

# SENIOR CARE POLICY BRIEF

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## NEWSFLASH

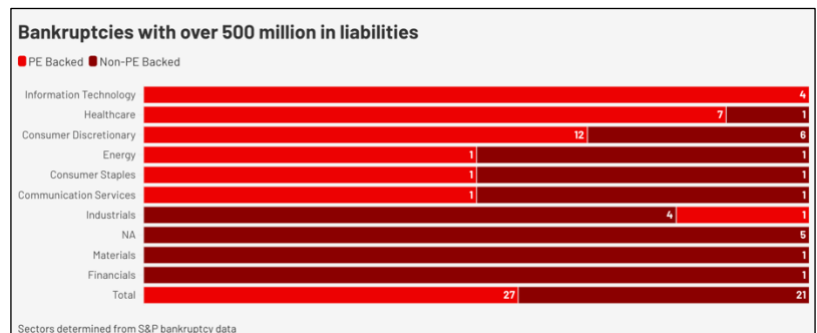
- A [new study published in JAMDA](#) found a clear association between the use of potentially inappropriate medications (PIMs) and increased mortality risk among older adults. Many PIMs contribute to polypharmacy, increasing the likelihood of adverse drug reactions, cognitive decline, falls, and hospitalization.
  - ⇒ Residents in nursing homes and assisted living settings are particularly vulnerable due to inadequate medication reviews and oversight. [LTCCC's study published in the Journal of American Geriatrics Society](#) found that many nursing homes lack adequate medical director presence, with wide variations in the time medical directors spend overseeing care. Limited clinical oversight can lead to poor prescribing practices and inadequate medication reviews, increasing the risk of PIM use and related health complications.
- A [recent study published in JAMDA](#) investigated the effects of ownership changes on staffing levels across various occupations in skilled nursing facilities. The study revealed that ownership changes in SNFs were associated with a decrease in staffing levels, particularly among registered nurses (RNs). These findings highlight the importance of monitoring ownership changes and implementing policies to ensure adequate staffing levels.

## LTC BY THE NUMBERS

- The [cost of nursing home care increased in 2024](#), with semi-private room costs rising by 7% to \$111,325 and private room costs increasing by 9% to \$127,750. Costs were highest in Alaska, Oregon, and Hawaii, while Texas, Missouri, and Oklahoma had the lowest costs. The data highlight the growing challenge of affordable long-term care as demand rises, particularly as the Baby Boomer generation ages.
- A study in [Health Affairs](#) found that the number of family caregivers supporting older adults in the US rose over 30% between 2011-2022. According to the authors, “[p]olicies and programs to offset adverse caregiving-related consequences exist, but they do not represent a coherent strategy.”

## FIVE YEARS INTO COVID-19

- As we mark the five-year anniversary of the COVID-19 pandemic, new research highlights its lasting effects on nursing home residents, particularly in the increased use of psychotropic medications. According to [McKnight's](#), a study published in the *Canadian Geriatrics Journal* found that post-acute neuropsychiatric symptoms—such as depression, anxiety, and agitation—have contributed to higher rates of psychotropic prescriptions, especially antidepressants, among older adults in long-term care.



A new [Private Equity Bankruptcy Tracker](#) revealed that in healthcare, private equity firms were behind seven of the eight largest bankruptcies in 2024, as reported by the [Center for Medicare Advocacy](#).