
**Office of Oregon Health
Policy and Research**



Oregon Nursing Homes

*A report on the utilization of nursing homes in the
State of Oregon in 2002*

Winter 2003

Oregon Nursing Homes

A report on the utilization of nursing homes in the State of Oregon in 2002

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Overview

Each year, licensed nursing homes in Oregon report various statistics about admissions, discharges, and client characteristics to the State of Oregon. The Office for Oregon Health Policy & Research, in collaboration with the Senior and Disabled Services Division of the Department of Human Services, the licensing authority for Oregon nursing homes, brings you this report from 2002. The reporting period for nursing homes is from October 1, 2001 to September 30, 2002.

There were 150 nursing homes in Oregon on October 1, 2002. Three have closed between October 1, 2002 and October 2003. Nursing Home Annual Reports (NHARs) were received from 144 facilities (96% response rate) with a licensed capacity of 12,042 beds.

Eight facilities did not report in the 2002 reporting period. Two facilities had changed ownership and did not have access to facility information in this period. The other six failed to file an annual report. At least 23,174 Oregonians were admitted to Nursing Facilities in Oregon in the 2002 reporting year and at least 541 people from out of state supplement this number, for a total of 23,715 people being admitted into nursing facilities during this time period.

Facilities

Table 1 presents the distribution of reporting nursing homes by facility size based on licensed beds.

Table 1 - Licensed Beds in Oregon Nursing Homes 2002

Licensed Beds - 2002					
Facility Size	Number of facilities	Percent of facilities	Total beds	Percent of beds	Average # of beds
0-50 beds	33	22.92%	1,058	8.79%	32
51-75 beds	28	19.44%	1,746	14.50%	62
76-100 beds	37	25.69%	3,247	26.96%	88
101-150 beds	35	24.31%	4,075	33.84%	116
More than 150 beds	11	7.64%	1,916	15.91%	174
Grand Total	144	100.00%	12,042	100.00%	94.4

Occupancy

As depicted in the following chart, there has been a steady decline in nursing home occupancy rates. The decline may be explained by a number of factors, including increased health status of the elderly and increasing use of alternatives to nursing homes such as assisted living centers, home health care, retirement communities, residential care and foster homes.

Figure 1 - Historical Occupancy Rates for Nursing Facilities in Oregon – 1990-2002

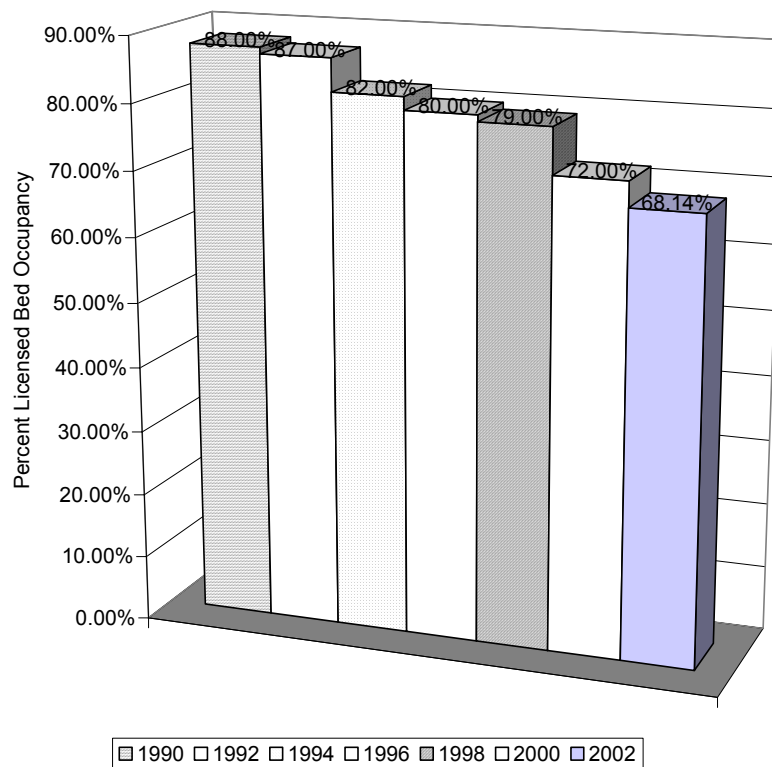


Table 2 - Occupancy Rates by Regions, Counties in Oregon 2002

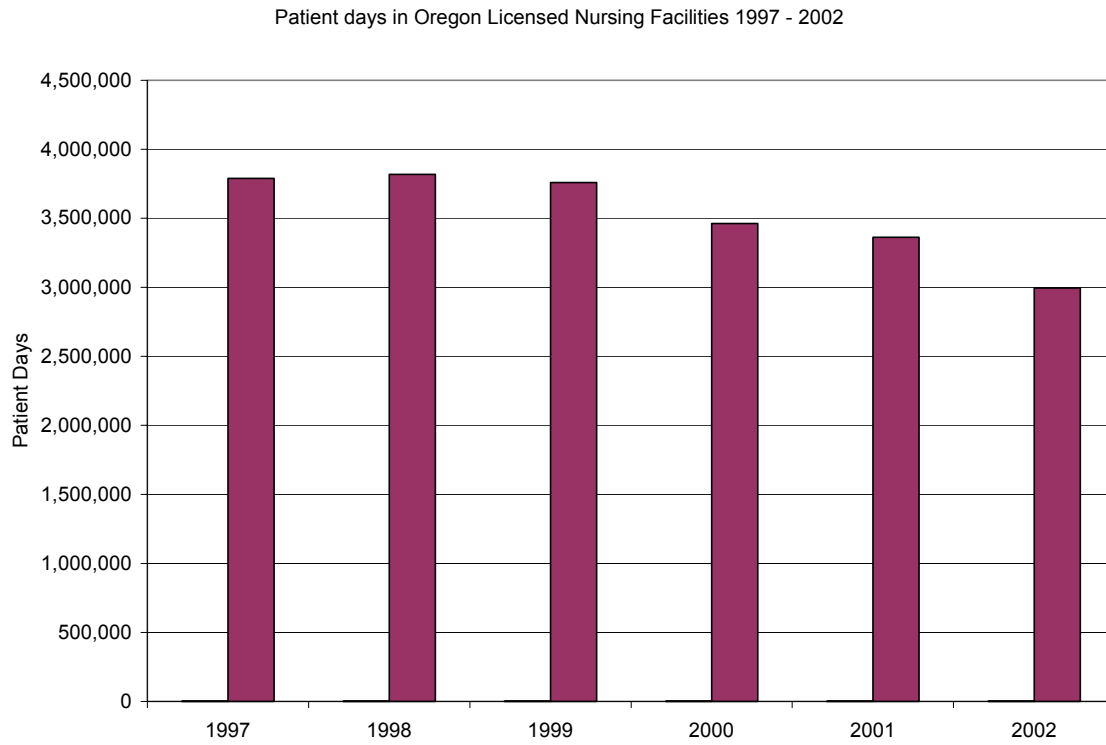
Region	County Name	Occupancy Rate
Region 1	Clatsop	57.6%
	Columbia	66.8%
	Lincoln	65.0%
	Tillamook	63.0%
Regional Average		63.1%
Region 2	Clackamas	75.5%
	Multnomah	75.1%
	Washington	70.8%
	Yamhill	51.9%
Regional Average		68.3%
Region 3	Benton	73.8%
	Lane	68.9%
	Linn	64.5%
	Marion	76.0%
	Polk	79.0%
Regional Average		72.4%
Region 4	Coos	58.4%
	Curry	66.2%
	Douglas	74.5%
	Jackson	77.6%
	Josephine	49.6%
Regional Average		65.3%
Region 5	Hood River	77.4%
	Morrow	49.1%
	Umatilla	48.8%
	Wasco	67.2%
Regional Average		60.6%

Region	County Name	Occupancy Rate
Region 6	Crook	51.7%
	Deschutes	32.3%
	Jefferson	49.7%
Regional Average		44.5%
Region 7	Grant	0.1%
	Klamath	46.0%
	Lake	88.1%
Regional Average		67.1%
Region 8	Baker	32.7%
	Malheur	59.0%
	Union	28.6%
	Wallowa	96.8%
Regional Average		54.3%

Patient Days

During this period, nursing homes provided 2.9 million patient days. Like occupancy rates in the last five years of data, patient days have also dropped.

Figure 2 - Patient Days in Nursing Facilities By Year, Oregon, 1997-2002

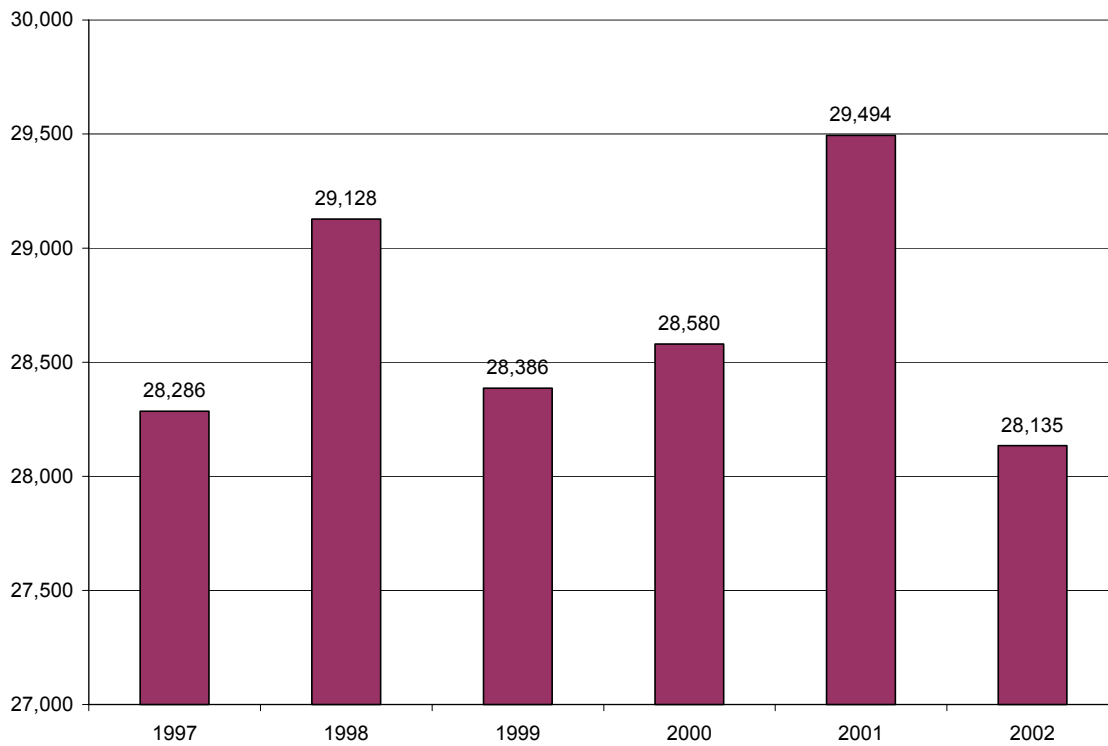


Number of Patients

Admissions

Although occupancy rates have declined and total patient days have declined, the actual overall number of admissions to nursing homes has remained relatively steady.

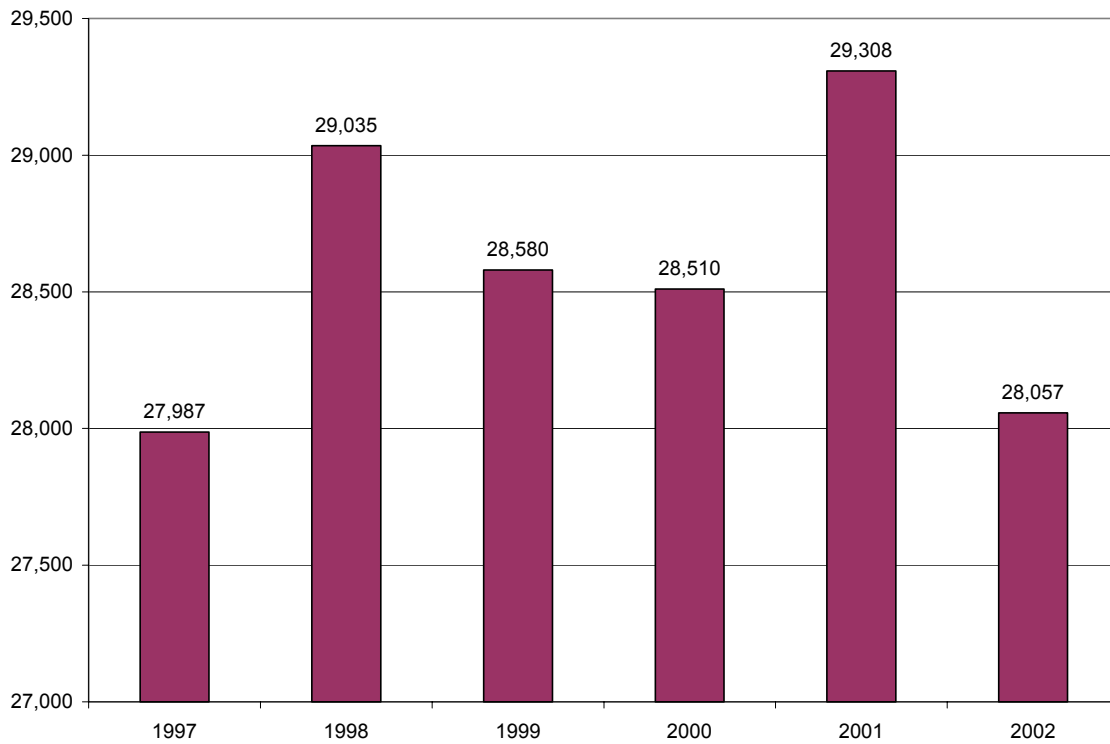
Figure 3 - Total Patients Admitted in Oregon's Nursing Facilities 1997-2002



Discharges

The total number of discharges seems to mirror the total number of admissions, as shown in Figure 4.

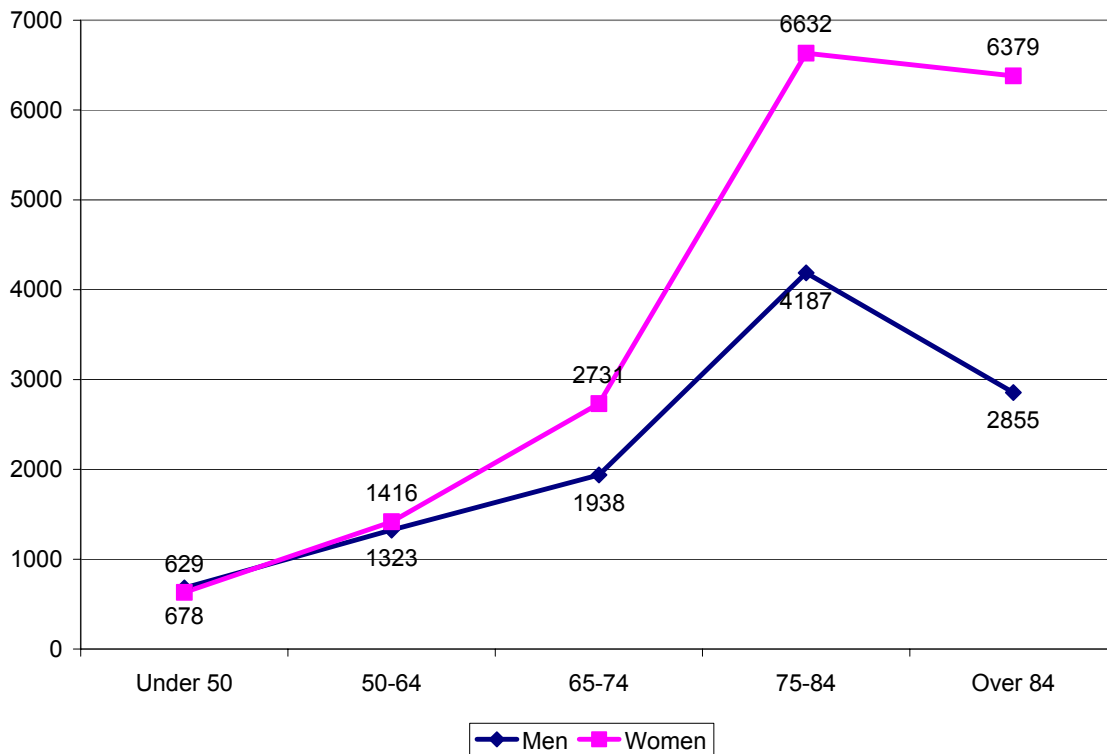
Figure 4 - Total Discharges 1997-2002



Patient Profiles

Patient Age

Figure 5 - Numbers of Patients by Gender and Age-Group in Nursing Facilities in Oregon 2002



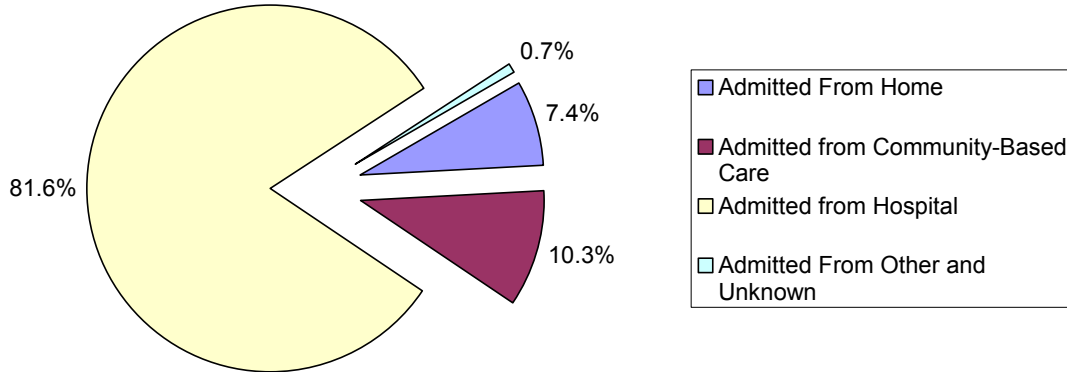
As patient age increases, the numbers of people in nursing facilities increase. Women also outnumber men except in the youngest age group (under 50). The number of women is twice the number of men in the oldest age group (over 84).

Patient Flow

Admissions

The overwhelming majority of patients in Nursing Facilities are admitted from the hospital, rather than from their own homes or from community based care facilities.

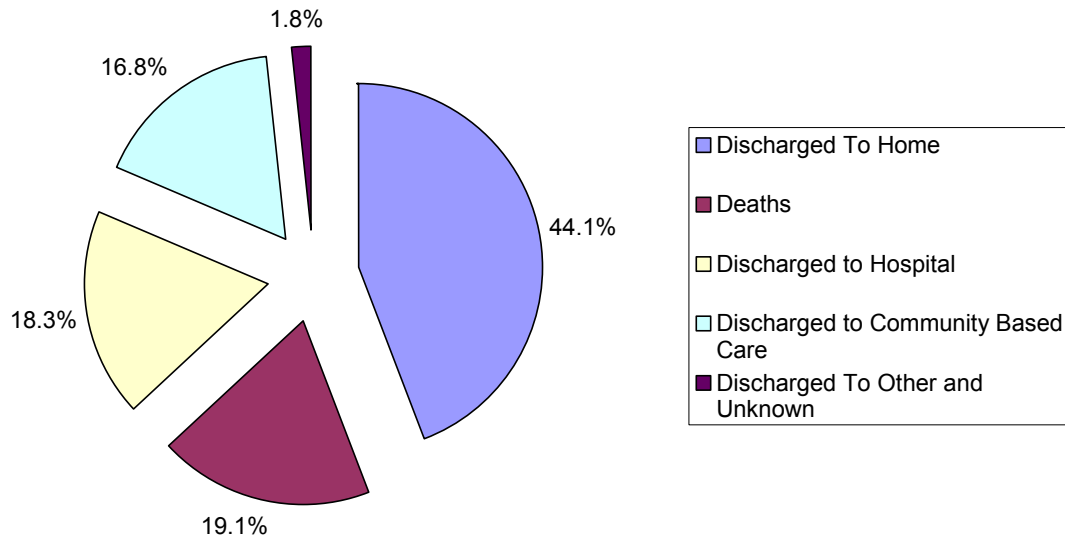
Figure 6 - Admissions to Nursing Homes by Percentage of Total Admissions (2002)¹



¹ Community Based Care includes Adult Foster Care, Adult Residential Care Facilities, Assisted Living Facility, Residential Training Homes, Other Nursing Homes and Psychiatric Facilities

Discharges

Figure 7 – Discharges from Oregon Nursing Homes as Percentage of Total 2002



The largest percentages of nursing facility residents are discharged back to their own homes. Discharges to death over time have remained steady or decreased slightly over the last few years, as shown in Table 3.

Table 3 – Patient Deaths as Percentage of Entire Discharges in Oregon Nursing Homes 1997-2002

Year	%
1997	21.76%
1998	21.01%
1999	21.64%
2000	21.00%
2001	19.76%
2002	19.10%

Length of Stay

Lengths of stays in Nursing Facilities have been dropping dramatically over the last decade. In 2000 nearly 41% of patients stayed less than 2 weeks, while over 65% of the patients stayed less than a month. In 2001 38% of patients stayed less than 2 weeks, while nearly 64% of the patients stayed less than a month. In 2002 we changed the question posed to facilities to a broader range of categories. We are now able to report that in 2002 nearly 20% of the patients stayed *less than one week* in a nursing facility, 43% of patients stayed less than two weeks and the majority of patients (67%) stayed less than one month.

Figure 8 - Patient Lengths of Stay in Nursing Facilities in 2002

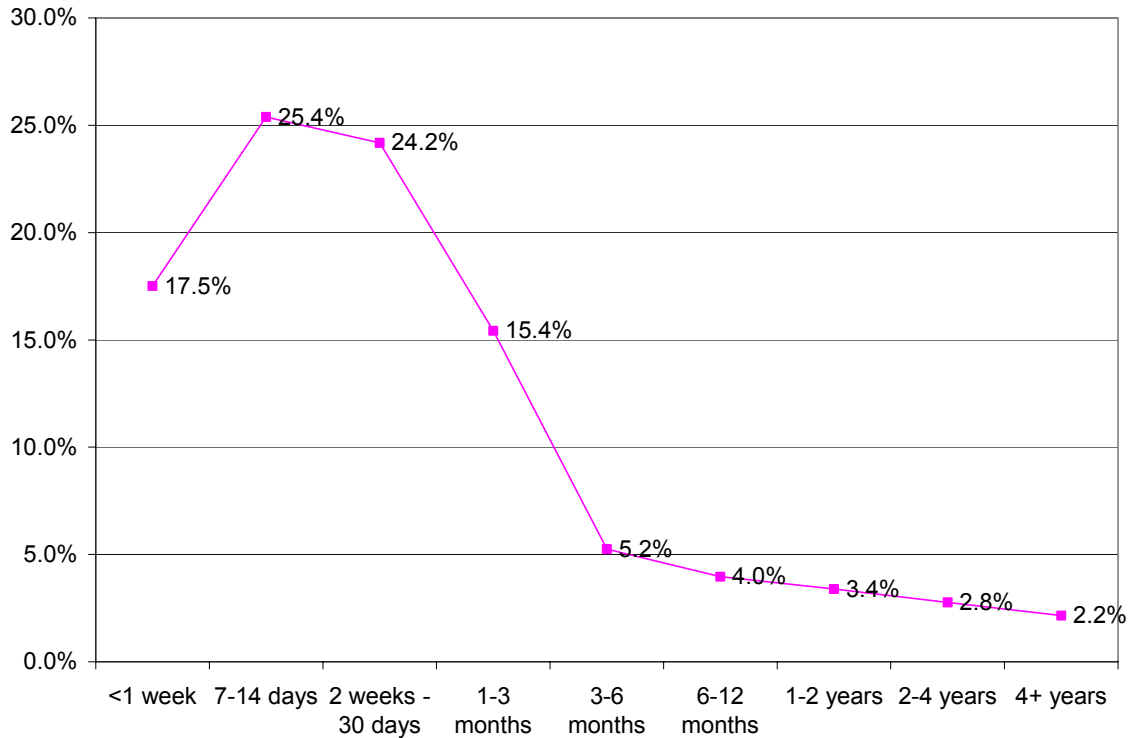
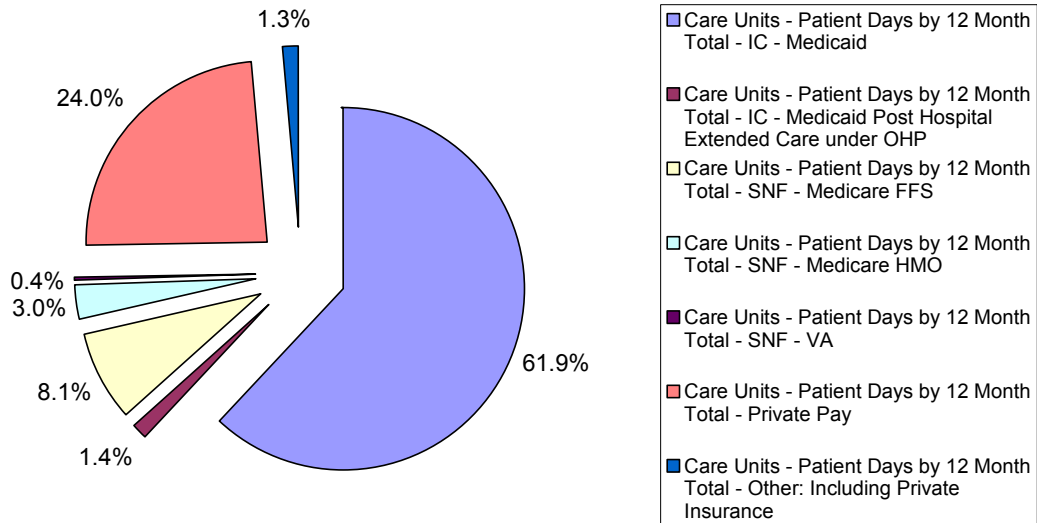


Figure 6 - Utilization of Specific Care Units (Payors) 2002



Medicaid pays for the majority (62%) of patient days in Nursing Home Care. The next largest payor is private pay at 24%. As you can see, Medicare, the VA and other, including private insurance, pay for smaller percentages of the total nursing home population.

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Policy and Research**



Oregon Nursing Homes

*A report on the utilization of nursing homes in the
State of Oregon in 2000, 2001*

March 2003

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Overview

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In 2000, Nursing Home Annual Reports (NHARs) were received from 152 facilities with a licensed capacity of 13,127 beds, while in 2001 149 facilities returned the survey for a total bed count of 12,871. The number of facilities providing services at some point during the 2000 reporting period was 156. Out of the 156 licensed facilities, 152 responded to the survey, resulting in a response rate of 97.4% in 2000. In 2001, there were 151 nursing facilities operating in Oregon and we had 149 facilities return the survey, which meant we had a response rate of 98.67%.

Facilities

Table 1 presents the distribution of reporting nursing homes by facility size based on licensed beds.

Table 1: Licensed Beds in Nursing Facilities – 2000, 2001

Licensed Beds – 2000						
Facility Size	Number of facilities	Percent of facilities	Total beds	Percent of beds	Average # of beds	
0-50 beds	30	19.74%	1,046	7.97%	34.86	
51-75 beds	31	20.39%	1,924	14.66%	62.06	
76-100 beds	41	26.97%	3,614	27.53%	88.15	
101-150 beds	38	25.00%	4,449	33.89%	117.08	
More than 150 beds	12	7.89%	2,094	15.95%	174.5	
Grand Total	152	100.00%	13,127	100.00%	95.33	

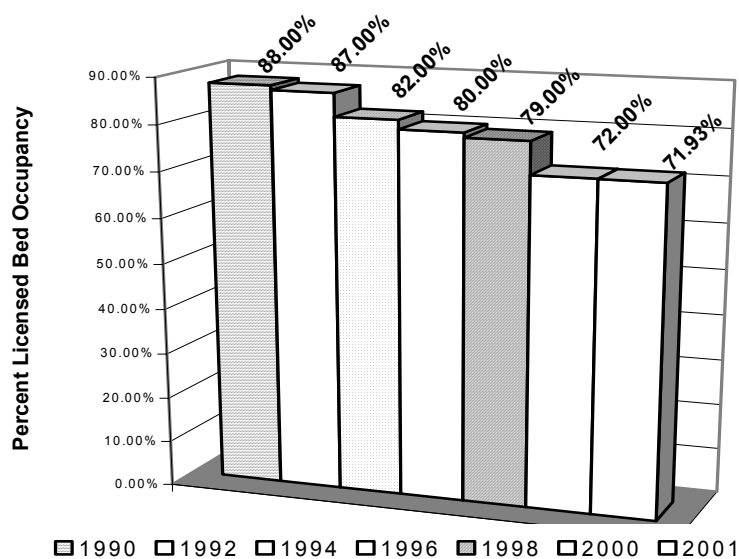
Licensed Beds - 2001

Facility Size	Number of facilities	Percent of facilities	Total beds	Percent of beds	Average # of beds
0-50 beds	32	21.19%	1,109	8.62%	34.65
51-75 beds	30	19.87%	1,862	14.47%	62.06
76-100 beds	41	27.15%	3,589	27.88%	87.54
101-150 beds	36	23.84%	4,216	32.76%	117.11
More than 150 beds	12	7.95%	2,095	16.28%	174.58
Grand Total	151	100.00%	12,871	100.00%	95.188

Occupancy

As depicted in the following chart, there has been a steady decline in nursing home occupancy rates. This decline may be explained by a number of factors, including increased health status of the elderly and increasing use of alternatives to nursing homes such as assisted living centers, home health care, retirement communities, residential care and foster homes. In 2000 nursing homes were 72.27% occupied; by 2001 it had slipped further to 71.93%.

Figure 1 - Historical Data for Nursing Home Occupancy Rates



Patients Per Capita

Thirty-two of Oregon's 36 counties have nursing homes. Of these 32 counties with facilities in 2001, only one-quarter of the nursing homes in sparsely populated counties were occupied more than 75% of the time. In more densely populated counties, half of the nursing homes experienced occupancy rates greater than 75%, while half dropped lower than 68%.

Table 2 – Occupancy Rates by People Per Square Mile in a County

PEOPLE PER SQUARE MILE		OCCUPANCY RATE			Total
		<67.6	67.66 74.31	>74.3	
<12	Count	5	3	3	11
	% within	45.5%	27.3%	27.3%	100.0%
12.1 - 46.2	Count	5	4	2	11
	% within	45.5%	36.4%	18.2%	100.0%
>46.2	Count	1	4	5	10
	% within	10.0%	40.0%	50.0%	100.0%
Total	Count	11	11	10	32
	% within	34.4%	34.4%	31.3%	100.0%

Table 3 - Occupancy Rate by County/Region - 2001

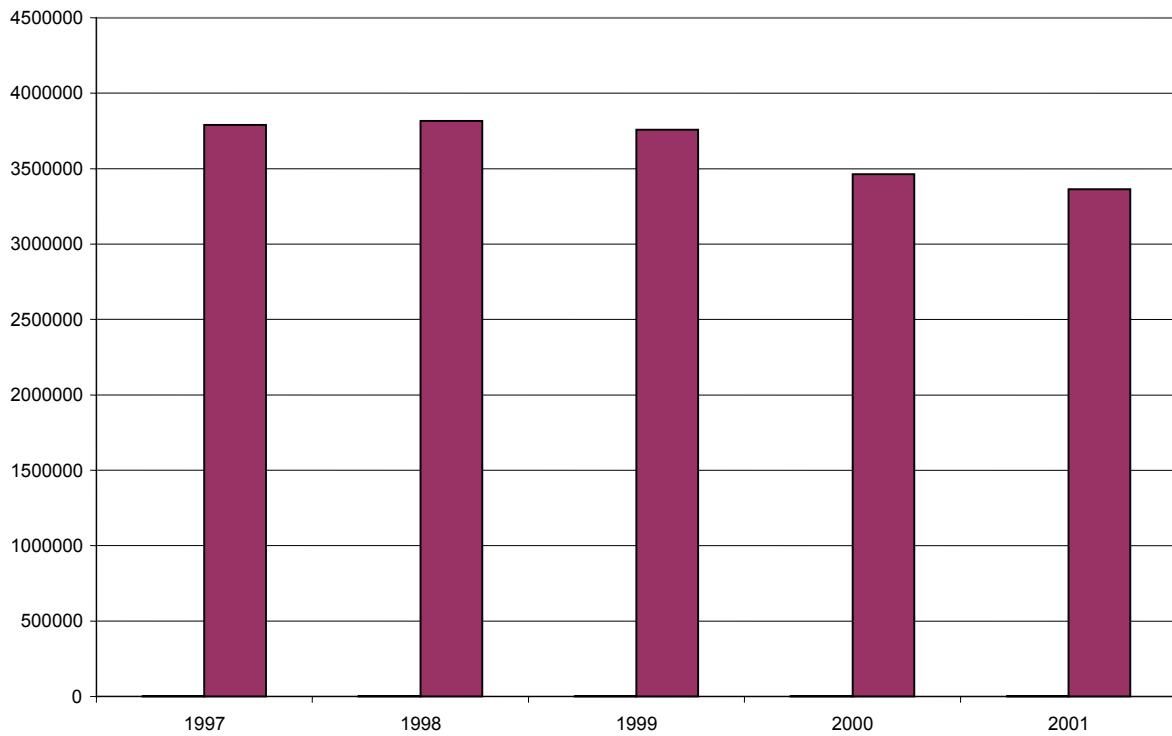
Region	County Name	Occupancy Rate
Region 1	Clatsop	59.51%
	Columbia	62.95%
	Lincoln	70.22%
	Tillamook	63.61%
Regional Average		64.07%
Region 2	Clackamas	83.08%
	Multnomah	78.33%
	Washington	71.03%
	Yamhill	70.67%
Regional Average		75.78%

Region	County Name	Occupancy Rate
Region 3	Benton	76.38%
	Lane	71.35%
	Linn	79.55%
	Marion	72.59%
	Polk	77.11%
Regional Average		75.40%
Region 4	Coos	72.15%
	Curry	67.65%
	Douglas	74.76%
	Jackson	81.69%
	Josephine	73.15%
Regional Average		73.88%
Region 5	Hood River	72.83%
	Morrow	56.17%
	Umatilla	37.21%
	Wasco	94.43%
Regional Average		65.16%
Region 6	Crook	76.06%
	Deschutes	64.53%
	Jefferson	47.42%
Regional Average		62.67%
Region 7	Grant	73.00%
	Klamath	33.75%
	Lake	74.31%
Regional Average		60.35%
Region 8	Baker	38.25%
	Malheur	67.71%
	Union	4.37%
	Wallowa	96.58%
Regional Average		51.73%

Patient Days

During this period, nursing homes provided 3.46 million patient days of care in 2000 and 3.37 million patient days in 2001. Like occupancy rates in the last five years of data, patient days have also dropped.

Figure 2 - Patient Days in Nursing Facilities 1997-2001

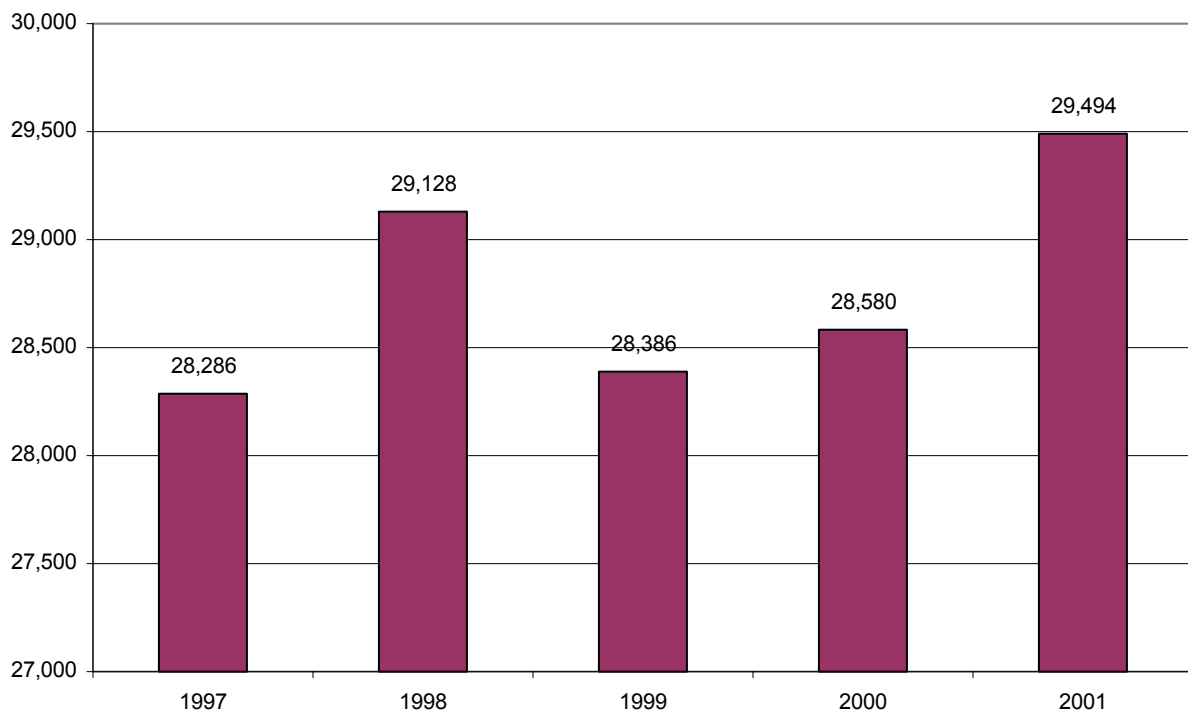


Number of Patients

Admissions

Although occupancy rates have declined and total patient days have declined, the actual overall number of admissions to nursing homes has increased, except for the year 1999 in which Oregon notice a considerable decline and has steadily increased admissions since.

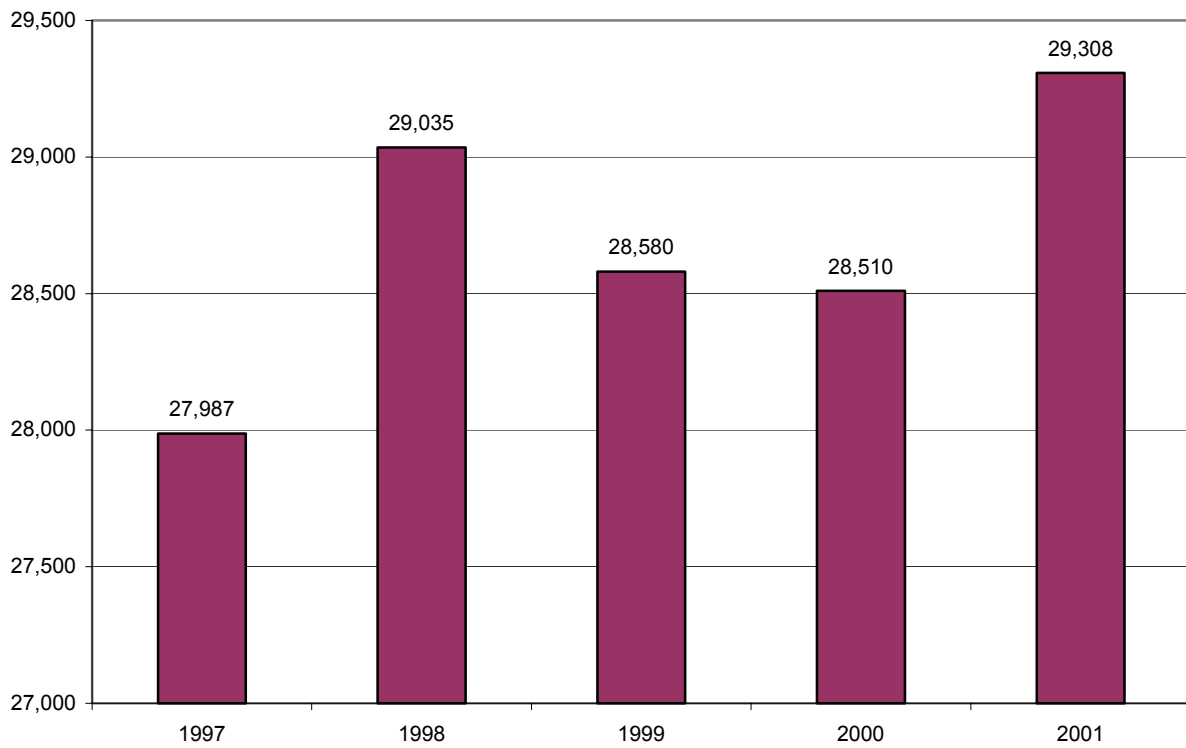
Figure 3 - Total Admissions 1997-2001



Discharges

The total number of discharges seems to mirror the total number of admissions, as shown in Figure 4.

Figure 4 - Total Discharges 1997-2001

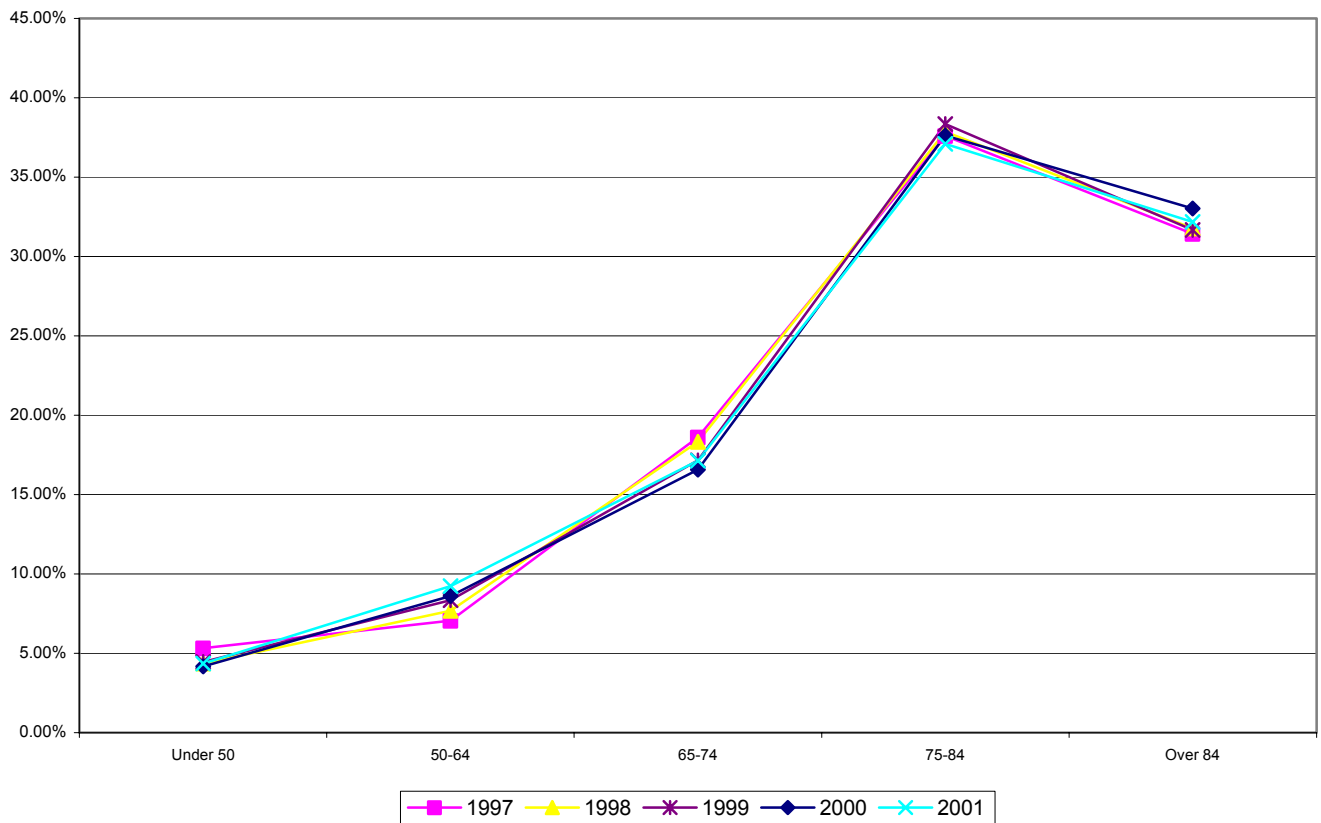


Patient Profiles

Patient Age

Percentages of patients' ages in the age-ranges collected have remained relatively the same in nursing facilities since 1998, where the vast majority of patients in 2000 were age 75 or older (71%). In 2001 that percentage dropped slightly to 69%.

Figure 5 - Patient Age Range as % of Total – 1997-2001



Gender

Women, overall, outnumber men in nursing facilities. As age increases, the percentages of men in each age group decreases; while in the female population, as age increases the percentages of women increase.

Figure 6 – Percentage of Male Patients by Age Group – 1997-2001

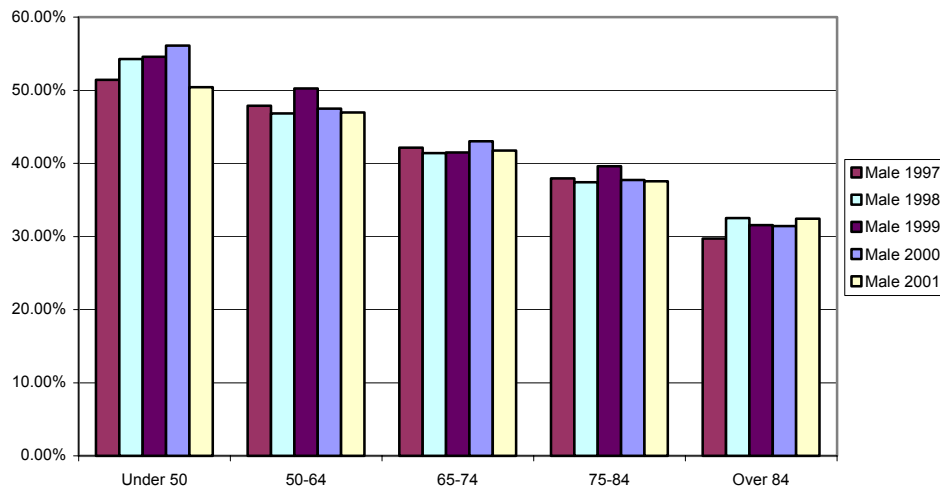
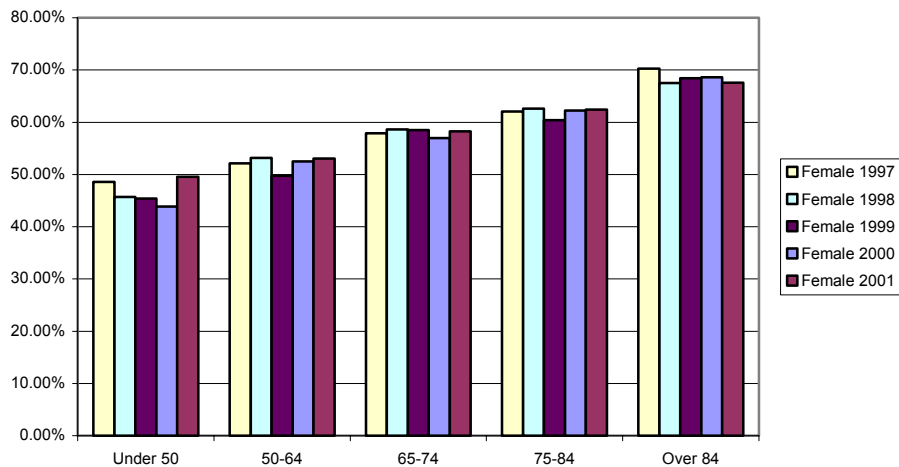


Figure 7 - Percentages of Female Patients by Age Group – 1997-2001



Patient Flow

Admissions

The overwhelming majority of patients in Nursing Facilities are admitted from the hospital, rather than from their own homes or from community based care facilities.

Figure 8 - Admissions 2000¹

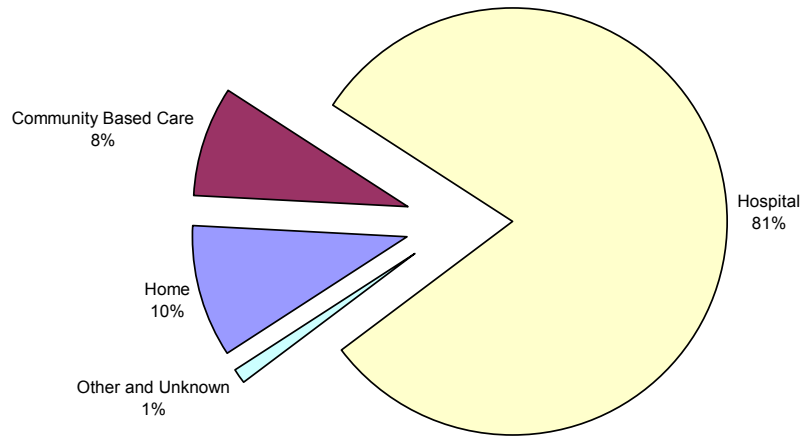
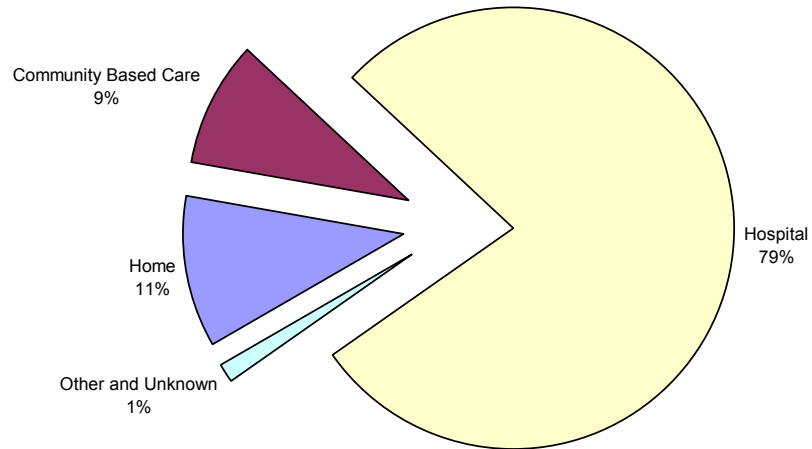


Figure 9 - Admission 2001



¹ Community Based Care includes Adult Foster Care, Adult Residential Care Facilities, Assisted Living Facility, Residential Training Homes, Other Nursing Homes and Psychiatric Facilities

Discharges

The largest percentages of nursing facility residents are discharged back to their own homes.

Figure 10 – Discharges 2000

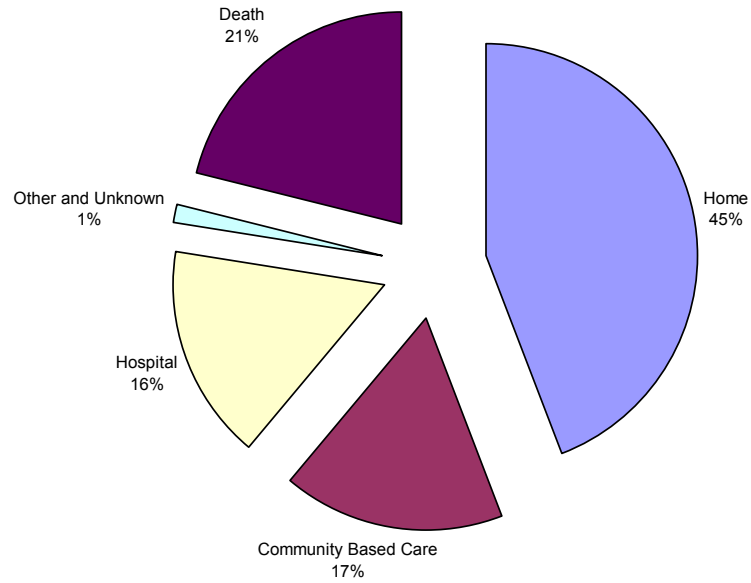
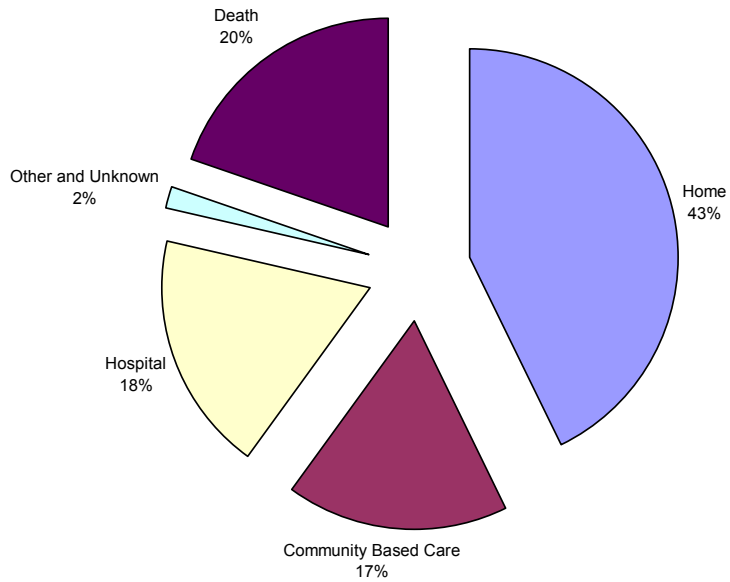


Figure 1 - Discharges 2001



Discharges to death over time have remained steady or decreased slightly over the last few years, as shown in Table 4.

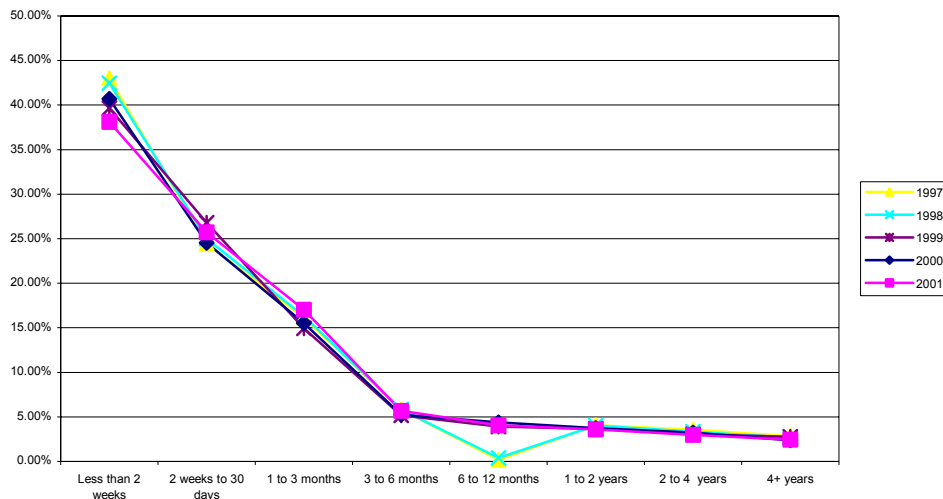
Table 4 - Discharges Due To Death

Year	%
1997	21.76%
1998	21.01%
1999	21.64%
2000	21.00%
2001	19.76%

Length of Stay

Lengths of stays in Nursing Facilities have been dropping dramatically over the last decade. In 2000 nearly 41% of patients stayed less than 2 weeks, while over 65% of the patients stayed less than a month. In 2001 38% of patients stayed less than 2 weeks, while nearly 64% of the patients stayed less than a month. Surprisingly, less than 10% of the nursing home population actually stays in nursing facilities for a year or more (9.33% in 2000 and 9.02% in 2001).

Figure 2 – Patient Lengths of Stay – 1997-2001



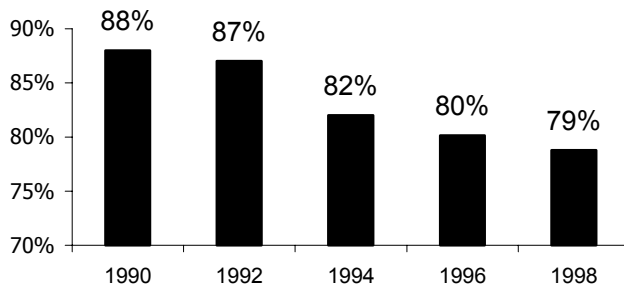
An Overview of Oregon Nursing Homes 1998

In 1998, Oregon had 167 nursing homes and 14,190 licensed beds, down from 174 homes, and 14,432 licensed beds in 1996.¹ Statewide, the occupancy rate for licensed nursing home beds was slightly more than 79% in 1998.²

Occupancy

Over the past eight years, the nursing home industry has seen a decline in occupancy. From 1990 to 1998, the occupancy rate in Oregon nursing homes decreased nine percent to 79%.³ This decline may be explained by a number of factors, including increased health status of seniors, and the opportunity to choose alternative long-term care

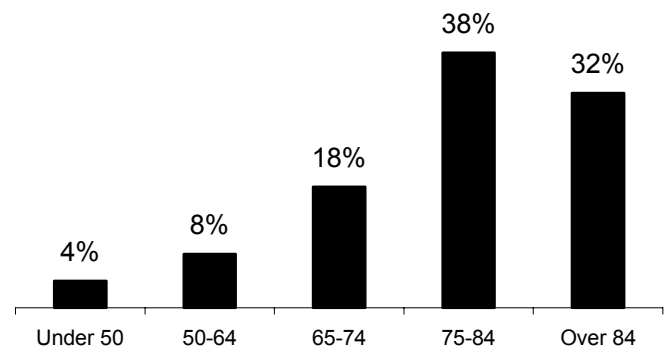
**Nursing Home Occupancy Rates:
1990-1998**



services such as assisted living, in home, residential care, and foster homes. Seniors, their families, and Medicaid - using a home and community based services waiver⁴ -, finance these and other alternative sources. From April 1987 to March 1997, the number of people in adult foster care increased by 186% and the number of those utilizing in-home services increased by 321%,⁵ while the

number using nursing home facilities decreased by approximately 14% over the same ten year period. Forty-seven percent of people occupying nursing homes and long-term care beds do so for less than two weeks and thus create a constant turnover known as "Empty-Bed Syndrome".⁶

1998 Nursing Home Patient Age



Patient Age

The median age of nursing home residents is about 79 years, with 70% of residents over 74 years of age. In 1992, the median nursing home resident age was 83 years - four years older and 77% of residents were over the age of 74. The trend is toward younger residents who are in need of short-term care. This is partly because the elderly are living longer in the United States and are less likely to need nursing home services until later in their lives. According to the National Center for Health Statistics, men and women who reached the age of 65 in 1995 could expect to live another 15.6 years.⁷ Because of advanced medical care many Americans are now living active lives well into their 80's.

Admissions

The majority of all nursing home residents (78%) were admitted from a hospital, with the remainder (22%) coming from home, foster care, or another nursing home. According to a recent report, the fifth most common inpatient hospital diagnosis in 1996 was lower extremity limb replacement, (hip and knee).⁸ Patients receiving joint replacements are now commonly discharged to skilled nursing facilities within a few days

¹ Department of Human Resources, Senior and Disabled Services Division, 1/29/99.

² This occupancy rate is based on reports from 159 Nursing Homes and representing 13,156 patients days.

³ All data unless otherwise noted are from the *Annual Report for Oregon Nursing Homes and Hospital Long-term Care Units, 1990-1998*, Office for Oregon Health Plan Policy & Research.

⁴ The purpose of the Home and Community Based Services (ADA/HCBS) Medicaid Waiver program is to prevent nursing home placement by allowing the aged and disabled to remain at home in the community. Persons eligible under this program receive full Medicaid coverage and additional special services to prevent institutionalization.

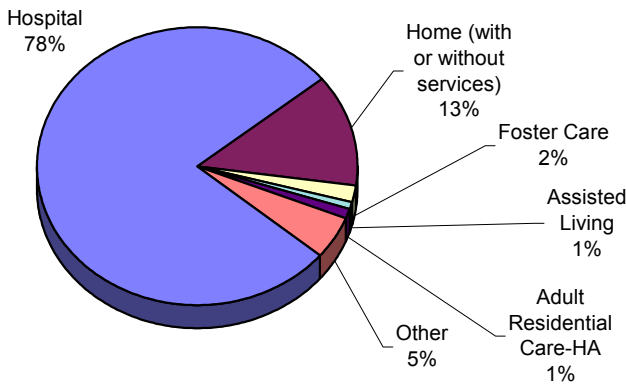
⁵ *A Preliminary Finding Relating to: The Reasonableness and the Adequacy of the State of Oregon's Proposed Medicaid Reimbursement System for Nursing Facilities During Fiscal Year 1997-98*. Department of Human Resources Senior and Disabled Services.

⁶ Caywood, Hershel Jr., M.H.A. *Nursing Home Resources Utilization*.

⁷ *Source Book of Health Insurance Data, 1997-1998*.

⁸ Oregon Hospital Report 1994-1996, OHPPR 1998.

Sources of Admission



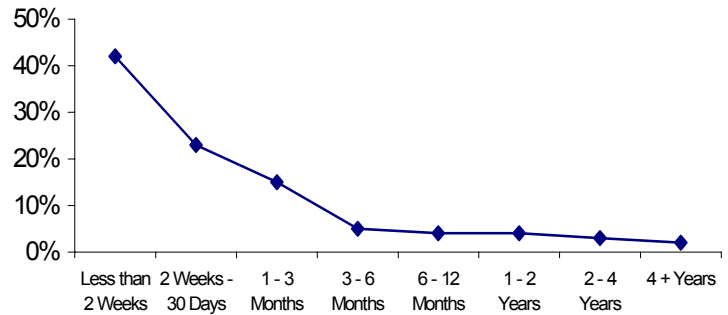
of surgery.⁹ The number of people having knee or hip replacement operations has jumped 20% in the past five years and the average age has dropped from 60 to 50 years of age. This could explain the high number of admissions from hospitals and the shorter length of stay. A larger portion of Oregonians age 65 and over (84%) were living above the federal poverty level in 1998, compared to 81% in 1990.¹⁰ They may now have the ability to pay for in-home care or assisted living. The implementation of the Medicaid home and community based services waiver also helps make it possible for many seniors to pay for in home long-term care.

remaining 17% were discharged to adult foster care, adult residential care, assisted living or other nursing facilities.

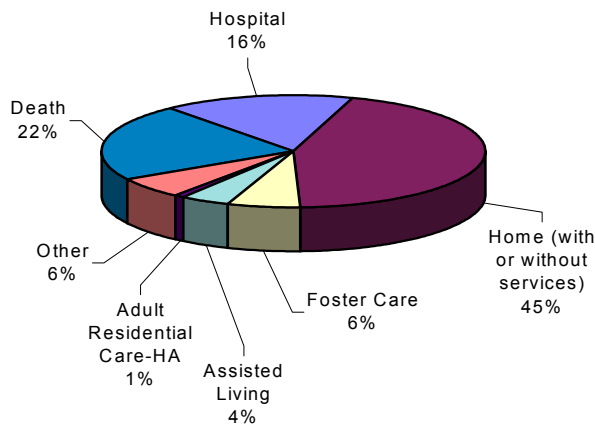
Length of Stay

In 1998, the median length of stay for nursing home residents was 17 days, a 44% drop from 1990, when the median length of stay was 39 days. In 1998, 42% of all people admitted to a nursing home were discharged within two weeks. The use of nursing facilities for short-term therapy could explain the sudden rise in short-term lengths of stay within nursing home facilities. Oregon's average hospital length of stay was 3.9 days in 1998, according to the American Hospital Association (3/8), explaining again the need for short-term care. It is important to note that nursing homes are not used as long-term care facilities as they once were. In 1998, only 18% of nursing home residents stayed for more than six months and only nine percent stayed for more than a year.

Patients Length of Stay



Discharge Types



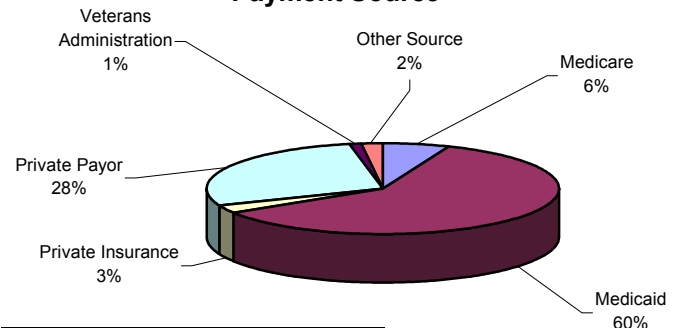
Payment Source

In 1998, Medicaid paid for 60% of all nursing home stays, which is similar to that of 12 years ago (55% in 1986). This is due in part to Medicare's limited nursing home benefit.¹¹ In 1998, only about six percent of nursing home stays were paid through Medicare and 28% were paid privately by nursing home residents (or their families). The remaining six percent of nursing home stays are paid by Veteran's benefits, private insurance or other sources.

Discharges

In 1998, 44% of all nursing home residents were discharged to their homes, up from 28% in 1996. Of all residents admitted to nursing homes, 22% died and 16% were discharged to a hospital. Those who die in nursing homes are most likely from the 18% who use nursing homes as a long term care facility and have a length of stay over six months. The

Payment Source



⁹ The Oregonian, March 8, 1999 Section A, Page 1

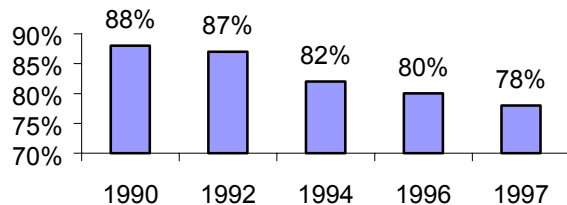
¹⁰ Oregon Population Survey, 1990-1998 -Oregon Progress Board

¹¹ Medicare will only pay for the first 100 days of care

An Overview of Oregon Nursing Homes 1997

In 1997, Oregon had 161 nursing homes and 13,248 licensed beds, down from 174 homes, and 14,432 licensed beds in 1996.¹ Statewide, the occupancy rate for licensed nursing home beds was slightly more than 78% in 1997.²

Nursing Home Occupancy Rates: 1990-1997



Occupancy

Over the past seven years, the nursing home industry has seen a continued decline in occupancy. From 1990 to 1997, the occupancy rate in Oregon nursing homes decreased ten percent to 78%.³ This decline may be explained by a number of factors, including increased health status of seniors, and the opportunity to choose alternative long-term care services such as assisted living, in home, residential care, and foster homes. Seniors, their families, and Medicaid - using a home and community based services waiver⁴ -, finance these and other alternative sources. From April 1987 to March 1997, the number of people in adult foster care increased by 186% and the number of those utilizing in-home services increased by 321%,⁵ while the number using nursing home facilities decreased by approximately 14% over the same ten year period.

¹ Department of Human Resources, Senior and Disabled Services Division, 1/29/99.

² This occupancy rate is based on reports from 159 Nursing Homes and representing 13,156 patients days.

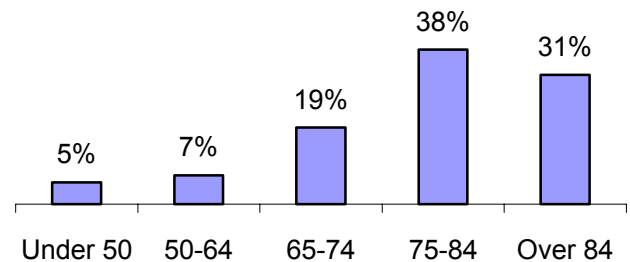
³ All data unless otherwise noted are from the *Annual Report for Oregon Nursing Homes and Hospital Long-term Care Units, 1990-1997*, Office for Oregon Health Plan Policy & Research.

⁴ The purpose of the Home and Community Based Services (ADA/HCBS) Medicaid Waiver program is to prevent nursing home placement by allowing the aged and disabled to remain at home in the community. Persons eligible under this program receive full Medicaid coverage and additional special services to prevent institutionalization.

⁵ *A Preliminary Finding Relating to: The Reasonableness and the Adequacy of the State of Oregon's Proposed Medicaid Reimbursement System for Nursing Facilities During Fiscal Year 1997-98*. Department of Human Resources Senior and Disabled Services.

Forty-seven percent of people occupying nursing homes and long-term care beds do so for less than two weeks and thus create a constant turnover known as "Empty-Bed Syndrome".⁶

1997 Nursing Home Patient Age



Patient Age

The median age of nursing home residents is slightly over 79 years, with 69% of residents over 74 years of age. In 1992, the median nursing home resident age was 83 years - four years older and 77% of residents were over the age of 74. The trend is toward younger residents who are in need of short-term care. This is partly because the elderly are living longer in the United States and are less likely to need nursing home services until later in their lives. According to the National Center for Health Statistics, men and women who reached the age of 65 in 1995 could expect to live another 15.6 years.⁷ Because of advanced medical care many Americans are now living active lives well into their 80's.

Admissions

The majority of all nursing home residents (79%) were admitted from a hospital, with the remainder (21%) coming from home, foster care, or another nursing home. According to a recent report, the fifth most common inpatient hospital diagnosis in 1996 was lower extremity limb replacement, (hip and knee).⁸ Patients receiving joint replacements are now commonly discharged to skilled nursing facilities within a few days of surgery.⁹ The number of people having knee or hip replacement operations has jumped 20% in the past five years and the average age has dropped from 60 to 50

⁶ Caywood, Hershel Jr., M.H.A. *Nursing Home Resources Utilization*.

⁷ *Source Book of Health Insurance Data, 1997-1998*.

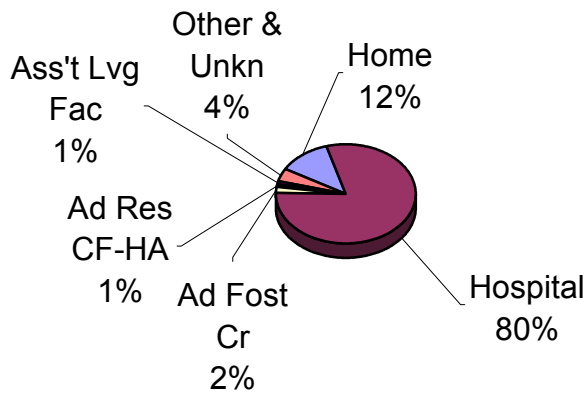
⁸ Oregon Hospital Report 1994-1996, OHPPR 1997.

⁹ *The Oregonian*, March 8, 1999 Section A, Page 1

years of age. This could explain the high number of admissions from hospitals and the shorter length of stay.

A larger portion of Oregonians age 65 and over (84%) were living above the federal poverty level in 1997, compared to 81% in 1990.¹⁰ They may now have the ability to pay for in-home care or assisted living. The implementation of the Medicaid home and community based services waiver also helps make it possible for many seniors to pay for in home long-term care.

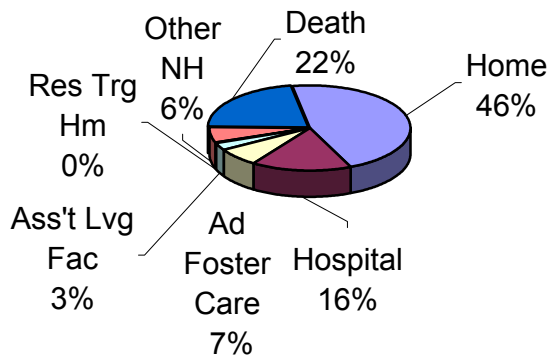
Source of Admissions



Discharges

In 1997, 46% of all nursing home residents were discharged to their homes, up from 28% in 1996. Of all residents admitted to nursing homes, 22% died in the home and 16% were discharged to a hospital. Those who die in nursing homes are most likely from the 18% who use nursing homes as a long term care facility and have a length of stay over six months. The remaining 16% were discharged to adult foster care, adult residential care, assisted living or other nursing facilities.

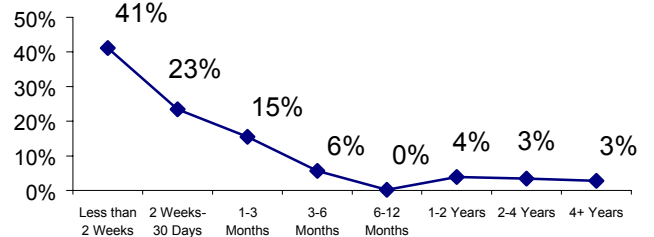
Discharge Types



Length of Stay

In 1997, the median length of stay for nursing home residents was 17 days, a 44% drop from 1990, when the median length of stay was 39 days. In 1997, 42% of all people admitted to a nursing home were discharged within two weeks. The use of nursing facilities for short-term therapy could explain the sudden rise in short-term lengths of stay within nursing home facilities. Oregon's average hospital length of stay was 3.9 days in 1997, according to the American Hospital Association (3/8), explaining again the need for short-term care. It is important to note that nursing homes are not used as long-term care facilities as they once were. In 1997, only 18% of nursing home residents stayed for more than six months and only nine percent stayed for more than a year.

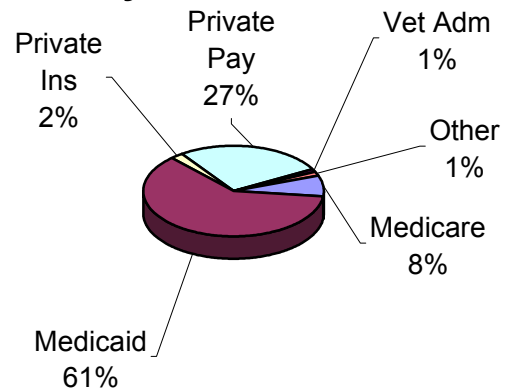
Length of Stay



Payment Source

In 1997, Medicaid paid for 61% of all nursing home stays, which is similar to that of 12 years ago (55% in 1986). This is due in part to Medicare's limited nursing home benefit.¹¹ In 1997, only about six percent of nursing home stays were paid through Medicare and 27% were paid privately by nursing home residents (or their families). The remaining six percent of nursing home stays are paid by Veteran's benefits, private insurance or other sources.

Payment Sources



¹⁰ Oregon Population Survey, 1990-1997 - Oregon Progress Board

¹¹ Medicare will only pay for the first 100 days of care