

ASSISTED LIVING BY THE NUMBERS

June 2026

NCAL
NATIONAL CENTER FOR ASSISTED LIVING

FACTS AND FIGURES FOR THE PROFESSION

GROWING ASPECT OF LONG TERM CARE

Assisted Living communities offer a unique mix of personal care services, companionship, independence, privacy, and security. Assisted living communities typically serve individuals who need help with everyday activities of daily living and some health care services but generally do not require 24-hour skilled nursing care services for extended periods of time. The foundation of assisted living is to deliver person-centered care and services to each individual resident.

RESIDENTS

Assisted living communities serve those who need help with some activities of daily living (ADLs) and health care services.

1,016,424 RESIDENTS NATIONWIDE

67% WOMEN
33% MEN

53% AGE 85 AND OLDER

31% AGE 75-84

10% AGE 65-74

6% AGE 65 AND UNDER

WORKFORCE

512,300

TOTAL EMPLOYEES

NURSING
STAFF
BREAKDOWN

68% Aide

18% LVN/LPN

14% RN



COMMUNITIES

41,465

TOTAL COMMUNITIES
ASSISTED LIVING AND OTHER RESIDENTIAL CARE

1,369,317

LICENSED UNITS

33

UNITS ON AVERAGE PER COMMUNITY

10%

XL
+100 Units

33%

LARGE
26-100 Units

14%

MEDIUM
11-25 Units

43%

SMALL
4-10 Units

PAYING FOR CARE

AVERAGE YEARLY COST

\$74,400

This is less than the average cost for homemaker services (\$68,640) or a home health aide (\$75,504). The majority of assisted living residents use some form of private funds to pay for personal care and room and board.

MEDICAID

61% OF ALs ARE MEDICAID CERTIFIED

Approximately 17% of residents rely on Medicaid to pay for daily services. Medicaid does not pay for room and board costs. Each state varies on whether it covers assisted living services.

MEDICARE

Medicare does not cover assisted living services, but most residents are beneficiaries, making Medicare issues (hospitalizations, medications, therapy services, etc.) important to assisted living providers.

ADLs | ACTIVITIES OF DAILY LIVING

 **75%** BATHING

 **57%** BED TRANSFER

 **60%** DRESSING

 **28%** EATING

 **51%** TOILETING

 **71%** WALKING

COMMON CONDITIONS

Assisted living communities help residents manage a number of conditions including:

 **44%** ALZHEIMER'S DISEASE/DEMENTIA

 **26%** DEPRESSION

 **16%** DIABETES

 **33%** HEART DISEASE

 **58%** HIGH BLOOD PRESSURE

ACTIVITIES & SERVICES

TYPICAL SERVICES

- 24-hour supervision and assistance
- Exercise, health, and wellness programs
- Housekeeping and maintenance
- Meals and dining services
- Medication management or assistance
- Personal care services such as ADLs
- Arranging for Transportation



SPECIALIZED DEMENTIA CARE SERVICES

Memory care is an increasing component of assisted living.

- 18% have a designated unit/wing/floor
- 11% only serve adults with dementia



COORDINATED SERVICES

Assisted living does not directly provide certain health care services, but works with other providers to offer these services.

- therapy (physical, occupational or speech)
- pharmacy/pharmacist
- hospice/palliative care
- podiatry
- dental
- skilled nursing
- mental health screening or counseling

Sources: CDC National Center for Health Statistics, Genworth 2025 Cost of Care Survey, Bureau of Labor Statistics, National Center for Assisted Living