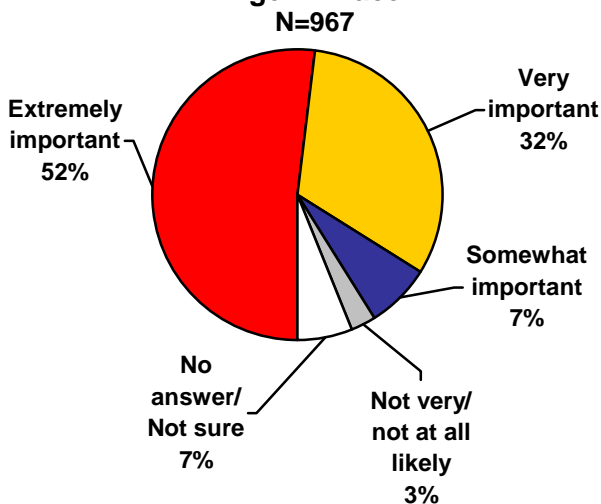


**INTRODUCTION:** In response to Nebraskans’ desire to remain independent as they age, the State has seen rapid growth in alternatives to nursing homes, namely assisted living facilities. This report highlights the survey results from AARP members in Nebraska showing the importance of having services and policies that support aging in place, both at home and in community settings, such as assisted living.

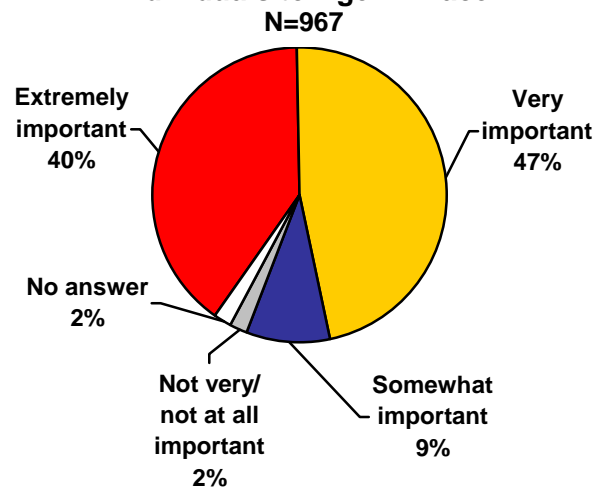
**METHODOLOGY:** AARP mailed surveys to 2000 randomly selected Nebraska members on July 18, 2008. Of these, 967 were completed and returned by August 15, 2008, yielding a response rate of 48 percent. The sampling error for this survey is ±3.1 percent. Data were weighted to reflect the age distribution of members in the state.

- **Eighty-four percent of AARP members in Nebraska say it would be extremely or very important to them to be able to have services that would enable their family members and themselves to stay at home for as long as possible, if long-term care services were needed.**
- **Similarly, nearly nine in ten members agree that it should be either a top (42%) or high (45%) priority for AARP to work to ensure the availability of a broad range of long-term care services throughout the state that will allow people to remain in their own homes and communities.**
- **Members view aging in place as important in assisted living as they do in the home: nearly nine in ten say that if they were living in an assisted living facility and the amount of assistance they needed increased, it would be extremely or very important to them to be able to stay in the same facility and get the care they needed instead of moving to a nursing home.**

**Importance of Having Services Available in the Community That Enable Individuals to Age in Place**



**Importance of Having Services Available in Assisted Living Facilities That Enable Individuals to Age in Place**



## ANNOTATED QUESTIONNAIRE

### 2008 AARP Nebraska Long-Term Care Survey

N = 967 AARP Nebraska Members, Margin of error +/- 3.1%

**Long-term care** refers to care provided over an extended period of time in a nursing home, at home, or in a community setting. People of all ages who are frail, ill, or disabled and who need assistance with daily activities, such as getting dressed, bathing, preparing meals or eating, receive long-term care. Long-term care services may also include medical assistance.

**1) In the past five years, have you or a family member used long-term care services?**

<u>%</u>	
22	Yes
71	No ( <b>Skip to question 3</b> )
1	Not sure ( <b>Skip to question 3</b> )
7	No answer

**2) What kind of long-term care service did you or your family member use during that time?**  
(Check ALL that apply) (n=209; Respondents who have used long-term care in the past five years.)

<u>%</u>	
67	Lived in a nursing home
31	Lived in an assisted living facility
24	Lived at home while receiving visits from skilled health professionals
19	Lived at home while receiving help with daily activities or personal care from a health aide
34	Lived at home while receiving help from family or friends
2	Attended adult day care
4	No answer

**3) If you or a family member needed long-term care services, how important would it be to you to be able to have services that would enable you or your family member to stay at home as long as possible?**

<u>%</u>	
52	Extremely important
32	Very important
7	Somewhat important
2	Not very important
<.5	Not at all important
1	Not sure
6	No answer

**4) How likely is it that you or a family member will need long-term care within the next five years?**

<u>%</u>	
7	Extremely likely
10	Very likely
23	Somewhat likely
32	Not very likely
10	Not at all likely
12	Not sure
6	No answer

**5) If you began to have difficulty cleaning the house, doing yard work, or making minor home repairs, where would you most want to live? (Check only one)**

<u>%</u>	
<.5	In a nursing home
11	In an assisted living facility
3	In the home of a family member or friend
55	In my own home with paid services to help me
26	In my own home with help from friends and family
6	No answer

**6) If you began to have serious difficulty remembering most things, where would you most want to live? (Check only one)**

<u>%</u>	
3	In a nursing home
31	In an assisted living facility
6	In the home of a family member or friend
35	In my own home with paid services to help me
20	In my own home with help from friends and family
6	No answer

**7) If you could not get out of bed without some help, where would you most want to live? (Check only one)**

<u>%</u>	
9	In a nursing home
34	In an assisted living facility
5	In the home of a family member or friend
35	In my own home with paid services to help me
12	In my own home with help from friends and family
6	No answer

**8) If you had a medical condition that required regular monitoring or treatment by a nurse, where would you most want to live? (Check only one)**

<u>%</u>	
10	In a nursing home
35	In an assisted living facility
2	In the home of a family member or friend
41	In my own home with paid services to help me
8	In my own home with help from friends and family
5	No answer

9) How much of a priority do you think it should be for AARP in Nebraska to work to ensure the availability of a broad range of long-term care services throughout the state that will allow people to remain in their own homes and communities?

<u>%</u>	
42	Top priority
45	High priority
9	Medium priority
1	Low priority
1	Not a priority
4	No answer

An **assisted living facility** is a group residential setting often like an apartment building rather than a nursing home. Assisted living facilities provide residents with meals and social activities, and may coordinate personal care services, such as help with bathing and dressing, or a limited amount of health care services like medication monitoring and physical therapy.

10) How familiar are you with assisted living facilities?

<u>%</u>	
13	Extremely familiar
25	Very familiar
43	Somewhat familiar
13	Not very familiar
5	Not at all familiar
2	No answer

11) If you were living in an assisted living facility in Nebraska and the amount of assistance you needed increased, how important would it be for you to stay in the same facility and get all the care you needed instead of moving to a nursing home?

<u>%</u>	
40	Extremely important
47	Very important
9	Somewhat important
1	Not very important
<.5	Not at all important
2	No answer

12) In Nebraska, the decision on whether a resident may continue to live in an assisted living facility if their condition changes and they need more care is made by the facility management. However, other states have different approaches to determine whether a resident should leave a facility. Which of the following options do you think would be the best way to determine whether a resident should be required to leave an assisted living facility if they require more care than the facility can provide?

<u>%</u>	
23	Establish state rules that list the circumstances under which a resident is required to leave a facility.
11	Allow managers of assisted living facilities to decide when a resident is required to leave a facility.
42	Have residents and facilities negotiate agreements that list the circumstances under which the resident will have to leave the facility.
23	Not sure
2	No answer

The Nebraska state health care program, called Medicaid, can pay for assisted living costs if a resident is financially eligible and needs the type of care provided in a nursing home. However, not all assisted living facilities participate in the Medicaid program. A person residing in an assisted living facility that does NOT participate in the Medicaid program would have to leave the facility if they spend all of their assets and cannot continue to pay for care in the facility.

**13) How strongly do you agree or disagree that assisted living facilities should be required to tell residents before they move in whether the facility participates in the Medicaid program?**

<u>%</u>	
90	Strongly agree
6	Somewhat agree
2	Neither agree nor disagree
1	Somewhat disagree
1	Strongly disagree
1	No answer

**14) How strongly do you agree or disagree that assisted living facilities should be required to participate in the Medicaid program?**

<u>%</u>	
63	Strongly agree
20	Somewhat agree
10	Neither agree nor disagree
3	Somewhat disagree
3	Strongly disagree
1	No answer

**15) How much of a priority do you think it should be for AARP in Nebraska to work to ensure that assisted living rules protect a resident's ability to decide when and if they must leave a facility?**

<u>%</u>	
43	Top priority
41	High priority
11	Medium priority
2	Low priority
2	Not a priority
1	No answer

**16) Nebraska has only one licensing level for assisted living, whereas some states license assisted living facilities by levels, according to the type of services they provide to their residents. How strongly do you agree or disagree that the State should establish another level of licensing for assisted living that would allow facilities to provide more services to their residents, such assistance with bathing, dressing, and managing their medications?**

<u>%</u>	
61	Strongly agree
28	Somewhat agree
8	Neither agree nor disagree
1	Somewhat disagree
<.5	Strongly disagree
1	No answer

**17) Nebraska assisted living facilities are not allowed to provide nursing services to residents of the facility. Since assisted living residents have a variety of health conditions, some believe that residents should be able to get services from staff nurses to help treat or monitor their conditions. However, others believe that individuals who require on-going nursing care should live in a nursing home instead. How strongly do you agree or disagree that assisted living facilities should be allowed to employ nurses who can provide services to their residents?**

<u>%</u>	
58	Strongly agree
28	Somewhat agree
7	Neither agree nor disagree
2	Somewhat disagree
1	Strongly disagree
5	No answer

**18) Currently, Nebraska does not have staffing requirements for assisted living. How strongly do you agree or disagree that the State should establish rules that require that an assisted living facility to employ at least one staff person who is awake and available to residents 24 hours a day?**

<u>%</u>	
73	Strongly agree
16	Somewhat agree
5	Neither agree nor disagree
1	Somewhat disagree
<.5	Strongly disagree
5	No answer

**19) Nebraska assisted living facilities are inspected by the State at least once every five years. Some facilities may be inspected more often if problems have been reported. Licensing fees paid by assisted living facilities cover the cost of these inspections. Some people believe that inspections should occur more frequently, given the vulnerability of the population in these facilities. However, others believe this frequency is sufficient and helps hold down license fee costs for assisted living facilities. How frequently do you think assisted living facilities should be inspected?**

<u>%</u>	
6	Every five years
1	Every four years
19	Every three years
23	Every two years
37	Every year
1	Some other frequency
7	Not sure
6	No answer

**About You**

The following questions are for classification purposes only and will be kept confidential.

**20) Are you male or female?**

<u>%</u>	
41	Male
55	Female
4	No answer

**21) What is your age as of your last birthday? \_\_\_\_\_ (in years)**

<u>%</u>	
27	50-59
41	60-74
25	75+
7	No answer

**22) What is your current marital status?**

<u>%</u>	
59	Married
2	Not married, living with partner
<.5	Separated
10	Divorced
19	Widowed
4	Never married
5	No answer

**23) What is the highest level of education that you completed?**

<u>%</u>	
5	0-12 <sup>th</sup> grade (no diploma)
30	High school graduate (or equivalent)
18	Post-high school education (no degree)
9	2-year college degree
12	4-year college degree
6	Post-graduate study (no degree)
13	Graduate or professional degree (s)
8	No answer

**24) Which of the following best describes your current employment status?**

<u>%</u>	
3	Self-employed, part-time
6	Self-employed, full-time
11	Employed, part-time
26	Employed, full-time
45	Retired, not working at all
4	Not in labor force for other reasons
1	Unemployed but looking for work
5	No answer

**25) What is your race and/or ethnicity?**

<u>%</u>	
93	White or Caucasian
3	Black or African American
<.5	American Indian or Alaska Native
<.5	Asian
<.5	Native Hawaiian or other Pacific Islander
1	Hispanic, Spanish, or Latino
2	No answer

**26) Do you own or rent your residence?**

<u>%</u>	
84	Own
13	Rent
<.5	Not sure
3	No answer

**27) In which county do you live? (write in your county.) \_\_\_\_\_**

**28) Thinking about your state elections for State Governor and Legislators in the last ten years, how often would you say you vote?**

<u>%</u>	
66	Always
20	Most of the time
3	About half of the time
4	Seldom
4	Never
3	No answer

**29) What was your annual household income before taxes in 2007?**

<u>%</u>	
4	Less than \$10,000
14	\$10,000 to \$19,999
12	\$20,000 to \$29,999
13	\$30,000 to \$39,999
11	\$40,000 to \$49,999
15	\$50,000 to \$74,999
18	\$75,000 or more
13	No answer

Thank you for completing this survey. Please use the postage-paid envelope and return it to the State Research Surveys, AARP, 601 E Street, NW, Washington, DC 20049, by **August 15, 2008**.

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