



Community-Based Care Resident and Community Characteristics **Chart Book**

Adult Foster Home

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Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 1 – Adult Foster Home Characteristics

Section 1 – Adult Foster Home Characteristics ¹

Table 1.1 – Occupancy Rate

Total Licensed Capacity of Survey Respondents	Occupancy of survey respondents	Occupancy rate
1,401	1,218	87%

SOURCE: Oregon CBC Survey 2016: AFH, Table 1

- Survey respondents were licensed to care for 1,401 residents and reported 1,218 current residents, for an occupancy rate of 87 percent.

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>

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 1 – Adult Foster Home Characteristics

Table 1.2 – Rate of AFH Respondents at Full Capacity

	Licensed capacity % (n)	At maximum capacity % (n)
1 resident	6% (20)	100% (20)
2 residents	3% (9)	78% (7)
3 residents	6% (20)	50% (10)
4 residents	13% (40)	30% (12)
5 residents	72% (230)	62% (143)
Overall	319	60% (191)

SOURCE: Oregon CBC Survey 2016: AFH, Table 2

- Sixty-percent of AFH providers were at full capacity.
- Of the homes licensed for five residents, 62 percent actually had five residents.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 1 – Adult Foster Home Characteristics

Table 1.3 – Providers Living in AFH by Year

		2015 % (n)	2016 % (n)
Live at AFH		89% (200)	85% (272)
Family in AFH		56% (115)	72% (196)
Average number of family members		2.1	2.2
	17 or younger	32% (76)	29% (126)
	18 or older	68% (162)	71% (303)

SOURCE: Oregon CBC Survey 2016: AFH, Table 3

- Eighty-five percent of providers lived at their AFH, and of those, 72 percent had family members living in the home.
- Of these family members, 29 percent were age 17 or younger.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 1 – Adult Foster Home Characteristics

Table 1.4 – Provider Certification by Year

	Provider certification, 2015	Provider certification, 2016
CNA	21% (48)	22% (70)
RN	5% (11)	5% (17)
LPN/LVN	4% (8)	3% (10)
MSW	<1% (1)	1% (2)
Respiratory Therapist	1% (2)	<1% (1)
Other	20% (46)	16% (52)

SOURCE: Oregon CBC Survey 2016: AFH, Table 4

- 22 percent of AFH providers were CNAs, which was the most commonly reported health care certification.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 1 – Adult Foster Home Characteristics

Table 1.5 – Regional Distribution of Sample and Response

	Population % (n)	Sample Population % (n)	Respondents % (n)	Response Rate % (n)
Region 1: Portland Metro	50% (847)	50% (313)	47% (150)	48% (150)
Region 2: Willamette Valley/North Coast	25% (415)	24% (150)	25% (80)	53% (80)
Region 3: Southern Oregon/South Coast	16% (268)	16% (100)	17% (53)	53% (53)
Region 4: East of the Cascades	10% (162)	10% (63)	11% (35)	56% (35)
Total	1,692	626	318	51% (318)²

SOURCE: Oregon CBC Survey 2016: AFH, Table A1

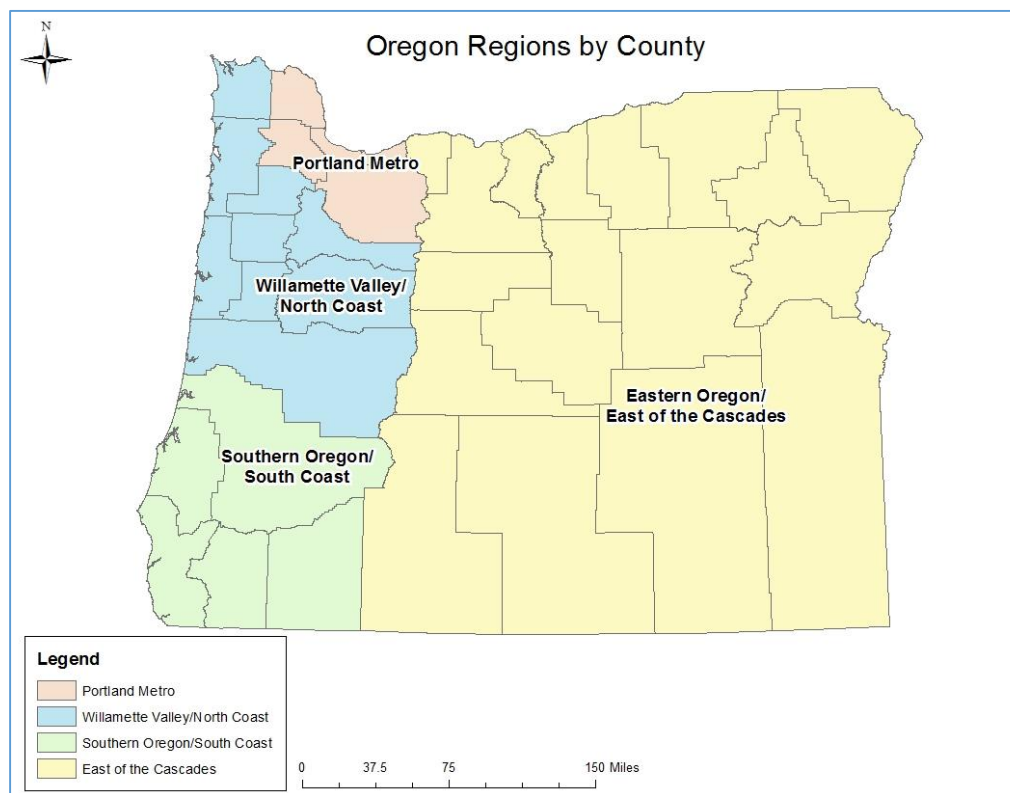
- Half of all adult foster homes in Oregon are located in Region 1 (Portland Metro).
- Region 4 (East of the Cascades) had the highest response rate (56 percent) of all four regions in Oregon.

² One respondent completed the questionnaire anonymously and is, therefore, not reflected in this total as the region is unknown in that case.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 1 – Adult Foster Home Characteristics

Figure 1.1 – Oregon Regions by County used for Sampling



SOURCE: Oregon CBC Survey 2016: AFH, Figure A1

- This figure is a geographic depiction of the four regions in which adult foster homes were grouped in Oregon.

Section 2 – Adult Foster Home Staff

Table 2.1 – Number of Caregivers Employed by Year

	Number of caregivers, 2015 % (n)	Number of caregivers, 2016 % (n)
0	20% (46)	12% (38)
1	35% (80)	23% (72)
2	26% (58)	32% (100)
3	9% (20)	19% (61)
4	2% (4)	8% (24)
5 or more	8% (18)	7% (21)

SOURCE: Oregon CBC Survey 2016: AFH, Table 5

- Forty-two percent of homes employed at least one caregiver.
- Most AFHs employed one to three caregivers, although 12 percent of homes did not employ a caregiver, compared to 20 percent last year.
- AFHs employed, on average, 2.2 caregivers (compared to 1.6 last year).

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 2 – Adult Foster Home Staff

Table 2.2 – Caregiver Certifications

	Caregivers % (n)
LPN/LVN	2% (15)
CNA	14% (94)
CMA	3% (22)
Personal Care (not licensed or certified)	81% (552)

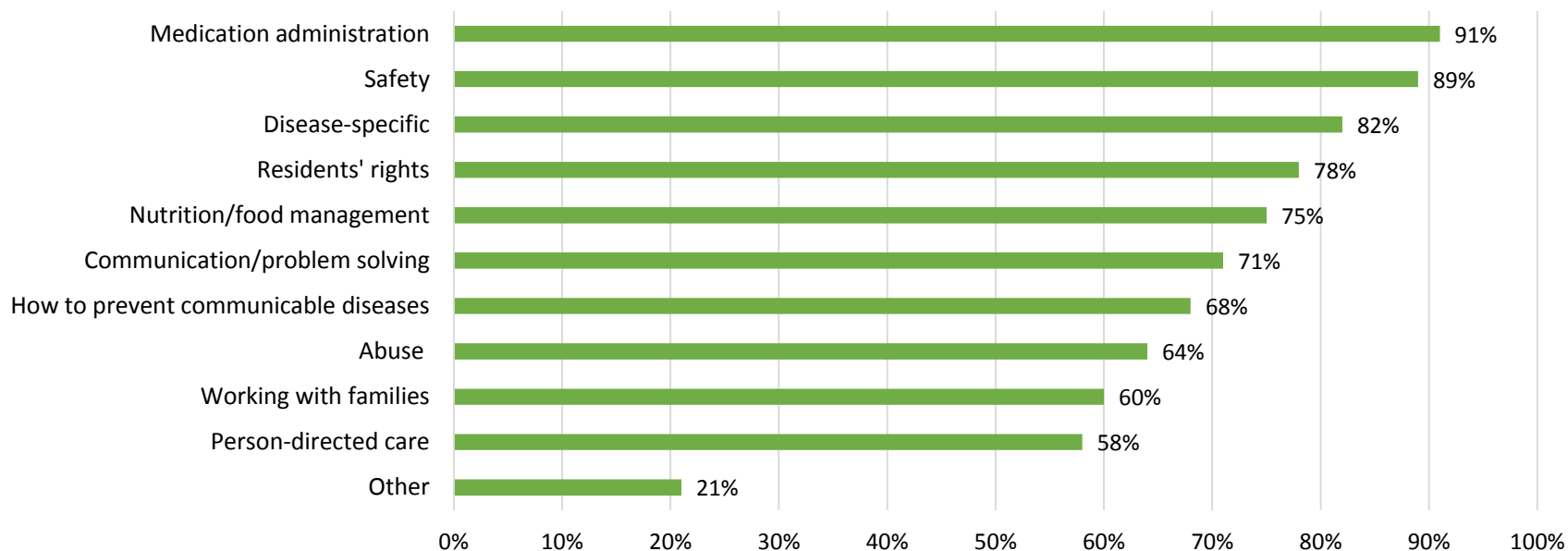
SOURCE: Oregon CBC Survey 2016: AFH, Table 6

- Most caregivers did not hold a certification or license, though 19 percent did.
- The majority (81 percent) of caregivers were personal care staff who were not licensed or certified.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 2 – Adult Foster Home Staff

Figure 2.1 – Staff Training Topics Covered in the Prior 12 Months



SOURCE: Oregon CBC Survey 2016: AFH, Figure 1

- The top five most common training topics were medication administration (91 percent), safety (89 percent), disease-specific training (82 percent), resident rights (78 percent), and nutrition (75 percent).

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 2 – Adult Foster Home Staff

Table 2.3 – Staff and Resident Languages

Languages	Staff	Residents	Languages	Staff	Residents	Languages	Staff	Residents
Romanian	67	4	Hindi	2	1	Native American	1	-
Spanish	40	9	Lao	2	3	Tamil	1	-
Tagalog	27	1	Nepali	2	-	Thai	1	1
Filipino	15	-	Samoan	2	1	Tiwa	1	-
Russian	11	4	Telugu	2	-	Tongan	1	-
German	8	2	Tibetan	2	-	Vietnamese	-	4
Hungarian	8	-	Visayan	2	-	Greek	-	2
French	5	2	Arabic	1	-	Bulgarian	-	1
Amharic	4	1	ASL	1	-	Estonian	-	1
Italian	3	-	Cambodia	1	1	Halian	-	1
Filipino	3	-	Chamorro	1	-	Japanese	-	1
Tigrigna	3	-	Chinese	1	1	Korean	-	1
Ukrainian	3	2	Czechoslovakian	1	-	Latvian	-	1
African	2	-	Hebrew	1	-	Marshallese	-	1

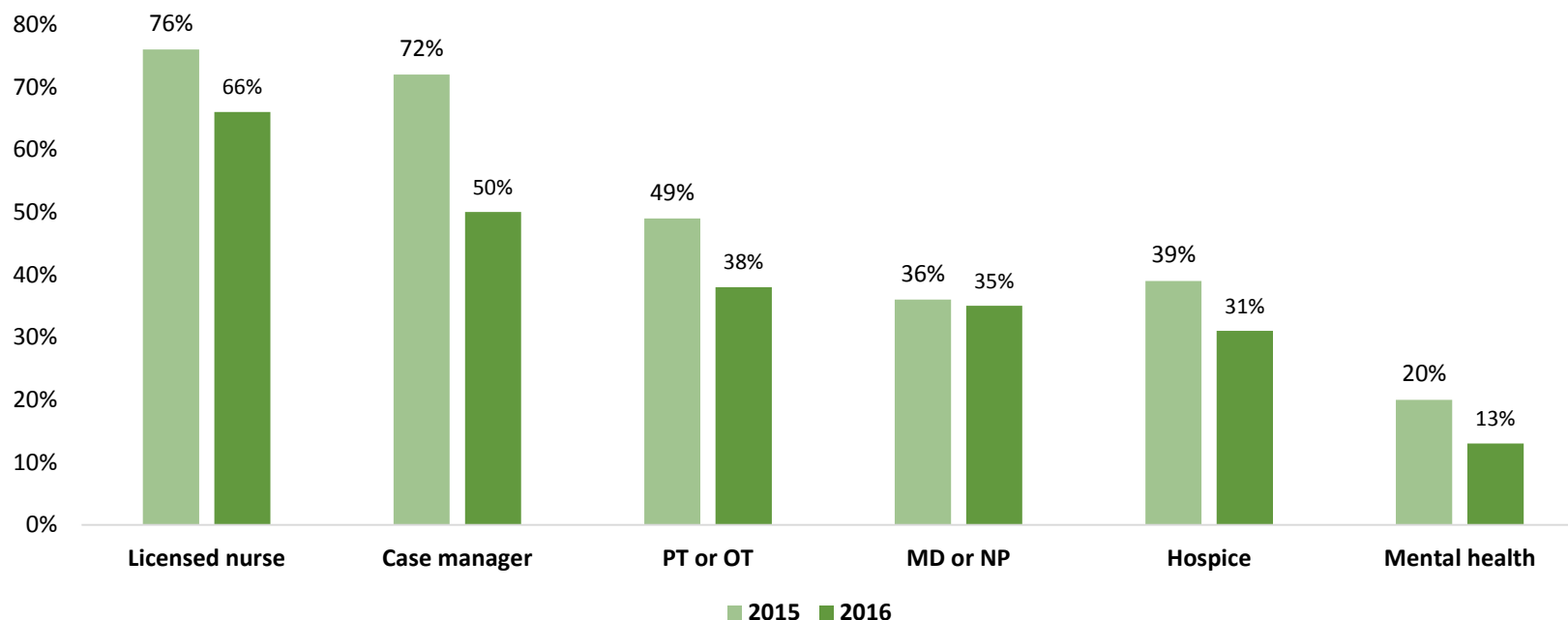
SOURCE: Oregon CBC Survey 2016: AFH, Table B1

- The language most commonly spoken by staff was Romanian. The language most commonly spoken by residents was Spanish.
- Only four percent of all residents primarily spoke a language other than English.
- Thirty-six homes reported at least one resident who spoke a language other than English, and of these, 39 percent (14 homes) reported language compatibility between the resident and an employee.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 2 – Adult Foster Home Staff

Figure 2.2 – Visits from Health Service Professionals in 2015 and 2016



SOURCE: Oregon CBC Survey 2016: AFH, Figure 2

- This figure compares the percent of homes that were visited by each of six types of professionals.
- For 2016, in order of most to least, homes were visited by a: licensed nurse (66 percent), case manager (50 percent), physical or occupational therapist, medical doctor (MD) or nurse practitioner (NP), hospice worker, mental health provider, and dentist/dental hygienist.
- Twelve percent of homes were not visited by any of these health professionals.
- For all regions, AFHs reported fewer visits from health service professionals compared to last year.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 2 – Adult Foster Home Staff

Table 2.4 – Visits from Health Service Professionals by Region

	Region 1: Portland Metro % (n)	Region 2: Willamette Valley/North Coast % (n)	Region 3: Southern Oregon/South Coast % (n)	Region 4: East of the Cascades % (n)	Total % (n)
Hospice	36% (54)	25% (20)	24% (13)	35% (12)	31% (99)
Nurse	74% (111)	48% (38)	57% (31)	82% (28)	66% (208)
MD	50% (75)	25% (20)	9% (5)	32% (11)	35% (111)
MH	15% (23)	15% (12)	6% (3)	6% (2)	13% (40)
Physical/occupational therapist	42% (63)	27% (21)	46% (25)	38% (13)	38% (122)
Case manager	47% (71)	52% (41)	48% (26)	65% (22)	50% (160)
Dentist/hygienist	16% (24)	3% (2)	4% (2)	-	9% (28)
Other	11% (16)	5% (4)	-	6% (2)	7% (22)
Total	150	79	54	34	317

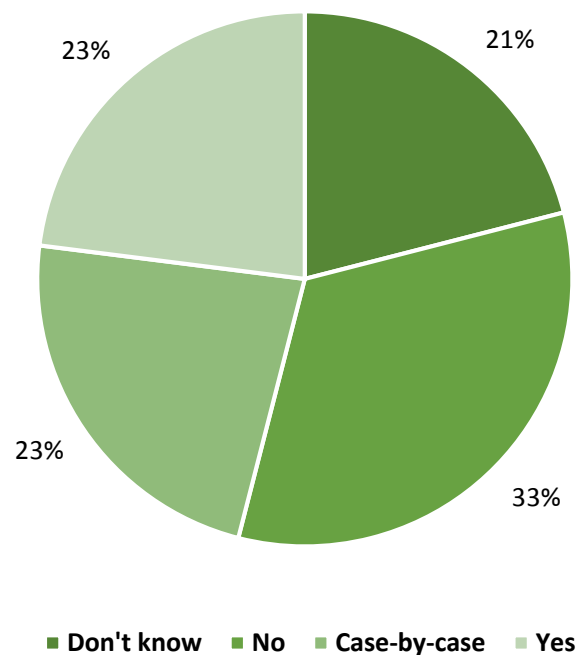
SOURCE: Oregon CBC Survey 2016: AFH, Table 7

- This table provides more detailed information about visits to adult foster homes from health service professionals (Figure 2.2).
- AFHs in Region 1 (Portland Metro) reported the greatest percentage of visits from hospice workers (36 percent), medical doctors (50 percent), and dentists/dental hygienists (16 percent).
- AFHs in Region 3 (Southern Oregon/South Coast) reported the greatest percentage of visits from physical and/or occupational therapists (46 percent).
- AFHs in Region 3 was the most likely to have had no health professionals visit the home in the past 90 days.
- AFHs in Region 4, East of the Cascades, reported the highest percentage of visits from nurse and home health providers (82 percent) and case managers (65 percent).

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 2 – Adult Foster Home Staff

Figure 2.3 – Use of a Fall Risk Assessment Tool



SOURCE: Oregon CBC Survey 2016: AFH, Figure 3

- Oregon’s DHS encourages AFH providers to use a validated fall risk assessment tool such as the Centers for Disease Control’s STEADI (Stop Elderly Accidents, Deaths and Injuries) tool, the TUG (Timed Up and Go) test, or another tool that has been shown to reliably assess fall risks among older adults.
- Forty-six percent of homes used a fall risk assessment tool as a matter of standard practice or on a case-by-case basis.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 3 – Rates, Fees, and Medicaid Use

Section 3 – Rates, Fees, and Medicaid Use

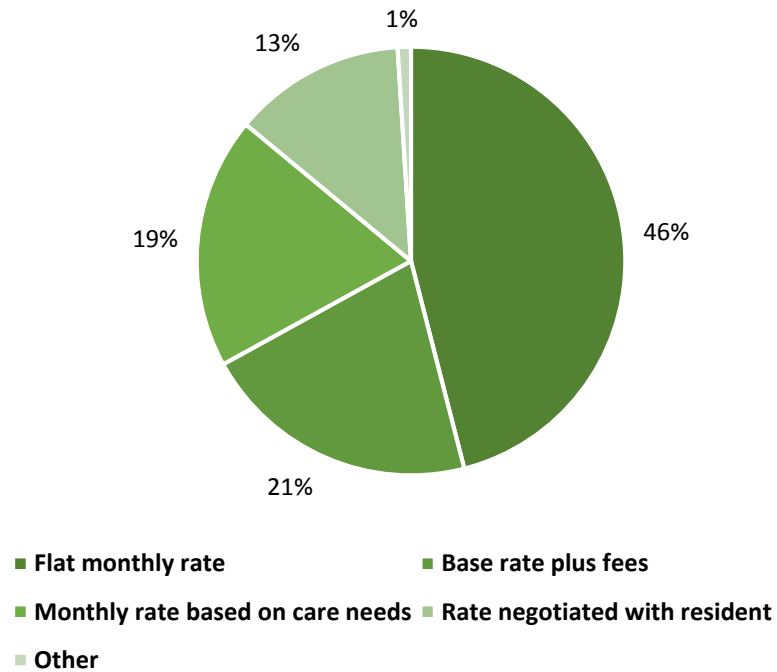
Table 3.1 – Average Total Monthly Charge for Private Room

	Minimum	Average	Maximum
Region 1: Portland Metro	\$950	\$3,325	\$5,325
Region 2: Willamette Valley/North Coast	\$570	\$3,170	\$6,000
Region 3: Southern Oregon/South Coast	\$800	\$3,018	\$4,300
Region 4: East of the Cascades	\$700	\$2,950	\$4,350

SOURCE: Oregon CBC Survey 2016: AFH, Table 8

- The mean monthly charge for the 191 responding AFHs was \$3,202.
- When comparing the average total monthly charges by the four regions in Oregon, the highest rates were found in the Portland Metro area (\$3,325), and the Willamette Valley/North Coast (\$3,170).

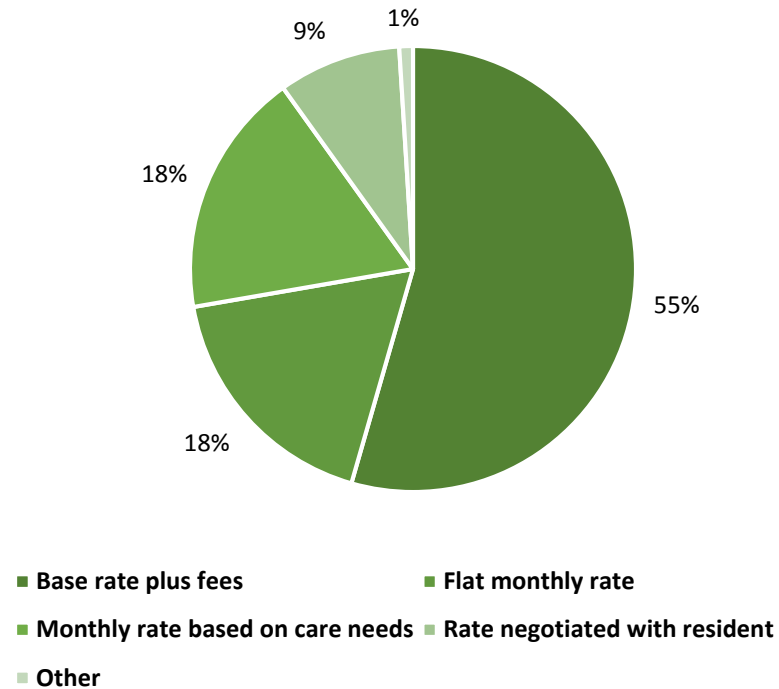
Figure 3.1 – Rate Structures Reported by AFHs



SOURCE: Oregon CBC Survey 2016: AFH, Figure 4

- AFH providers structure their monthly rates in at least four different ways. Forty-six percent of homes charged each resident the same monthly rate, 21 percent charged a base rate plus additional fees based on services provided, 19 percent based the monthly rate on the resident’s care needs, and 13 percent negotiated with the resident (or payee) based on ability to pay.

Figure 3.2 – Percent of Private-Pay Residents Paying by Type of Rate



SOURCE: Oregon CBC Survey 2016: AFH, Figure 5

- While homes had different ways in which they charged residents for care and services, this affects the number and percentage of residents paying in these different ways.
- Fifty percent of AFHs charged their residents a flat monthly fee. However, of current residents, only 18 percent lived in a home that charges a flat fee.
- The majority of residents paid a base rate plus additional fees based on services provided

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 3 – Rates, Fees, and Medicaid Use

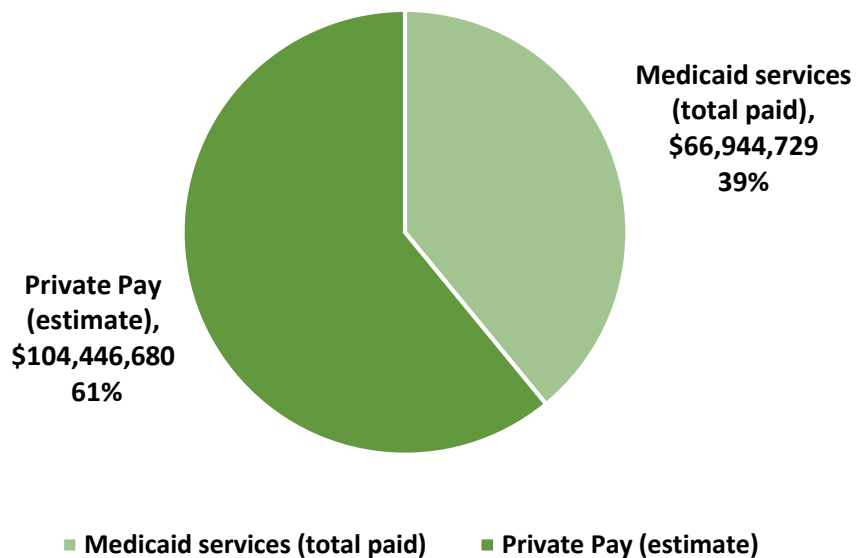
Table 3.2 – Available Services and Additional Charges

	Available % (n)	Charge % (n)
Night-time care	86% (171)	68% (116)
Advanced MC	68% (134)	72% (97)
Two- or more person transfer assist	68% (133)	72% (97)
Obesity care	41% (82)	46% (38)
Catheter/colostomy	76% (150)	77% (116)
Advanced diabetes care	81% (161)	70% (111)
Other	73% (30)	77% (24)

SOURCE: Oregon CBC Survey 2016: AFH, Table 9

- The most commonly reported services for which an additional fee was charged included: catheter/colostomy or similar care (77 percent), advanced memory care (72 percent), two-person transfer assist (72 percent), advanced diabetes care (70 percent) and night-time care (68 percent).

Figure 3.3 – Estimated Total Annual Charges for AFHs in Oregon



SOURCE: Oregon CBC Survey 2016: AFH, Figure 6

- The total estimated charges were \$171,391,409, of which 61 percent were private pay charges, 39 percent were for Medicaid services.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 3 – Rates, Fees, and Medicaid Use

Table 3.3 – Estimated Annual Profession Charges for Oregon AFHs

Estimated Monthly and Annual Profession Charges for Oregon CBC Settings			
Questionnaire Respondent Facilities			
Private Pay			
	Total current residents		1218
-	Total current Medicaid beneficiaries		719
=	Total of current private pay residents		499
x	Average total monthly charge including services		\$3,266
=	Total private pay charges		\$1,629,734
Other Facilities in Oregon (non-respondents)			
Private Pay			
	Licensed capacity		6074
x	Occupancy rate*		0.87
=	Estimated total current residents		5284
x	Estimated % of Medicaid residents**		0.59
=	Estimated total Medicaid beneficiaries		3118
	Estimated total current residents		5284
-	Estimated total Medicaid beneficiaries		3118
=	Estimated total private pay residents	\$	2,166
x	Average total monthly charge including services*	\$	3,266
	Total est. charges for private pay residents		\$7,074,156
Estimated Total Annual Private Pay Charges			\$104,446,680
Total Annual Medicaid Charges Paid (data from DHS)			\$66,944,729
Estimated Total Annual Industry Charges for All AFHs in Oregon			\$171,391,409

SOURCE: Oregon CBC Survey 2016: AFH, Table A2

- With data from DHS on Medicaid expenditures paid in 2015 (including room and board charges) and data provided by respondents on the average monthly charge for single occupancy, we estimated the total annual private pay charges for AFHs in Oregon.
- The calculation of industry charges was inspired by a similar calculation conducted using data from the national survey of residential care communities (Khatutsky et al., 2016).

Section 4 – Community Services and Policies

Table 4.1 – Resident Needs and Behaviors that Prompt a Move-Out Notice

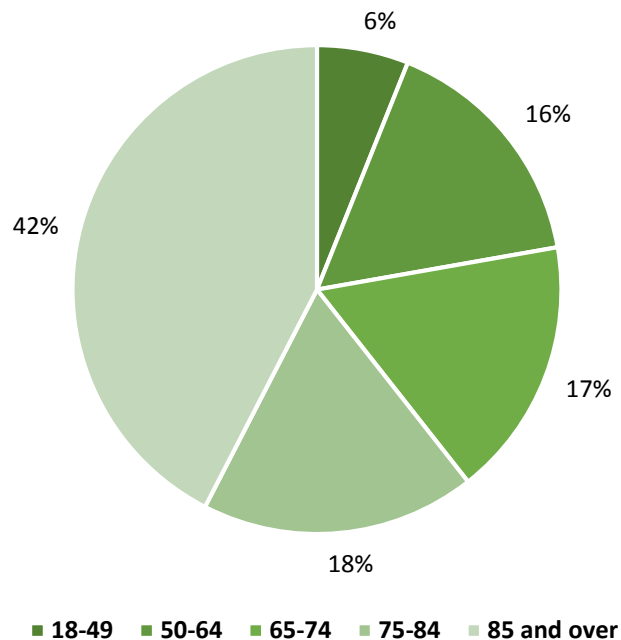
	% (n)
Two-person transfer	27% (84)
Wandering outside	27% (84)
Sliding-scale insulin shots	5% (15)
Hitting/acting out towards residents/caregivers	69% (218)
Other	25% (79)

SOURCE: Oregon CBC Survey 2016: AFH, Table 10

- Oregon rules (OAR 411-50) permit AFH operators to move out or transfer a resident for any of seven specified conditions, including medical reasons, behaviors that pose an imminent danger to the resident or others, and behaviors that interfere with the rights of other residents.
- Sixty-nine percent of AFHs listed hitting others/acting in anger as a reason for a move-out notice.

Section 5 – Residents

Figure 5.1 – Age Distribution of AFH Residents



SOURCE: Oregon CBC Survey 2016: AFH, Figure 7

- The majority of residents (60 percent) were aged 75 or older.
- About 22 percent of residents were under 65 years of age.
- Ages ranged from 27 to 103 years old with an average of 77 years of age.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 5 – Residents

Table 5.1 – Gender, Marital Status, Age

		% (n)
Gender		
	Male	34% (409)
	Female	66% (808)
	Transgender	<1% (1)
Marital Status		
	Married	9% (110)
	Living with spouse	25% (27)
	Single	91% (1,108)
Age		
	18-49	6% (72)
	50-64	16% (194)
	65-74	17% (212)
	75-84	18% (222)
	85 and over	42% (512)

SOURCE: Oregon CBC Survey 2016: AFH, Table B2

- Of the 1,218 residents who were living in the responding AFHs, 66 percent were female, , 91 percent single or un-partnered, and 42 percent were 85 years of age or older.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 5 – Residents

Table 5.2 – Race/Ethnicity³

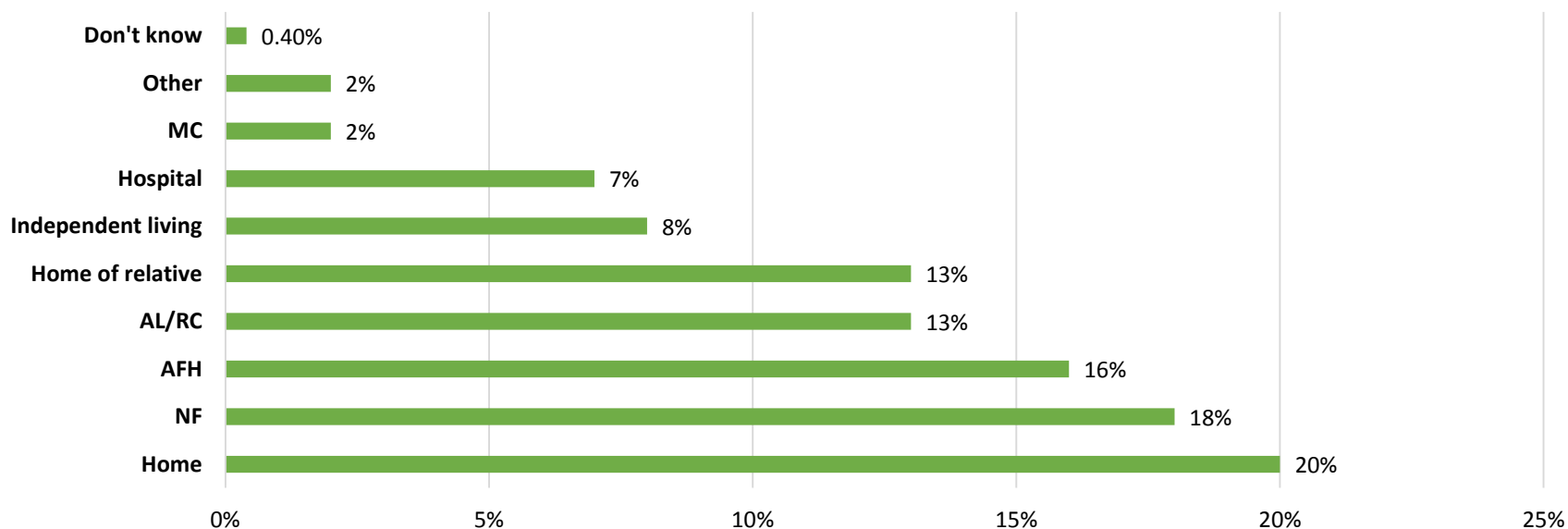
	% (n)
Hispanic	2% (20)
American Indian/Alaska Native	1% (14)
Asian	2% (24)
Black	2% (28)
Native Hawaiian/Pacific Islander	<1% (5)
White	90% (1,097)
Two or more races	1% (15)
Other/unknown	1% (15)
Total	1,218

SOURCE: Oregon CBC Survey 2016: AFH, Table B3

- The majority (90 percent) of residents were White, non-Hispanic.
- Although the majority of residents in AFHs were White, non-Hispanic (90 percent), residents who were Hispanic of any race, Asian or Black each made up two percent of the resident sample (6 percent in total). All other racial or ethnic groups made up one percent or less of the resident sample.

³ According to data from the 2010 U.S. Census for Oregon, AFHs have a similar percentage of White residents (90 percent) as the population of adults over the age of 65 in Oregon (89 percent) (U.S. Census Bureau, 2012). The rates of Asian and Black residents are also similar to the older adult population in Oregon with each at two percent.

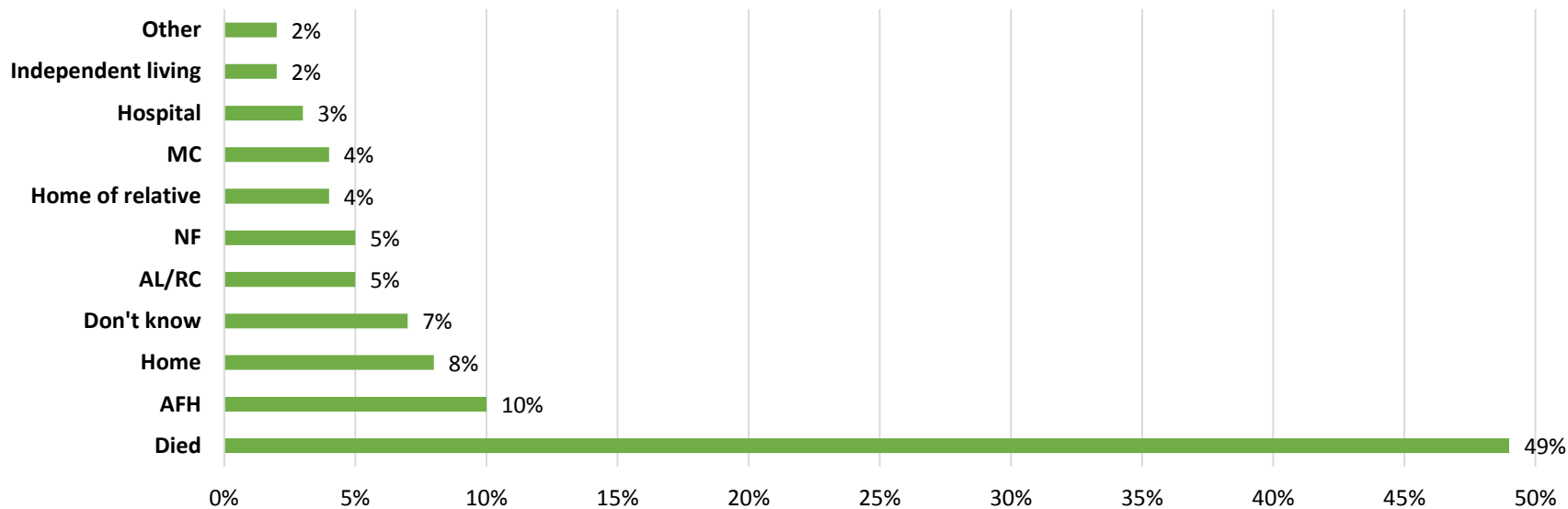
Figure 5.2 – Resident Location Prior to Move-In



SOURCE: Oregon CBC Survey 2016: AFH, Figure 8

- The largest percentage of residents moved into their current AFH from home (20 percent).
- It was much less likely for residents to move in from memory care (2 percent), a hospital stay (7 percent), or from an independent living setting (8 percent).

Figure 5.3 – Resident Move-Out Location



SOURCE: Oregon CBC Survey 2016: AFH, Figure 9

- The majority of residents discharged in the prior 90 days died at the AFH (49 percent).
- Among the residents who did not pass away in the home, most moved to another AFH (10 percent) or to their home in the community (8 percent).

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 5 – Residents

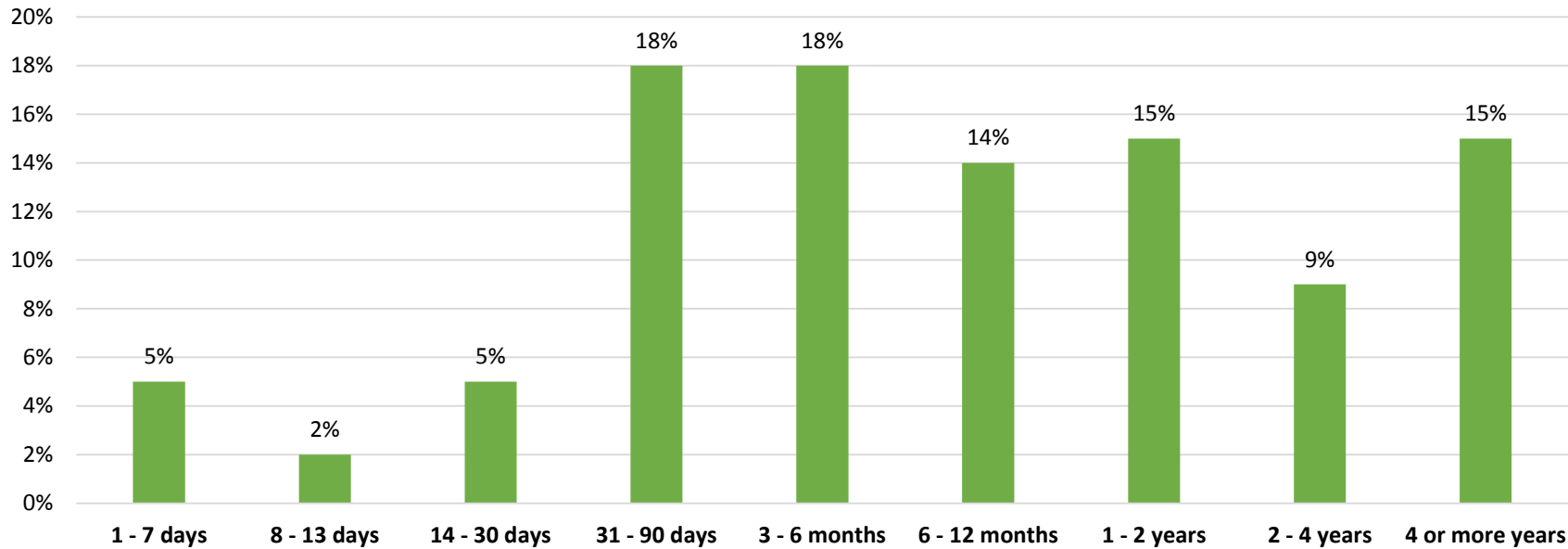
Table 5.3 – Move-In and Move-Out Locations

	Move-in % (n)	Move-out % (n)
Home	20% (50)	8% (8)
Home of relative	13% (33)	4% (4)
Independent living	8% (21)	2% (2)
AL/RC	13% (33)	5% (5)
MC	2% (5)	4% (4)
Hospital	7% (18)	3% (3)
AFH	16% (40)	10% (10)
NF	18% (44)	5% (5)
Other	2% (5)	2% (2)
Died	-	49% (48)
Don't know	<1% (1)	7% (7)
Total	250	98

SOURCE: Oregon CBC Survey 2016: AFH, Table B4

- This table provides more detailed information about move-in (Figure 5.2) and move-out (Figure 5.3) location for adult foster home residents in Oregon.

Figure 5.4 – Resident Length of Stay upon Move-Out



SOURCE: Oregon CBC Survey 2016: AFH, Figure 10

- Most residents stayed for less than one year (62 percent).
- Stays of 30 days or less accounted for about 12 percent of moves, and stays of 90 days or less accounted for 30 percent of all moves.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 5 – Residents

Table 5.4 – Length-of-Stay

	% (n)
1 - 7 days	5% (5)
8 - 13 days	2% (2)
14 - 30 days	5% (5)
31 - 90 days	18% (17)
3 - 6 months	18% (17)
6 - 12 months	14% (13)
1 - 2 years	15% (14)
2 - 4 years	9% (9)
4 or more years	15% (14)
Total	96

SOURCE: Oregon CBC Survey 2016: AFH, Table B5

- This table provides more detailed information about length of stay (Figure 5.4) for adult foster home residents in Oregon.

Table 5.5 – Comparison of Residents’ Personal Care Needs

	AFH %	AL/RC/MC %	National %
Eating	24%	9%	20%
Transfer from bed/chair	43%	27%	30%
Dressing	59%	48%	47%
Bathing	82%	65%	62%
Using the bathroom	52%	39%	39%
Incontinence	60%	42%	-
Getting around/mobility	47%	30%	29%
Mobility aid	77%	70%	-

SOURCE: Oregon CBC Survey 2016: AFH, Table 11

- Personal care needs in which more than half of residents required assistance include incontinence, dressing, and using the bathroom.
- Seventy-seven percent of residents used a mobility aid to get around and 47 percent required staff assistance with mobility.

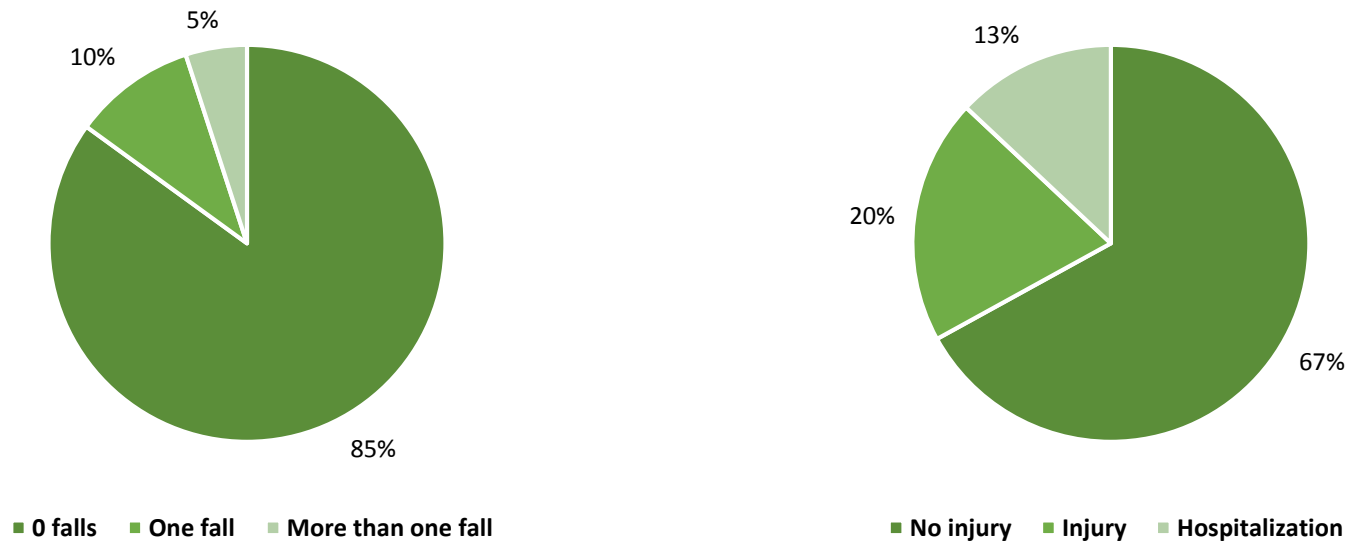
Table 5.6 – Chronic Conditions

	% (n)
Alzheimer’s/dementia	49% (596)
Hypertension	45% (553)
Depression	40% (492)
Heart disease	39% (470)
Arthritis	38% (458)
Diabetes	22% (272)
Osteoporosis	16% (197)
Mental illness	15% (180)
COPD	15% (180)
Intellectual disability	9% (114)
Cancer	7% (84)
Drug and/or alcohol abuse	4% (48)
Total	1,218

SOURCE: Oregon CBC Survey 2016: AFH, Table 11

- The five most common chronic conditions in AFHs were Alzheimer’s disease or other dementias (49 percent), hypertension (45 percent), depression (40 percent), heart disease (39 percent), and arthritis (38 percent).

Figure 5.6– Falls in Prior 90 days and Falls Resulting in Injury or Hospitalization



SOURCE: Oregon CBC Survey 2016: AFH, Figure 11 & Figure 12

- The majority (85 percent) of residents had zero falls in the prior 90 days while 10 percent of residents had one fall and five percent had more than one fall.
- Of the 15 percent of residents who had fallen in the prior 90 days, 67 percent had no injury resulting from the fall.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 5 – Residents

Table 5.7 – Health Service Use

	% (n)
Treated in hospital ER	14% (170)
Discharged from overnight hospital stay	6% (76)
Received hospice care	10% (120)

SOURCE: Oregon CBC Survey 2016: AFH, Table B6

- Of the total number of AFH residents, 14 percent had been treated in a hospital emergency department in the prior 90 days.
- Six percent of residents had been discharged from an overnight hospital stay in the prior 90 days.

Oregon Community-Based Care Chartbook, 2016: Adult Foster Homes

Section 5 – Residents

Table 5.8 – Medications and Treatments

	% (n)
No medications/injections	2% (35)
Nine or more medications	54% (659)
Antipsychotic medications	34% (419)
Self-administer medications	5% (65)
Receive assistance for oral medications	80% (970)
Receive assistance with injection medications	11% (137)
Receive injections from a licensed nurse	2% (24)
Receive nurse treatment from a licensed nurse	8% (95)
Total	1,218

SOURCE: Oregon CBC Survey 2016: AFH, Table B7

- Among Oregon AFH settings, 54 percent of residents were taking nine or more medications.
- Antipsychotic medications were used by 34 percent of AFH residents.