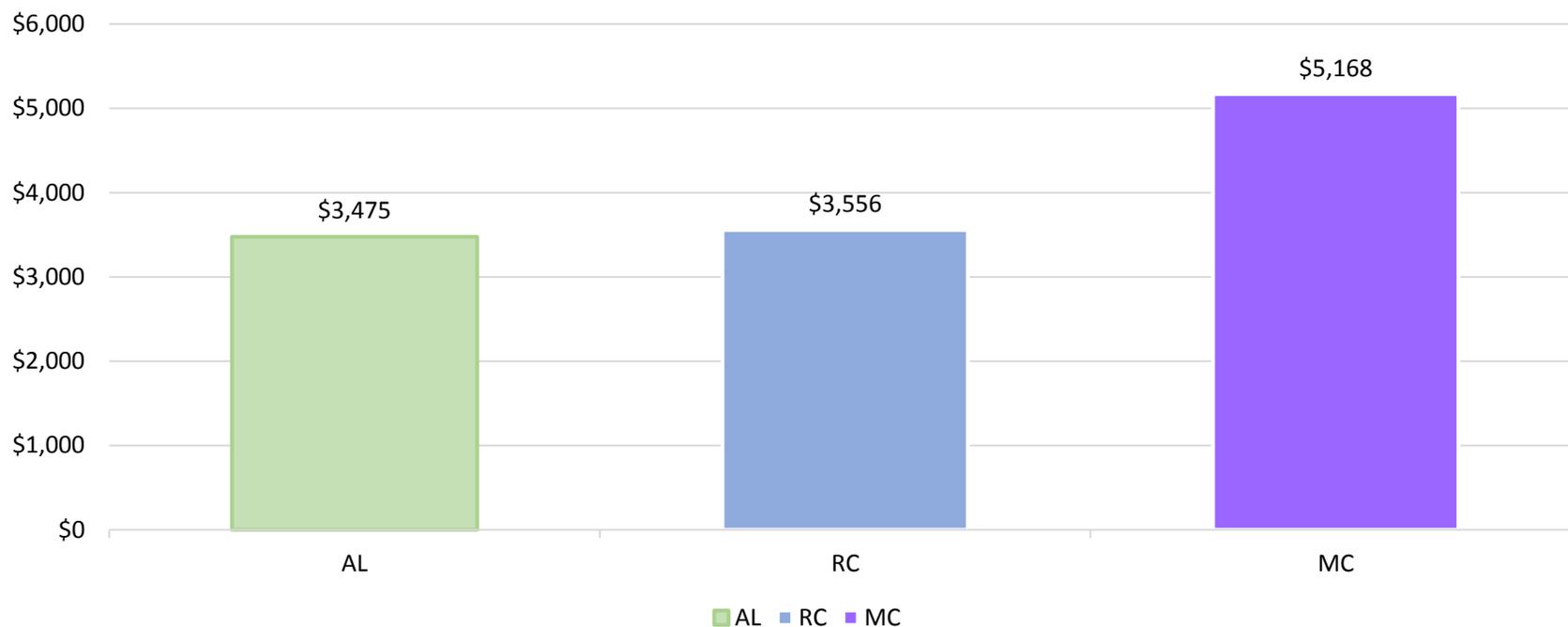
- The mean total monthly rates were about 10 percent higher than the base rate, with ALs charging $3,465, RCs charging $3,556, and MCs charging an additional $1,612 to $1,694 per month, for a total of $5,168, on average.
- These rates are similar to the median rate for Oregon, $3,880 per month, reported in a national survey of assisted living costs (Genworth, 2015).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 5*

Figure 3.1 – *Estimated Total Annual Charges for AL, RC, and MC in Oregon*

Private Pay (estimated), $613,344,712 70%

Medicaid charges paid (data from DHS), $257,020,390 30%

■ Private Pay (estimated) ■ Medicaid charges paid (data from DHS)
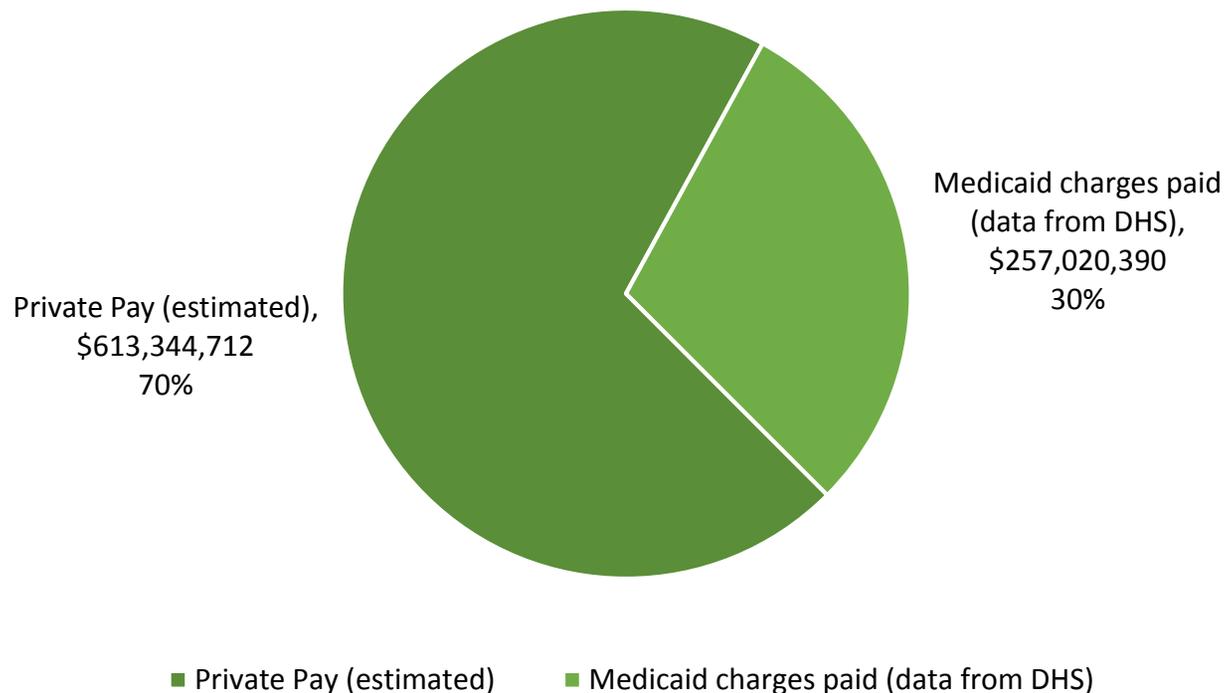
- The total estimated annual charges in Oregon for AL, RC, and MC were over three quarters of a billion dollars ($870,365,102), of which 30 percent were Medicaid charges (including room and board charges) paid by DHS on behalf of Medicaid-eligible residents.
- Based on responses and estimates for non-respondents, we estimate that the total private pay charges were $613,344,711 annually. According to DHS, providers billed a total of $257,020,390 between January and December 2015 for Medicaid services on behalf of AL, RC, and MC residents in Oregon.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 6*

Table 3.2 – *Estimated Monthly and Annual Profession Charges for Oregon AL, RC, MC*

Estimated Monthly and Annual Profession Charges for Oregon AL, RC, MC				
Questionnaire Respondent Facilities	**AL**	**RC**	**MC**	**Totals**
Private Pay				
Total current residents	5846	2439	2409	10694
- Total current Medicaid beneficiaries	2455	976	988	4419
= Total of current private pay residents	3391	1463	1421	6275
x Average total monthly charge incl. services	$3,475	$3,556	$5,168	
= Total private pay charges	$11,781,019	$5,203,485	$7,345,359	**$24,329,862**
Other Facilities in Oregon (non-respondents)	**AL**	**RC**	**MC**	**Totals**
Private Pay				
Licensed capacity	7030	2213	2769	
x Occupancy rate*	0.83	0.83	0.89	
= Estimated total current residents	5835	1837	2464	10136
x Estimated % of Medicaid residents**	36%	29%	28%	
= Estimated total Medicaid beneficiaries	2101	533	690	3323
Estimated total current residents	5835	1837	2464	10136
- Estimated total Medicaid beneficiaries	2101	533	690	3323
= Estimated total private pay residents	3734	1304	1774	
x Average total monthly charge incl. serv.*	$3,475	$3,556	$5,168	
Total est. charges for private pay residents	$12,975,062	$4,637,128	$9,170,007	**$26,782,197**
Estimated Total Annual Private Pay Charges				**$613,344,712**
Total Annual Medicaid Charges Paid (data from DHS)				**$257,020,390**
Total Annual Profession Charges				**$870,365,102**

- The calculation of industry charges was informed by a similar calculation conducted using data from the national survey of residential care communities (Khatutsky et al., 2016), resulting in total estimated industry charges nationally.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table A2*

Section 4 – Community Services and Policies

Table 4.1 – *Policies Prompting a Move-Out Notice*

	AL % (n)	RCF % (n)	MCC % (n)	Total % (n)
Hitting/Acting out with anger				
Communities	82% (90)	75% (57)	69% (52)	76% (199)
Residents	84% (4,896)	82% (1,999)	70% (1,682)	80% (8,577)
Two-person transfer				
Communities	36% (40)	36% (27)	9% (7)	28% (74)
Residents	40% (2,351)	30% (728)	5% (114)	30% (3,193)
Wandering behaviors				
Communities	71% (78)	41% (31)	4% (3)	43% (112)
Residents	75% (4,372)	50% (1,230)	6% (142)	54% (5,744)
Sliding scale insulin				
Communities	5% (6)	8% (6)	4% (3)	6% (15)
Residents	6% (339)	10% (252)	3% (75)	6% (666)

- Communities most commonly had a move-out notice policy for a resident who was hitting others/acting in anger (76 percent), followed by wandering (43 percent), a resident needing two-person transfer assistance (28 percent), and a resident needing sliding-scale insulin injections (6 percent).
- A much lower percentage of MCs compared to ALs or RCs used a move-out notice for residents hitting others/acting in ager, wandering, or requiring a two-person transfer.
- Wandering is a behavioral symptom that affects some persons with dementia. It includes getting lost, trying to leave the building, and searching for home.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table 6*

Figure 4.1 – *Use of Fall Risk Assessment by Setting*
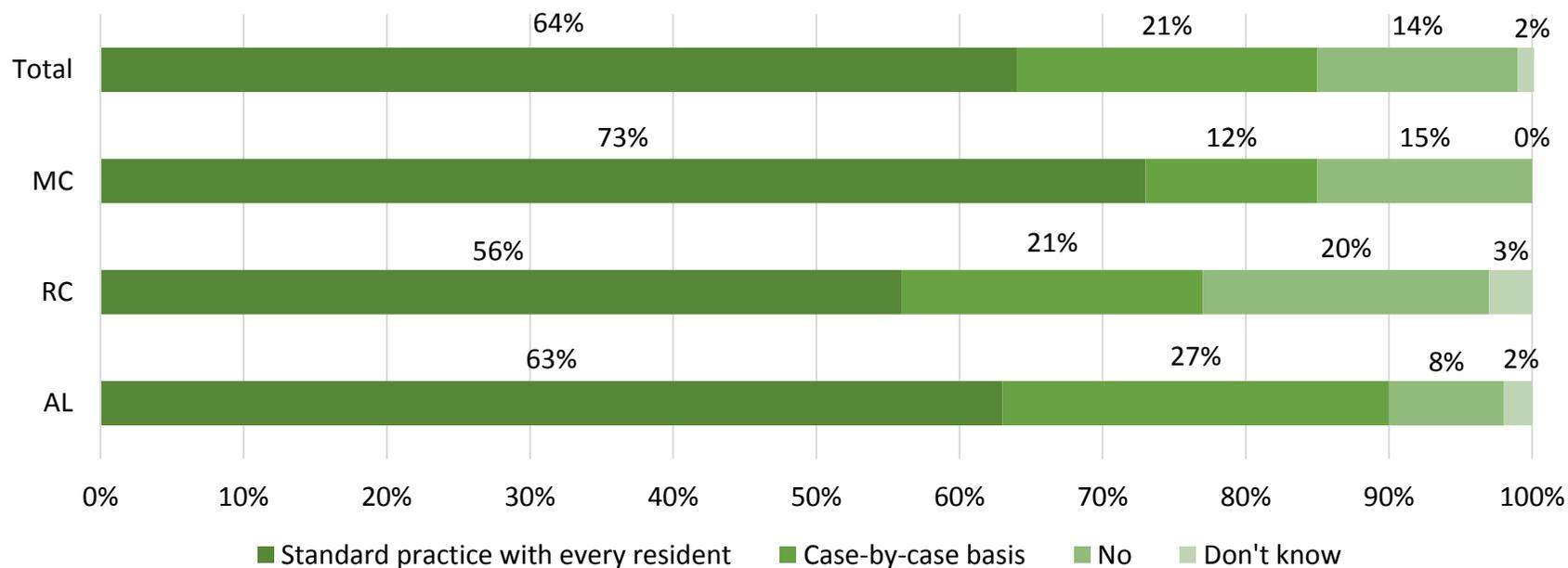
- 85 percent of communities reported that they used a fall risk assessment tool as a standard practice with every resident or on a case-by-case basis.
- A larger percentage of MCs reported using a fall risk assessment; MCs also reported a larger percentage of residents who had fallen in the past 3 months (see Residents Section).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 7*

Figure 4.2 – *Frequency of Medication Records Review by Setting*
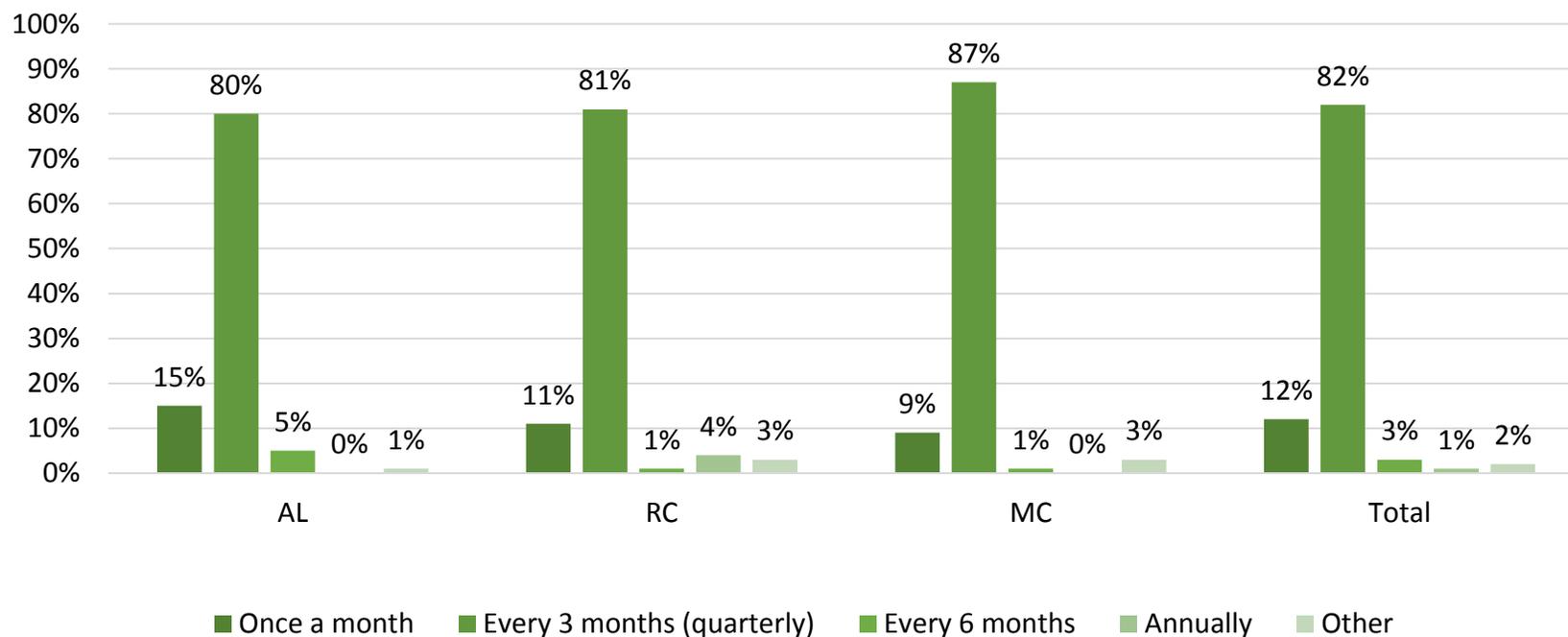
- 82 percent of communities reviewed their medication administration record (MAR) quarterly, 12 percent did so monthly, and four percent reviewed their MARs every six months or annually.
- AL was the most likely to review their MAR monthly while MC was the most likely to review their MAR quarterly.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 8*

Table 4.1 – *Languages Spoken by Staff and Residents*

| Languages	Staff (n)	Residents (n)	Languages	Staff (n)	Residents (n)	Languages	Staff (n)	Residents (n)
Spanish	174	48	Korean	1	3	Palauan	1	-
Filipino	15	-	Tigre	1	2	Siam	1	-
Russian	15	-	Arabic	1	1	Sinhalese	1	-
Tagalog	15	-	Bengali	1	-	Sinhalese	1	-
Romanian	8	2	Bosnian	1	-	Yapese	1	-
Chinese	6	3	Cambodian	1	-	Polish	-	3
Vietnamese	5	3	Comorian	1	-	Swedish	-	3
German	4	12	Chuukese	1	-	Farsi	-	2
ASL	3	2	Croatian	1	-	Finnish	-	2
African	3	-	Dzongkha	1	-	Hungarian	-	2
Amharic	3	-	Ethiopian	1	-	Thai	-	2
French	2	6	Hawaiian	1	-	Tibet	-	1
Malayo	2	-	Marshallese	1	-	Hebrew	-	1
Portuguese	2	-	Micronesian	1	-	Greek	-	1
Samoan	2	-	Navaho	1	-	Dutch	-	1
Ukrainian	2	-	Oromo	1	-	Laos	-	1
Japanese	1	9	Pacific Islander	1	-	Italian	-	1
Hindi	1	3	Palau	1	-			

- Other than English, the language most commonly spoken by both staff and residents was Spanish.
- Forty-eight facilities reported at least one resident who spoke Spanish, and of these, 42 reported at least one Spanish speaking employee.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B11*

Section 5 – Residents

Figure 5.1 – *Age Distribution of Residents across All Community-Based Care Settings*
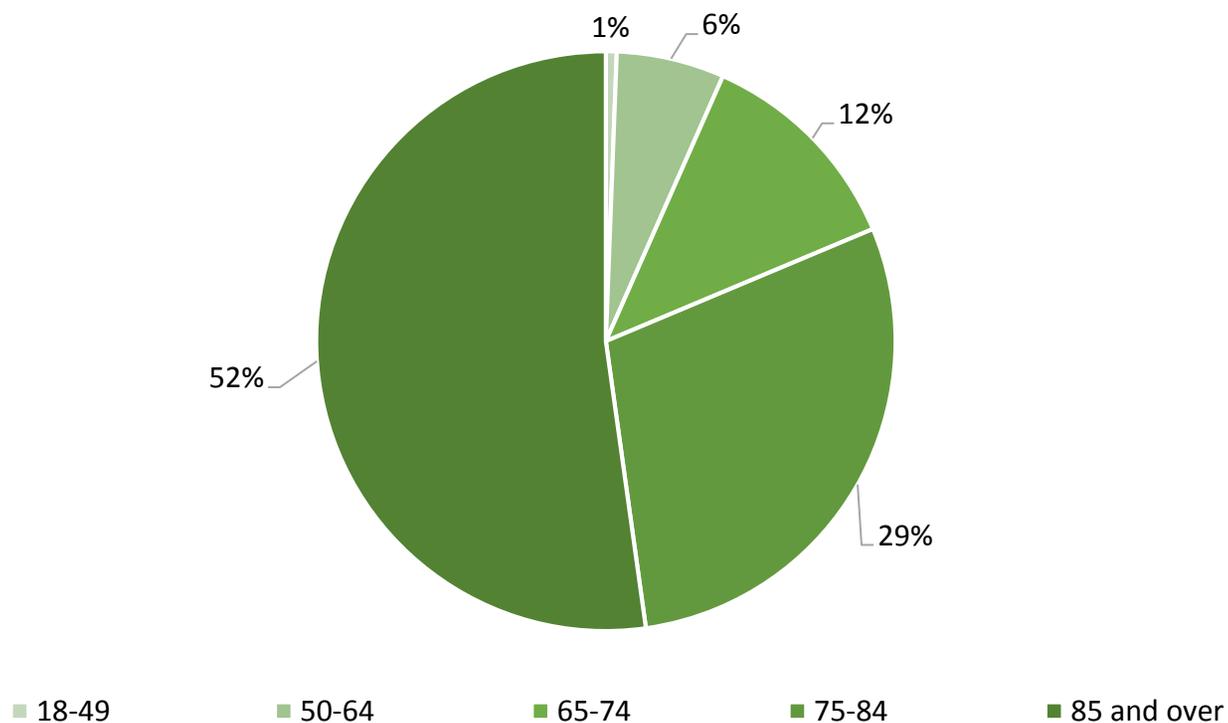
- The majority (93 percent) of residents were 65 years of age or older.
- Over half (52 percent) of residents were age 85 and over, but the average ages were 82 for MC residents, 81 for AL residents, and 79 for RC residents.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 9*

Table 5.1 – *Gender and Age of Residents*

		AL % (n)	RC % (n)	MC % (n)	Total % (n)
Gender					
	Male	27% (1,594)	38% (918)	29% (707)	30% (3,219)
	Female	73% (4,252)	62% (1,520)	71% (1,702)	70% (7,474)
	Transgender	-	<1% (1)	-	<1% (1)
Age Groups					
	<18	-	-	-	-
	18-49	<1% (25)	2% (45)	<1% (2)	1% (72)
	50-64	5% (309)	10% (234)	2% (58)	6% (72)
	65-74	12% (680)	14% (349)	10% (250)	12% (1,279)
	75-84	28% (1,663)	26% (641)	35% (849)	29% (3,153)
	85 and over	54% (3,169)	48% (1,250)	52% (1,250)	52% (5,589)
Total		5,846	2,439	2,409	10,694

- The majority (70 percent) of residents were female. AL had the highest percentage (73 percent) of female residents at compared to MC (71 percent) and RC (62 percent).
- The majority (52 percent) of residents were age 85 and over. AL had the highest percentage (54 percent) of residents aged 85 and over. However, MC had the highest percentage (87 percent) of residents who were aged 75 and over.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B3*

Table 5.2 – *Race of Residents*

	AL % (n)	RC % (n)	MC % (n)	Total % (n)
Hispanic Latino	1% (34)	1% (29)	1% (33)	1% (96)
American Indian or Alaska Native	<1% (26)	1% (16)	<1% (7)	<1% (49)
Asian	1% (55)	3% (66)	1% (22)	1% (143)
Black	<1% (13)	2% (38)	1% (17)	1% (68)
Native Hawaiian/other Pacific Islander	<1% (10)	<1% (9)	<1% (3)	<1% (22)
White	90% (5,289)	87% (2,131)	94% (2,262)	91% (9,682)
Two or more races	<1% (29)	<1% (6)	<1% (4)	<1% (39)
Other or Unknown	7% (390)	6% (144)	3% (61)	6% (595)
Total	5,846	2,439	2,409	10,694

- The majority (91 percent) of residents were White, non-Hispanic. MC had the highest percentage (94 percent) of residents who were White, non-Hispanic.
- Although, the majority of residents were White, non-Hispanic, three percent of RC residents were Asian and two percent were Black.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B4*

Figure 5.2 – *Resident Location Prior to Move-In*
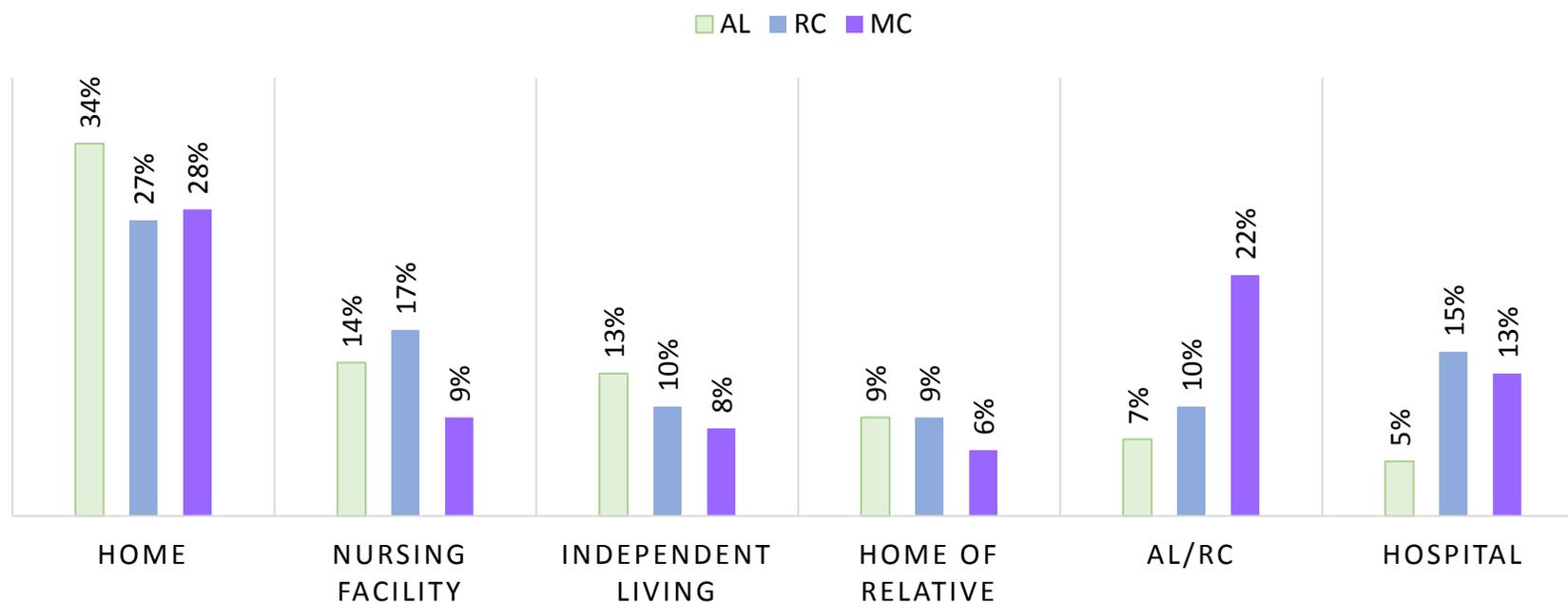
- Residents who moved into AL, RC, and MC were most likely to move from home (30 percent), although there was variation by setting type.
- AL residents were most likely to move from home (34 percent), a nursing facility (14 percent), or an independent living community (13 percent).
- RC residents were most likely to move in from home (27 percent), a nursing facility (17 percent), or a hospital (15 percent).
- MC residents were most likely to move in from home (29 percent), an AL or RC community (22 percent), or a hospital (13 percent).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 10*

Figure 5.3 – *Resident Move-Out Location*
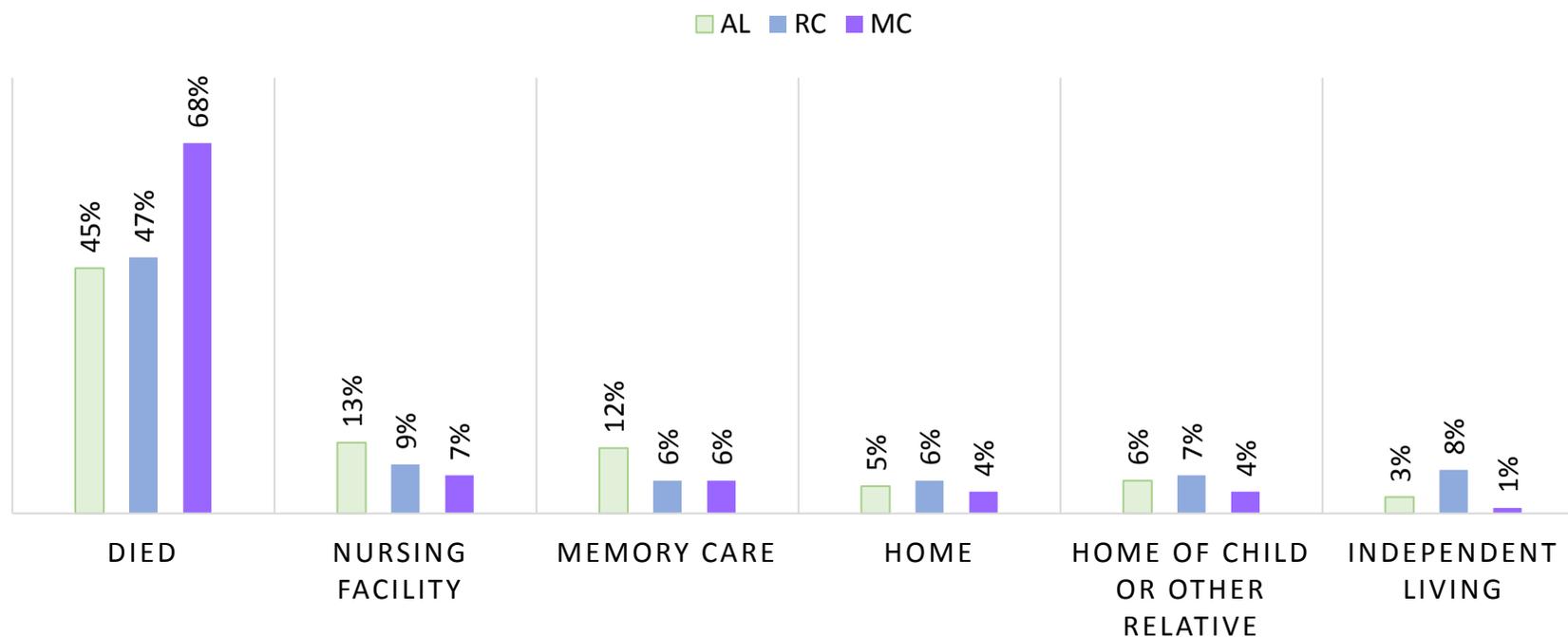
- Residents were most likely to leave an AL, RC, or MC due to death (51 percent), although there was variation by setting type.
- AL residents were most likely to move out due to death (45 percent), move out to a nursing facility (13 percent), or to a MC community (12 percent).
- RC residents were most likely to move out due to death (47 percent), move out to a nursing facility (9 percent), or to an independent living community (8 percent).
- MC residents were most likely to move out due to death (68 percent), move out to a nursing facility (7 percent), or to a different MC community (6 percent).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 11*

Table 5.3 – *Move-In and Move-Out Location of Residents*

	AL		RC		MC		Total	
	In	**Out**	**In**	**Out**	**In**	**Out**	**In**	**Out**
Locations	**% (n)**	**% (n)**	**% (n)**	**% (n)**	**% (n)**	**% (n)**	**% (n)**	**% (n)**
Home	34% (194)	5% (34)	27% (89)	6% (17)	28% (101)	4% (11)	30% (384)	5% (62)
Home of relative	9% (53)	6% (35)	9% (28)	7% (20)	6% (22)	4% (12)	8% (103)	5% (67)
Independent living	13% (72)	3% (17)	10% (31)	8% (24)	8% (29)	1% (3)	10% (132)	4% (44)
AL/RC	7% (43)	4% (27)	10% (31)	5% (16)	22% (80)	4% (12)	12% (154)	4% (55)
Memory care	1% (6)	12% (77)	1% (3)	6% (19)	6% (23)	6% (20)	3% (32)	9% (116)
Hospital	5% (31)	2% (2)	15% (48)	6% (18)	13% (49)	2% (7)	10% (128)	3% (37)
Adult foster care	2% (14)	6% (39)	4% (13)	2% (6)	5% (17)	4% (12)	3% (44)	5% (57)
Nursing facility	14% (83)	13% (81)	17% (54)	9% (26)	9% (31)	7% (21)	13% (168)	10% (128)
Other	4% (24)	1% (8)	5% (17)	2% (6)	1% (4)	1% (2)	4% (45)	1% (16)
Died	-	45% (280)	-	47% (142)	-	68% (209)	-	51% (632)
Don't know	10% (55)	2% (11)	3% (11)	2% (7)	2% (8)	-	6% (74)	1% (18)
Total	575	621	325	301	364	309	1,264	1,232

- This table is a more detailed look at the location of residents prior to move-in and their destination location upon move-out (Figure 5.3). The majority of residents moved in from home (30 percent) while the majority moved out due to death (51 percent).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B5*

Table 5.4 – *Length of Stay*

	AL % (n)	RC % (n)	MC % (n)	Total % (n)
1-7 days	1% (8)	3% (10)	2% (7)	2% (25)
8-13 days	1% (8)	2% (6)	2% (6)	2% (20)
14-30 days	4% (24)	5% (16)	6% (18)	5% (58)
31-90 days	8% (47)	11% (33)	8% (25)	9% (105)
90-180 days (3-6 months)	10% (65)	9% (28)	14% (41)	11% (134)
181 - 1 year (6-12 months)	11% (69)	20% (59)	15% (45)	14% (173)
Total under one year				**42% (515)**
1 - 2 years	21% (133)	17% (52)	19% (57)	20% (242)
2-4 years	21% (133)	19% (58)	22% (65)	21% (256)
More than 4 years	22% (134)	13% (39)	12% (35)	17% (208)
Total over one year				**58% (706)**
Total	621	301	299	1,221

- Over half (58 percent) of residents who moved out in the prior three months had stayed for one year or longer before moving.
- AL residents had the longest length of stay, with 64 percent of residents staying for one year or longer, followed by MC residents (53 percent), and RC residents (49 percent).
- 18 percent of settings reported stays of 90 or fewer days compared to 23 percent in 2015.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table 7*

Table 5.5 – *Personal Care Needs*

	AL % (n)	RC % (n)	MC % (n)	Total % (n)
Eating	3% (150)	7% (178)	27% (642)	9% (970)
Transferring from a bed or chair	22% (1,286)	27% (665)	40% (962)	27% (2,913)
Dressing	39% (2,287)	42% (1,033)	77% (1,854)	48% (5,174)
Bathing and/or showering	54% (3,173)	62% (1,507)	93% (2,233)	65% (6,913)
Using the bathroom	26% (1,542)	33% (813)	74% (1,790)	39% (4,145)
Incontinence care	30% (1,768)	38% (933)	74% (1,774)	42% (4,475)
Walking/mobility	25% (1,483)	25% (602)	46% (1,103)	30% (3,188)
Mobility Aid	72% (4,221)	69% (1,684)	65% (1,556)	70% (7,461)

- Nearly two-thirds of residents required staff assistance with at least one of the above personal care needs.
- Across all setting types, 65 percent of residents required assistance with bathing and/or showering, 48 percent required assistance with dressing, 42 percent required assistance with incontinence care, and 39 percent required assistance with using the bathroom.
- Overall, 30 percent of residents required assistance with mobility and 70 percent used a mobility aid of some type.
- MC had the highest percentage of residents who needed assistance with all personal care needs.
- AL had the highest percentage of residents who need a mobility aid (72 percent), followed by RC residents (69 percent), and MC residents (65 residents).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table 8*

Figure 5.4 – *Most Common Diagnosed Chronic Conditions by Setting*
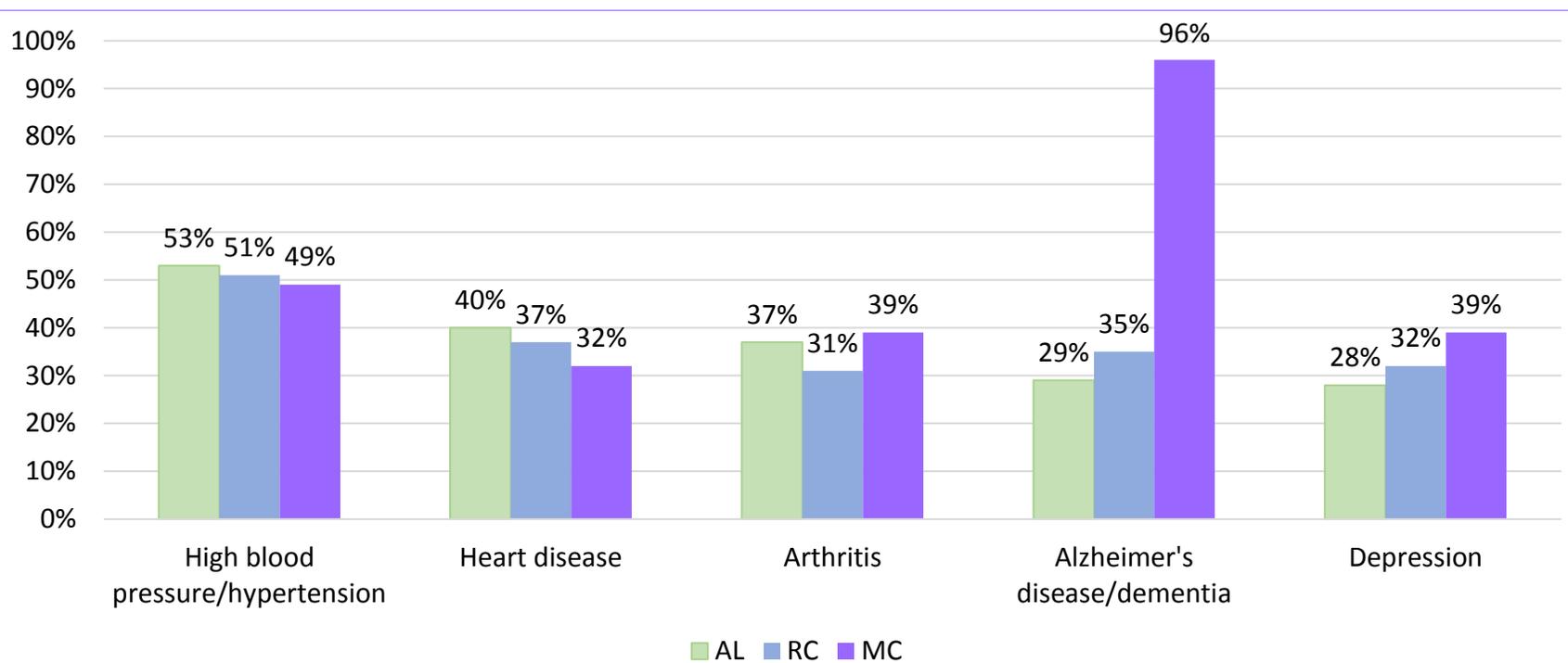
- The five most common diagnosed chronic conditions among residents across all setting types were hypertension (51 percent), Alzheimer's disease or other dementias (46 percent), heart disease (38 percent), arthritis (36 percent), and depression (31 percent).
- Alzheimer's disease and other dementias was highest in memory care (96 percent).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 12*

Table 5.5 – *Resident Chronic Conditions*

	AL % (n)	RC % (n)	MC % (n)	Total % (n)
Heart disease	40% (2,356)	37% (901)	32% (770)	38% (4,027)
Alzheimer's disease/dementia	29% (1,707)	35% (854)	96% (2,324)	46% (4,885)
High blood pressure/hypertension	53% (3,090)	51% (1,240)	49% (1,173)	51% (5,503)
Depression	28% (1,609)	32% (775)	39% (937)	31% (3,321)
Serious mental illness (bipolar, schizophrenia)	6% (374)	14% (340)	8% (199)	9% (913)
Diabetes	20% (1,165)	21% (518)	13% (309)	19% (1,992)
Cancer	7% (400)	7% (162)	7% (165)	7% (727)
Osteoporosis	21% (1,214)	19% (466)	26% (631)	22% (2,311)
COPD and allied conditions	16% (958)	16% (395)	12% (286)	15% (1,639)
Current drug and/or alcohol abuse	2% (98)	14% (105)	1% (36)	2% (239)
Intellectual/developmental disability	1% (64)	3% (62)	<1% (8)	1% (134)
Arthritis	37% (2,171)	31% (747)	39% (946)	36% (3,864)

- This table is a more detailed look at the chronic conditions of residents in AL, RC, and MC (Figure 5.4).
- AL residents were most likely to have high blood pressure/hypertension (53 percent), heart disease (40 percent), and arthritis (37 percent).
- RC residents were most likely to have high blood pressure/hypertension (51 percent), heart disease (37 percent), and Alzheimer's disease or other dementias (35 percent).
- MC residents were most likely to have Alzheimer's disease and or other dementias (96 percent), high blood pressure/hypertension (49 percent), and heart disease (32 percent).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B6*

**Figure 5.5 – *Resident Falls by Setting***

- 73 percent of residents had zero falls in the previous 90 days.
- The highest percentage of falls was among MC residents, with 17 percent of residents falling one time in the previous 90 days and 18 percent falling more than once.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 13*

Table 5.6 – *Resident falls by Setting*

	AL % (n)	RC % (n)	MC % (n)	Total % (n)
Residents with 0 falls	75% (4,347)	76% (1,780)	65% (1,575)	73% (7,702)
Residents who fell one time	14% (814)	13% (307)	17% (407)	15% (1,528)
Residents who fell more than one time	11% (620)	11% (245)	18% (427)	12% (1,292)
Total	5,781	2,332	2,409	10,522

- This table is a more detailed look at resident falls in AL, RC, and MC (Figure 5.5).
- Overall, nearly two-thirds (73 percent) of residents did not fall in the previous 90 days. RC had the highest percentage (76 percent) of residents who had not fallen in the previous 90 days.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B7*

Figure 5.6 – *Falls Resulting in Injury or Hospitalization by Setting*

Legend: No injury | Fall resulting in some kind of injury | Fall resulting in hopsital visit

Setting	No injury	Fall resulting in some kind of injury	Fall resulting in hospital visit
Total	46%	37%	17%
MC	41%	43%	16%
RC	45%	38%	17%
AL	50%	33%	17%
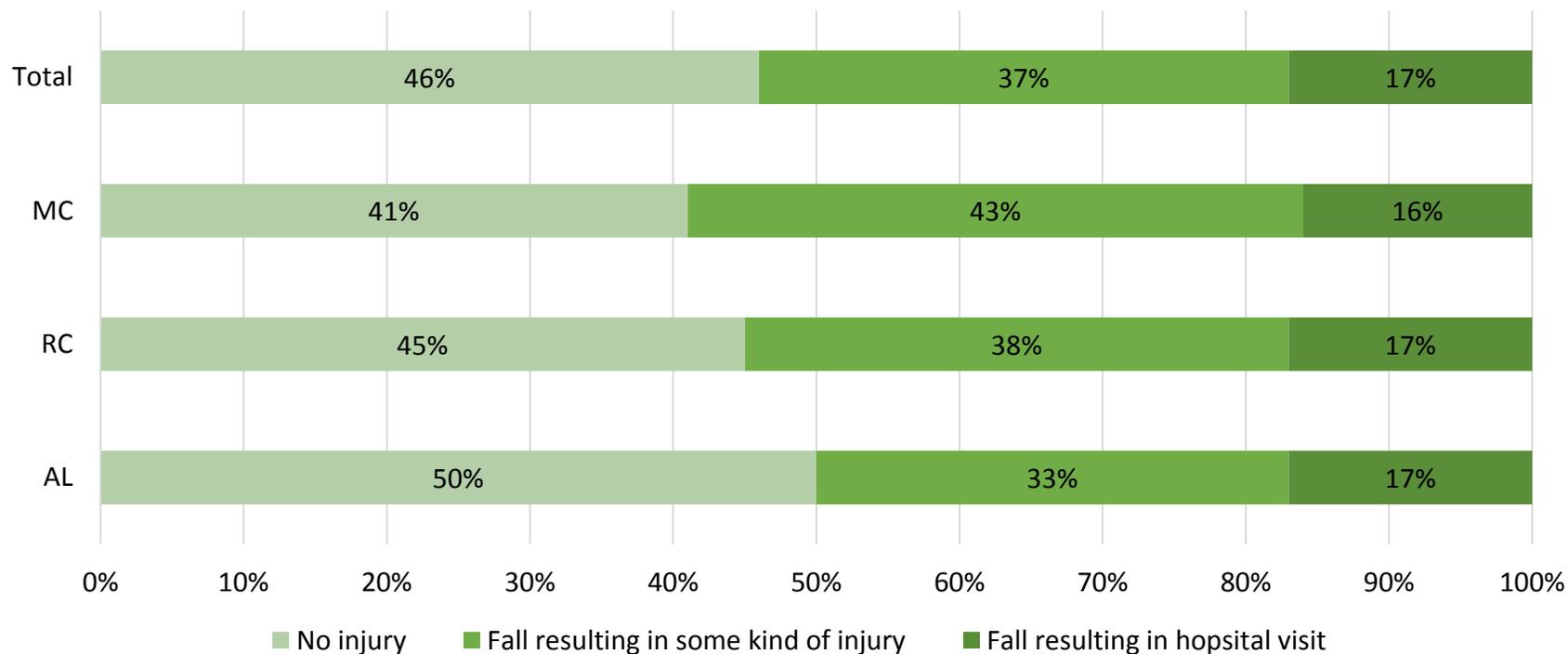
- Nearly half (46 percent) of residents who had fallen in the previous 90 days did not have a fall that resulted in injury, while 37 percent had a fall that resulted in an injury, and 17 percent had a fall that resulted in a hospital visit.
- The residents most likely to have a fall resulting in an injury over the previous 90 days lived in MC (43 percent), but MC residents had slightly fewer falls that resulted in a hospital visit (16 percent).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 14*

Table 5.7 – *Falls Resulting in Injury or Hospitalization*

|	AL % (n)	RC % (n)	MC % (n)	Total % (n)
Fall resulting in some kind of injury	33% (478)	38% (210)	43% (357)	37% (1,045)
Fall resulting in hospital visit	17% (242)	17% (93)	16% (134)	17% (469)

- This table is a more detailed look at resident falls resulting in injury in AL, RC, and MC (Figure 5.6).
- Overall, 37 percent of residents had a fall that resulted in some kind of injury and 17 percent had a fall that resulted in a hospital visit. MC had a higher percentage (43 percent) of residents who had fallen in the previous 90 days who a fall that resulted in some kind of injury compared to RC (38 percent) and AL (33 percent).

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B8*

Table 5.8 – *Health Service Utilization by Setting*

	AL % (n)	RC % (n)	MC % (n)	Total % (n)
Treated in a hospital emergency room (ER) in the last 90 days	14% (825)	12% (300)	13% (321)	14% (1,446)
Discharged from an overnight hospital stay in the last 90 days	8% (457)	8% (202)	6% (154)	8% (813)
Received hospice care in the last 90 days	5% (285)	7% (166)	11% (272)	7% (723)

- Overall, 14 percent of residents were treated in an emergency department in the previous 90 days
- Overnight hospital stays by residents in the previous 90 days across all three settings were reported at the same rate as the national level (8 percent).
- Overall, 7 percent of residents received hospice care in the previous 90 days, with MC having the highest percentage (11 percent) of residents receiving hospice care.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B9*

Figure 5.7 – *Medication Assistance by Setting*
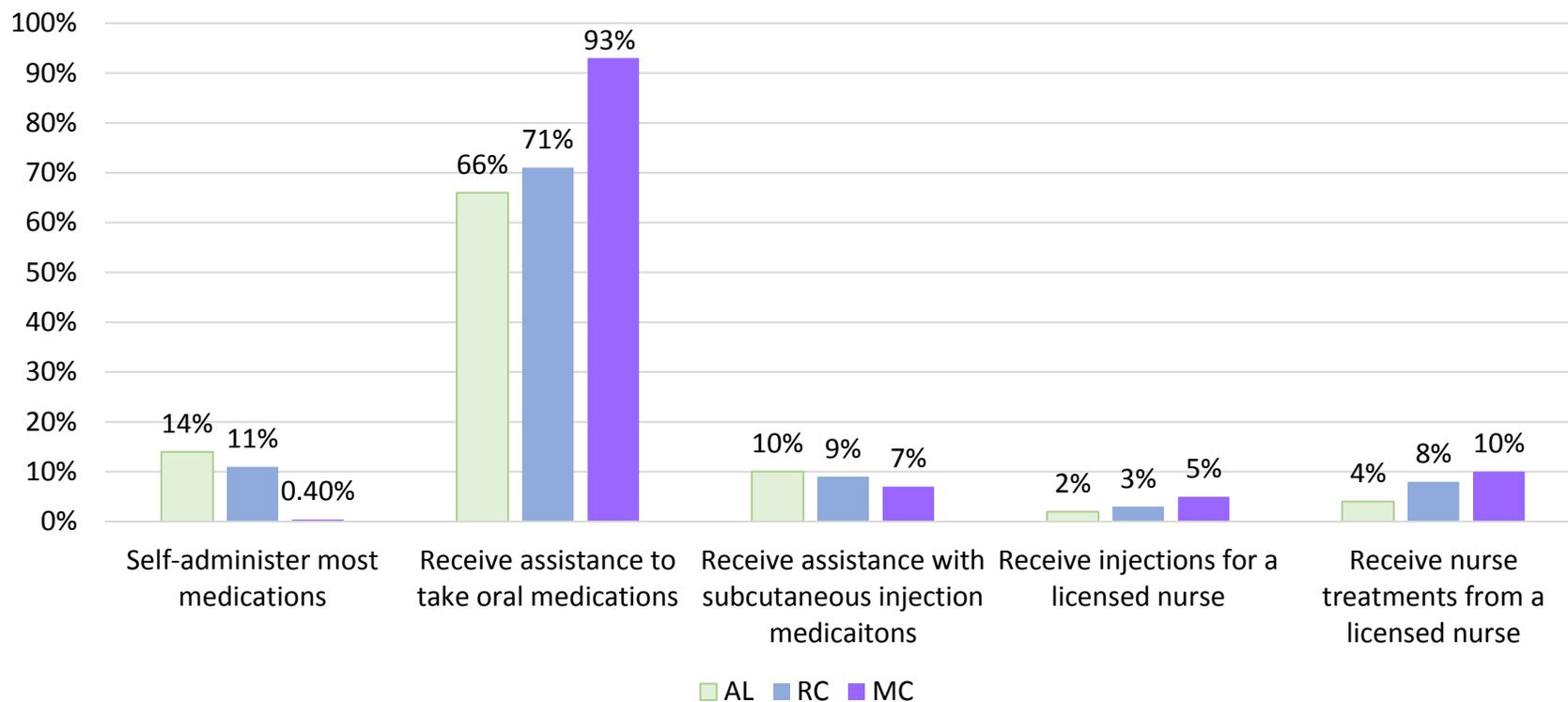
- Almost three-quarters (73 percent) of residents across the three types of CBC settings received staff assistance to take oral medications. While fewer AL (66 percent) and RC (71 percent) residents used medication assistance, nearly all MC residents (93 percent) received assistance to take oral medications.
- Across all setting types, receiving assistance with subcutaneous injection medications (9 percent), receiving nurse treatments from a licensed nurse (6 percent), and receiving injections from a licensed nurse (3 percent) were less common.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Figure 15*

Table 5.9 – *Medication Usage and Assistance by Setting*

	AL % (n)	RC % (n)	MC % (n)	Total % (n)
No medication	1% (86)	2% (55)	4% (85)	2% (226)
9 or more medications	55% (3,187)	56% (1,372)	54% (1,289)	55% (5,848)
Antipsychotic medication	19% (1,096)	26% (636)	42% (1,000)	26% (2,732)
Self-administer most medications	14% (819)	11% (272)	<1% (11)	10% (1,102)
Receive assistance to take oral medications	66% (3,887)	71% (1,720)	93% (2,230)	73% (7,837)
Receive assistance with subcutaneous injection medications	10% (571)	9% (221)	7% (157)	9% (949)
Receive injections for a licensed nurse	2% (98)	3% (79)	5% (123)	3% (300)
Receive nurse treatments from a licensed nurse	4% (209)	8% (193)	10% (243)	6% (645)

- This table is a more detailed look at medication usage by residents in AL, RC, and MC (Figure 5.7).
- The proportion of residents who take no medications at all is very low, at two percent overall – four percent in MC, two percent in RC and only one percent in AL.
- Overall, 55 percent of residents take nine or more medications and 26 percent took an antipsychotic medication. Antipsychotic medication use was highest in MC at 42 percent, followed by RC at 26 percent of residents, and 19 percent in AL.

SOURCE: *Oregon CBC Survey 2016: AL, RC, MC, Table B10*