

# POLICY BRIEF

## Senior Living: Benefits to Residents, Families, and the Greater Health Care System

### WHAT IS SENIOR LIVING?

- ▼ Senior living owners/operators serve a wide range of older adults, from those who require little assistance to those who require assistance with activities of daily living (ADL) such as bathing, dressing and eating, as well as those with significant needs associated with Alzheimer’s disease and age-related dementia. These providers and team members are on the front lines when it comes to serving frail seniors providing 24/7 expert care, supportive services, dining, housekeeping, and myriad activities that combat loneliness and isolation and promote social and intellectual engagement. Senior living communities strive to help residents feel like they are “home.”
- ▼ Senior living offers a dedicated team of compassionate people to create a caring and engaging environment where residents can live their best lives in a community-based setting where they can safely “age in place” with dignity and independence.
- ▼ The demand for this community setting is growing, the benefits are many, and the average national costs are among the lowest of Long-Term Care Services (LTCSS) options. (Home Care/Nursing Homes/Assisted Living)(SOURCE: Genworth 2021 survey):
- ▼ As the Surgeon General draws attention to the public health crisis of loneliness, isolation, and lack of connection in our country, this is not “news” to senior living professionals. Assisted living communities receive high marks for the efforts to mitigate loneliness through opportunities such as restaurant style dining and onsite programming to engage residents in socially, intellectually, and emotionally meaningful activities. Resident engagement occurs both informally and by design and is most often tailored to the interests of groups of residents at each community.
- ▼ The aging demographics of this country where people are living longer and with more chronic conditions, present a compelling case for policymakers to recognize the benefits of senior living as they look to address the issues of workforce shortages, value-based care, long term care financing, and creating overall better outcomes for older adults.

Provider	Setting	Monthly Cost	Yearly Cost
Home Health Care (44 hours per week/52 weeks)	Homemaker Health Aide	\$5,148	\$61,776
Assisted Living Community (12 months of care/housing)	Private, One Bedroom	\$4,500	\$54,000
Nursing Home Care (365 days of care)	Semi- Private Room Private Room	\$7,908 \$9,034	\$94,896 \$108,408
Adult Day Health Care (5 days per week/52 weeks)	Day Program	\$1,690	\$20,280

### WHO IS ASHA?

The American Seniors Housing Association (ASHA) is a national organization of over 500 companies involved in the operation, development, investment, and financing of the entire spectrum of seniors housing – independent living, assisted living, memory care, and Continuing Care Retirement Communities (CCRCs). We are at the forefront of advancing the interests of our executives as the premier source for research, conferences, and advocacy.

### STAFF CONTACTS

**Jeanne McGlynn Delgado**  
V.P. Government Affairs  
202.885.5561  
[jeanne@ashaliving.org](mailto:jeanne@ashaliving.org)

**Sheffield “Sheff” Richey**  
Director of Government Affairs  
202.885.5563  
[sheff@ashaliving.org](mailto:sheff@ashaliving.org)