

# Utah Health Status Update:

## Assisted Living in Utah

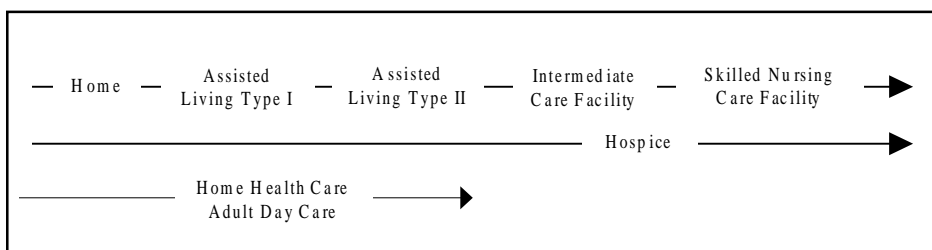
July 1998

Utah Department of Health

Assisted Living combines housing and supportive services in a “home-like” environment and strives to maximize individual functioning and autonomy. For persons who need help with activities of daily living (ADL), but do not need continuous skilled nursing services, Assisted Living bridges the gap between living independently at home and living in a nursing home. This health status update describes recent developments and trends in Assisted Living in Utah.

Assisted living is part of a continuum of long term care, in which the level of care needed is determined by one’s functional ability, as depicted below. Residential service options range from a person’s home to a skilled nursing facility. Non-residential services, such as home health care and adult day care services, are available to a person at home or in an assisted living facility; hospice care is available in any of those settings.

### Levels of long term care services in Utah.



Assisted Living became a licensed health care category in July of 1995, offering a new option for people who needed assistance with ADL and a protected living arrangement. The intent of creating a licensed category of assisted living facilities was to provide a home-like setting with support services where residents could “age in place.”

In March 1998, a new assisted living rule category was established (effective July 1998) that encompassed both residential health care and assisted living. The new rule eliminated “residential health care facilities” and created Assisted Living Type I and Type II. The services provided within each category are shown below.

### Assisted Living Services offered in Assisted Living Type I and Type II, effective July 1998 in Utah.

Service	Assisted Living Type I	Assisted Living Type II
Room and board	X	X
Assistance with activities of daily living	X	X
Social activities	X	X
Assistance with medications	X	X
Mobility with the help of one other person		X
Intermittent nursing care	X	X
24-hour general monitoring	X	X
Staffed with certified nurses aides		X
Dementia/Alzheimer’s care (early stages)		X
Health assessment	X	X
Individualized service plan	X	X
RN supervision		X

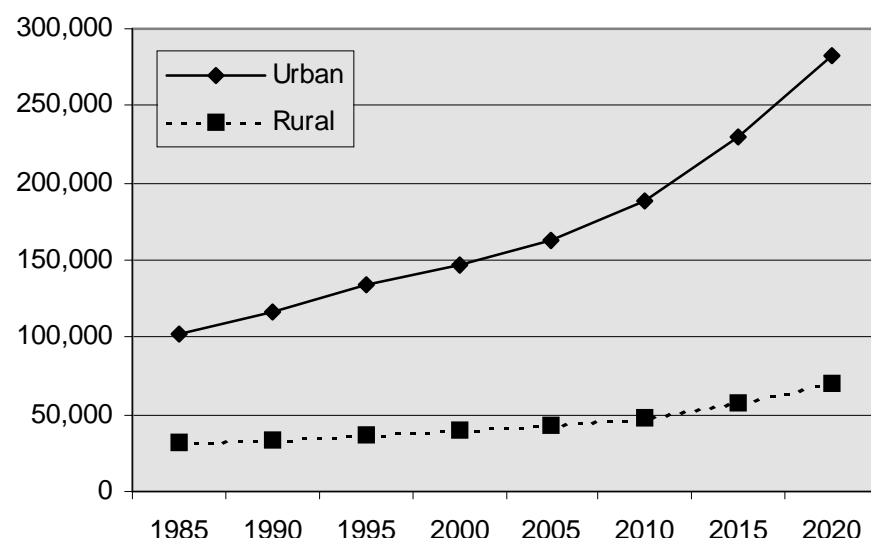
The need for Assisted Living is difficult to measure and predict. The number of older Utahns will increase dramatically in the next 20 years and there will be from 12 to 20 assisted living beds per 1,000 Utahns age 65-84 by the year 2000. Rural assisted living beds will increase at a slower pace than urban assisted living beds, but the ratio of beds to population will improve more for rural dwellers.

The total number of long term care beds (nursing care facility beds plus assisted living beds) is likely to be insufficient to meet the need in the near term in Utah. Based on data from the National Health Interview Survey, the number of Utahns over age 65 who are estimated to need assistance with activities of daily living is over three times the number of beds available in Utah.

Nationally, the average cost for a private room in an assisted living setting has declined from \$70.59 per day (\$2,118 per month) in 1996, to \$66.17 per day (\$1,985 per month) in 1998. Some of the decline may be a result of providers “unbundling” their charges, i.e., providing some services as optional extra charges rather than including them in basic daily rates. In Utah, costs range from \$925 to \$1,800 a month for Type I, and \$2,000 to \$2,500 a month for Type II Assisted Living services. Costs vary with the specific services provided to the resident and the type of living arrangement (private or semi-private).

### Utahns Age 65-84

Projected numbers of Utahns age 65 to 84 years by urban<sup>1</sup> or rural residence, 1985-2020.

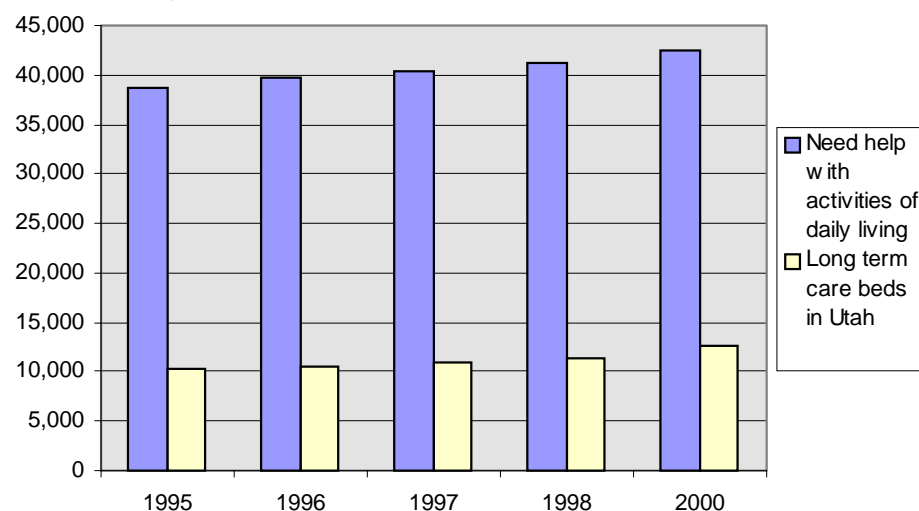


Data Source: Governor’s Office of Planning and Budget

<sup>1</sup>Urban = Davis, Salt Lake, Utah, Washington, Weber Counties

### Need for Assisted Living

Estimated<sup>1</sup> numbers of persons over age 65 who need help with ADL and numbers of long term care beds<sup>2</sup>, Utah, 1995-2000.



Sources: Report card: Assisted living facilities. (1997) Bureau of Licensing, UDOH

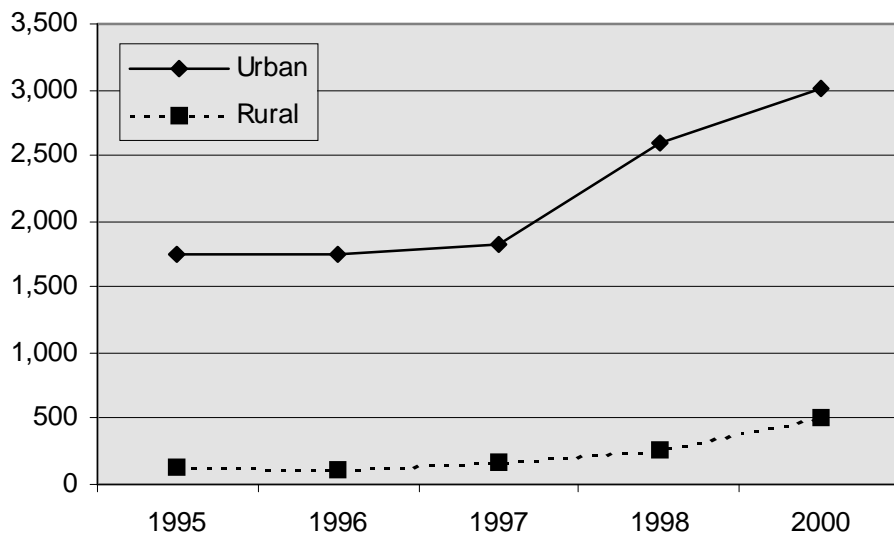
Report card: Residential health care facilities. (1997) Bureau of Licensing, UDOH

<sup>1</sup>Estimated based on data from National Health Interview and Utah population projections.

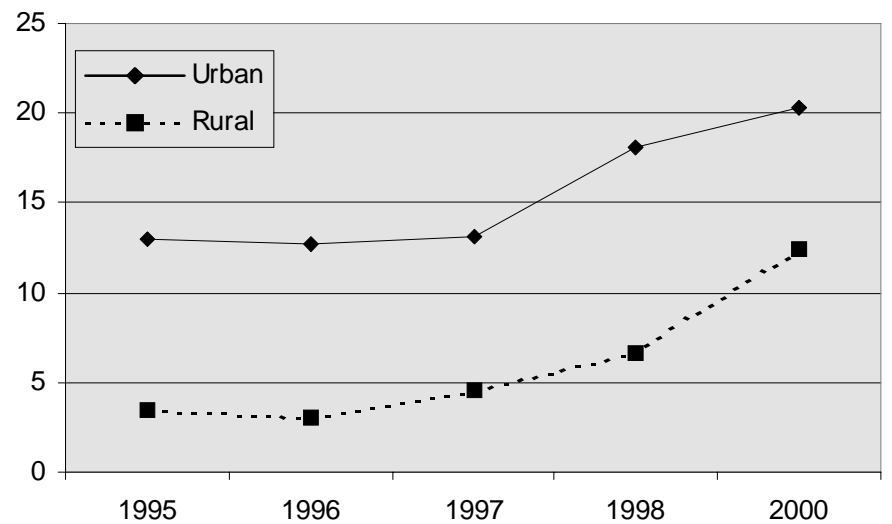
<sup>2</sup>Long term care beds = assisted living beds + nursing care facility beds.

## Supply of Assisted Living Beds

**Numbers of assisted living beds in urban<sup>1</sup> and rural Utah, 1995-2000.**



**Rates (per 1,000 persons age 65-84) of assisted living beds in urban<sup>1</sup> and rural Utah, 1995-2000.**



Data Source: Report card: Assisted living facilities. (1997) Bureau of Licensing, UDOH  
Year 2000 data were estimated based on submitted plans.

<sup>1</sup>Urban = Davis, Salt Lake, Utah, Washington, Weber Counties

## July Utah Health Status Update

Additional information about this topic is available from the Bureau of Licensing, Division of Health Systems Improvement, Utah Department of Health, P O Box 142003, Salt Lake City, Utah 84114-2003, (801) 538-6152, FAX (801) 538-7053; or from the Office of Public Health Data, (801) 538-6108, FAX (801) 538-7053, or email: [phdata@doh.state.ut.us](mailto:phdata@doh.state.ut.us).



Office of Public Health Data  
Utah Department of Health  
P O Box 142101  
Salt Lake City, Utah 84114-2101