

2025



North Dakota Long Term Care **FACTS & FIGURES**



**North Dakota
Long Term Care**
ASSOCIATION

1900 North 11th Street, Bismarck, ND 58501
(701) 222-0660 • www.NDLTCA.org

About NDLTCA

About the North Dakota Long Term Care Association

The North Dakota Long Term Care Association (NDLTCA) is a non-profit trade association representing long term care facilities in North Dakota. Membership includes nursing facilities, basic care facilities, and assisted living facilities. NDLTCA began operating in 1977 and currently represents 184 nursing, basic care, and assisted living facilities. NDLTCA works closely with State and Federal government agencies along with other professional associations in its efforts to advocate on behalf of long term care and promote sound legislative and regulatory policies. NDLTCA is an affiliate of the American Health Care Association (AHCA) and the National Centers for Assisted Living (NCAL). AHCA and NCAL, located in Washington, D.C., are the largest organizations of long term care facilities in the nation. NDLTCA is governed by a 13 member Board elected by the membership. Overall policy of the NDLTCA is the responsibility of the Board. NDLTCA is dedicated to serving our members who strive to maintain the highest quality of care for the elderly and disabled.

Mission Statement

The North Dakota Long Term Care Association is a professional association of long term care and community service providers who enhance the lives of people we serve through collaboration, education and advocacy.

Vision Statement

The North Dakota Long Term Care Association continues to be recognized as an innovative leader in the continuum of care which has a positive impact on the quality of life of those we serve.

Core Values

- Competence
- Honesty
- Integrity
- Responsiveness
- Trust

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Introduction

Greetings to All



As we embark on another year, we are pleased to introduce our new leadership. Nikki Wegner serves as the President, and Amy Kreidt is our Chair. Under their guidance, the North Dakota Long Term Care Association (NDLTCA) continues its mission to support our members and enhance the quality of care provided across our state.

Reflecting on the past year, we celebrate several notable successes, thanks in part to the support from the Legislative General Assembly. The Nursing Facility Incentive Program has played a pivotal role in driving positive changes and improving quality in our facilities. Additionally, the Fair Rental Value system for nursing homes has enabled many facilities to make much-needed updates and improvements to their buildings, further enhancing the care environment for residents.

We'd also like to extend a special thanks to Eide Bailly and LeeAnn Thiel for providing data that was instrumental in creating this publication.

However, the last couple of years has also brought its share of challenges. The finalization of the minimum staffing rule, ongoing workforce shortages, and reimbursement issues in basic care remain significant concerns. Despite these hurdles, our providers persevere, demonstrating resilience and commitment to the communities they serve.

We look forward to continued collaboration with legislators this session to address these challenges. By working together, we aim to support nursing homes, basic care, and assisted living providers, ensuring they can maintain, and improve the quality of care for North Dakota's aging population.

Thank you for your dedication and support as we strive to make a difference in long term care.

Warm regards,



Nikki Wegner
President



Amy Kreidt
Chair

Long Term Care Facts

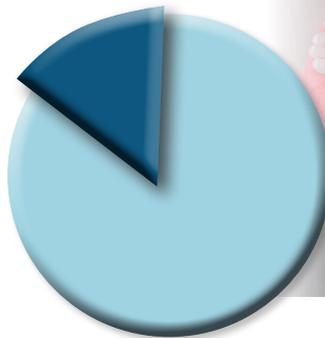
Aging In America

The aging of America, together with extended life expectancy, will result in unprecedented demand for long term care.

Long term care services are provided in a variety of settings, including nursing facilities, basic care, assisted living, swing beds, and home and community based settings.

The nation as a whole grew as the oldest Baby Boomers became seniors. For the first time in the US history older adults requiring long term care will outpace the number of available workforce participants.

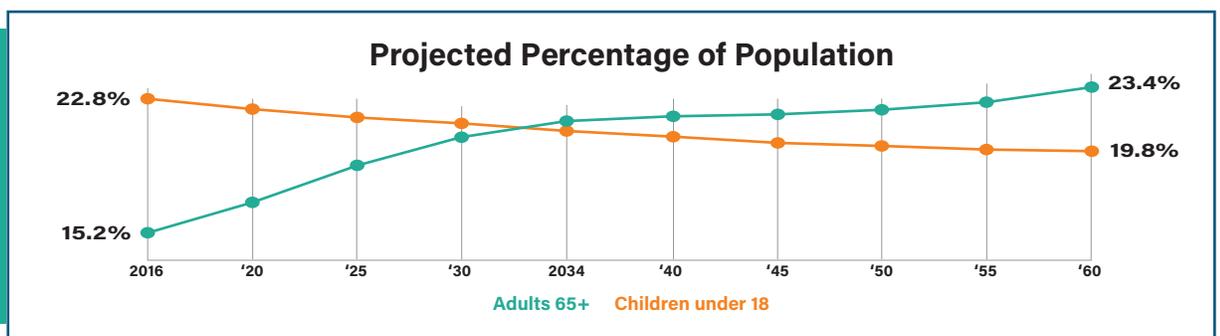
17.1%
of North Dakota's population is made up of individuals 65+



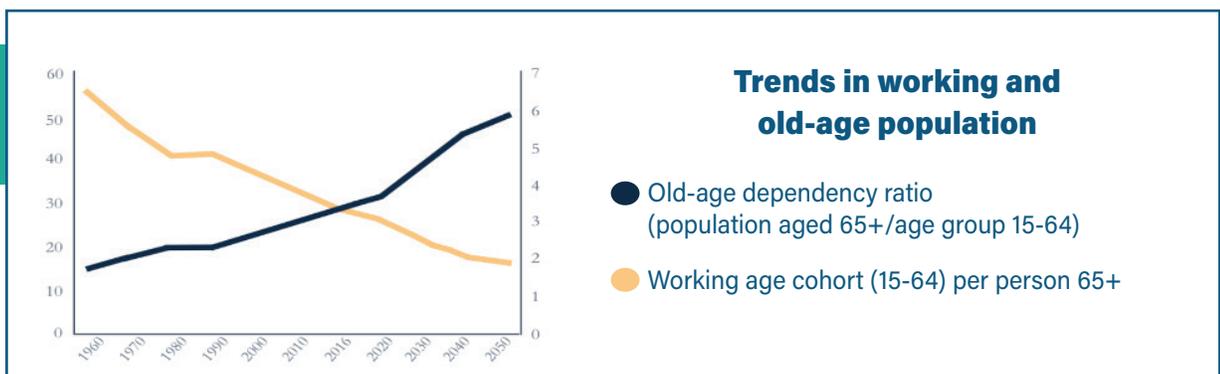
1 out of 2 North Dakotans
will need long term care sometime during their lives

AN AGING NATION

For the first time in U.S. history, older adults are projected to outnumber children in 2034



The Future Workforce



Long Term Care Facts

Caregivers of North Dakota

- Workforce is the number one issue facing long term care facilities. 
- RN turnover is **34%** vs US RN turnover of 46%.
- **CNA turnover** in nursing facilities is **70%**.
- The oldest employee in long term care is **93 years old** in ND. 
- ND nursing facilities use an average **13%** contract nursing vs. **8%** nationwide.
- ND had an increase of **14%** in contract nursing costs from 2022-2023 compared to **176%** from 2021-2022.
- Almost one-third (**26%**) of caregivers in ND long term care are age 50 or older.
- **13%** of the ND long term care workforce is at or over the age of 60. 



Who Needs Care?

There are 1,290,000 people living in a nursing home in the US today, according to the 2020 US Census. This number is expected to almost double by 2050.

The need for personal assistance with everyday activities increases with age.

Risk factors for nursing home placement includes: Advanced age, female gender, living alone, cognitive impairment, dependence on assistance with activities of daily living, and behavioral changes.

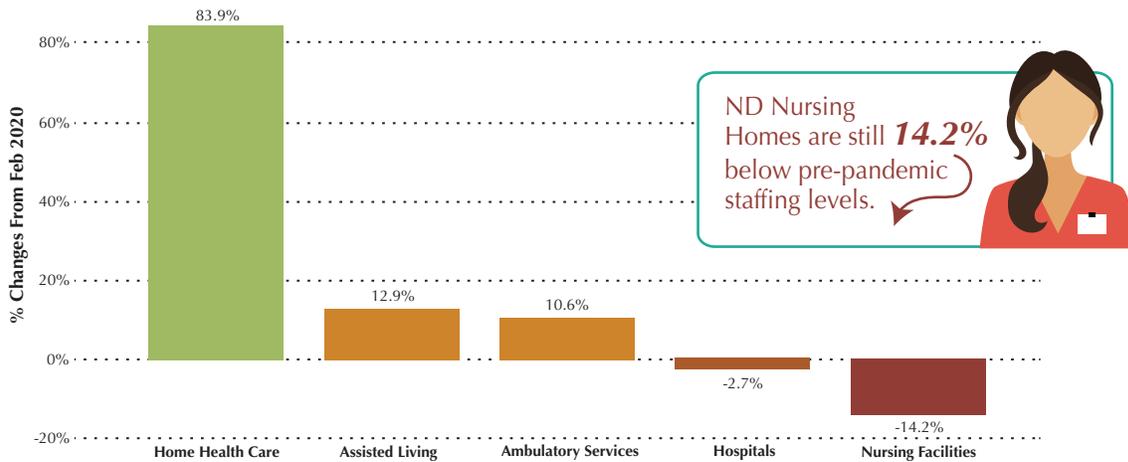
The most common reasons given for nursing home placement are the need for assistance with daily care all day long, complex medical needs, and the need for constant supervision.

North Dakota nursing homes are caring for an older population, with the average age being 82 years old, compared nationally to 79 years old.

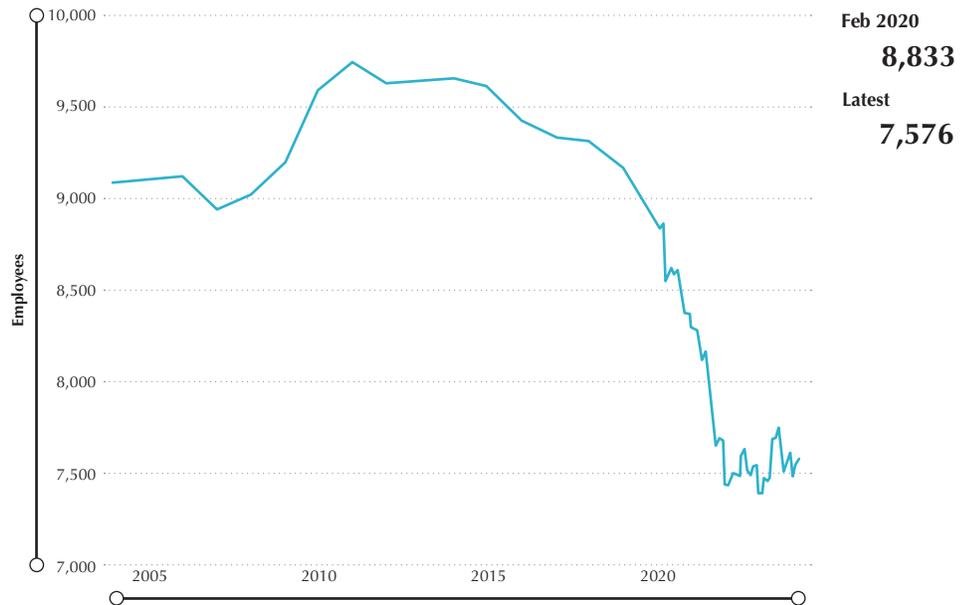


Workforce Challenges and Solutions

Statewide Staffing Shortages



Workers Needed:
1,257 nursing home workers are required in ND to return to pre-pandemic levels.



Source: Bureau of Labor Statistics, Quarterly Census of Employment and Wages. NAICS Industries 623, 6231



- North Dakota Trends: Urban nursing homes show better staffing recovery than rural facilities, where competition for limited local workers is a significant challenge.

Workforce

Strategies to Address Staffing Shortages

- Reducing reliance on contract staff.
- Competitive sign-on bonuses and wage increases.
- Foreign nurse recruitment.
- Recruiting from underemployed U.S. regions, offering relocation assistance and housing support.
- Workforce development initiatives:
 - Partnerships with schools for on-the-job training, virtual learning, and apprenticeships.
 - A state database connecting students with local long term care positions to build community loyalty.



Ongoing Challenges

- Facilities continue to rely on temporary contract staff while navigating logistical, financial, and cultural barriers.
- Long-term solutions require sustained investment in workforce development and innovative recruitment strategies.

Commitment to Quality Care

Despite workforce challenges, long term care facilities in North Dakota and across the nation remain dedicated to providing high-quality care to residents.

Assisted Living Facts

ASSISTED LIVING AT A GLANCE

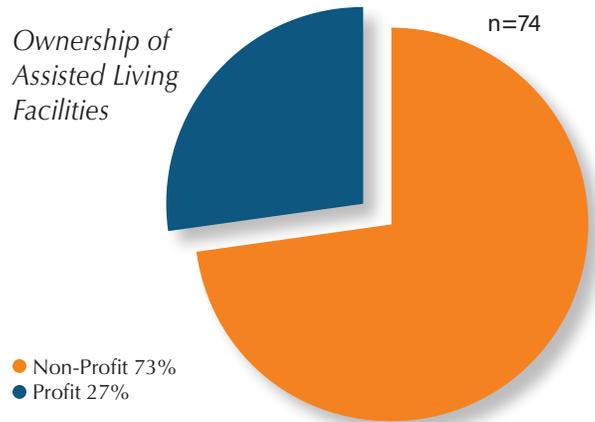
74 licensed assisted living facilities

3,020 licensed units

2024 average occupancy was **79%**

n=19

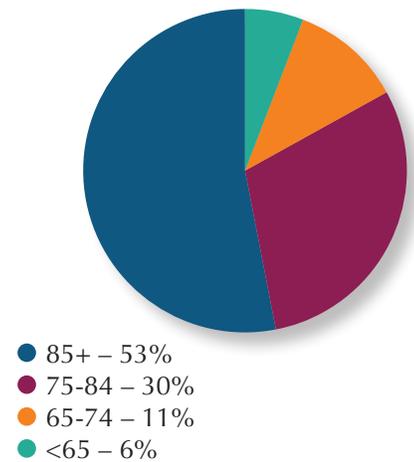
Ownership of Assisted Living Facilities



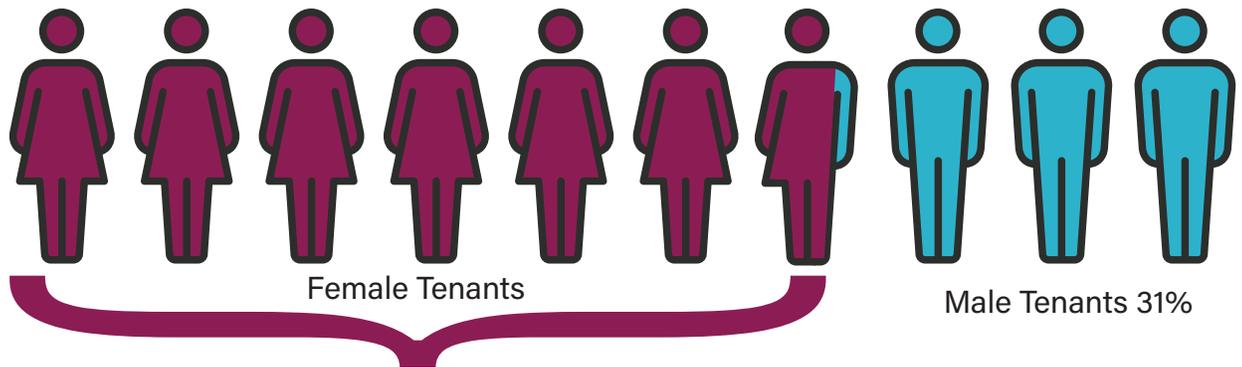
Assisted Living Facts

- An assisted living facility is a congregate residential setting with private apartments and contracted services.
- A la carte services are contracted based upon an agreed upon service plan.
- A typical rental package includes meals, housekeeping, activities, transportation, and laundry.
- Facilities provide a full range of services from bathing to medication management to hospice care.
- Assistance with instrumental activities of daily living (IADL*), personal care, falls, isolation, depression, and the need for supervision are the top issues precipitating the desire to move into an assisted living facility.
- Current tenants in ND range in age from 53 to 110 with the average age being 86.

Tenant's Age



Gender of Assisted Living Tenants



69% of tenants in North Dakota ASSISTED LIVING are female.

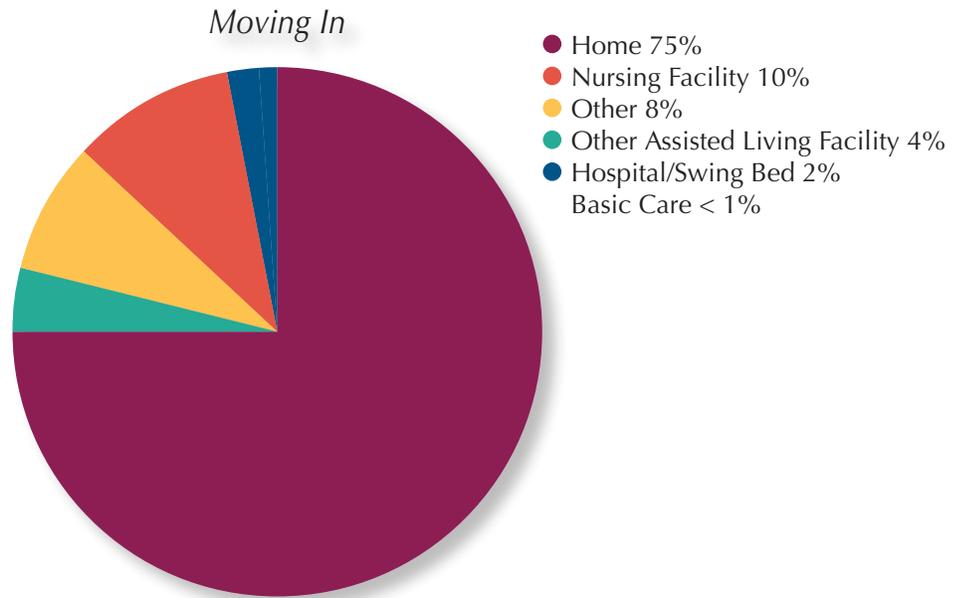
*Instrumental activities of Daily Living include: using the phone, shopping, meal preparation, managing medication, cleaning, transportation, managing money, caring for pets.

Tenants - Moving In and Out

When individuals move into an assisted living facility, *where do they come from?*

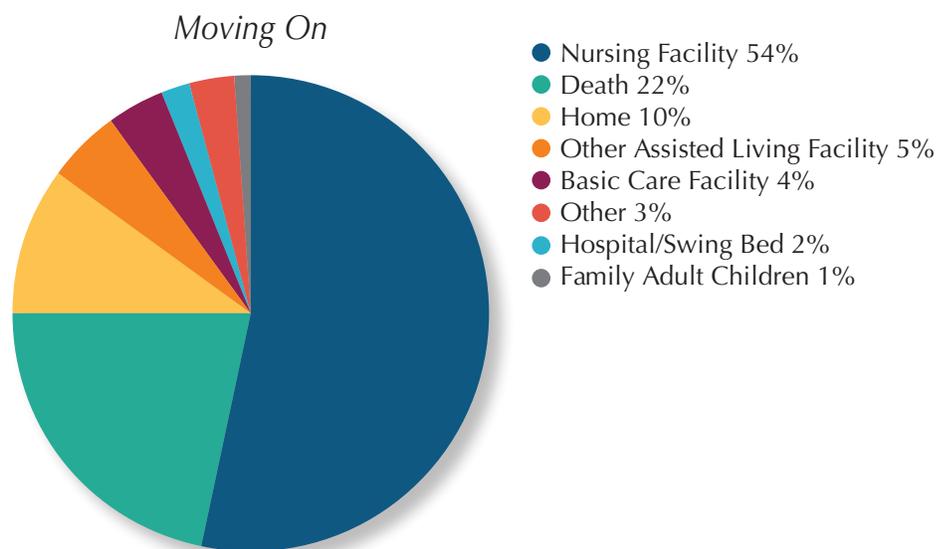
Most individuals were living in their own home prior to moving into an assisted living facility. The top four reasons for assisted living move-in:

- 1) Assistance with daily care
- 2) Needs assistance with IADLs
- 3) Falls
- 4) Social isolation/depression



When individuals move out of an assisted living facility, *where do they go?*

Almost half of the individuals moving out of assisted living facilities are admitted to a skilled nursing facility. Advancing medical needs and changes in cognition necessitate the move to a higher level of care.



Assisted Living Facts

Care Needs of Assisted Living Tenants

39% of tenants have impaired mental status ranging from mild confusion or forgetfulness to a mental health diagnosis.

49% of tenants need full assistance with medication administration. These tenants on average take 10 over-the-counter and prescription medications daily.

94% of tenants are fully independent in eating, 97% independent with transferring, 95% with toileting, and 65% with dressing.

66% of tenants periodically use the assistance of a walker or cane.

38% of tenants need some assistance with bathing.



Assisted Living WORKFORCE



- Top issues impacting assisted living facilities are workforce, occupancy, and financial viability.
- As of August 1, 2024, 19 assisted living facilities reported the average time a nurse is onsite is 12 hours per day.
- In 2024 the mid-point CNA wage is \$21.03.

Economic Impact

"*Total impact is the sum of direct, indirect, and induced effects on the economy of the state. Sources: CDC/ NCHS, National Post-acute and Long Term Care Study (2020), State Licensure Website, IMPLAN Economic Impact Data and Software"

WORKFORCE

704
jobs direct

970
jobs total*

ECONOMIC ACTIVITY

\$59.8
million direct

\$104.2
million total*

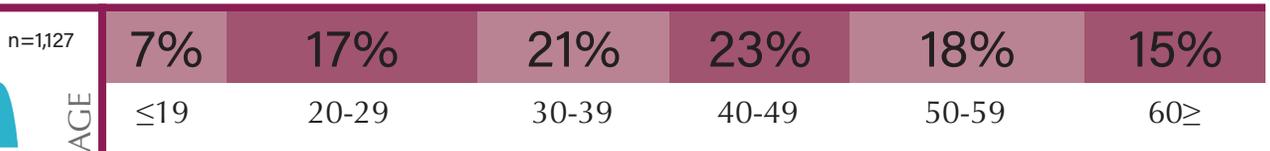
TAX REVENUE

\$2
million state/local

\$10
million federal



Age of Assisted Living Workforce



Assisted Living Facts

Assisted Living COST

In 2024, the average rent in an assisted living facility was \$3,668 per month.

The cost for services in an assisted living facility varies dramatically, with an average of \$2,248 per month.

The cost of assisted living is highly dependent on the size of the living space, the location in North Dakota, and the amenities in the rental and service package.



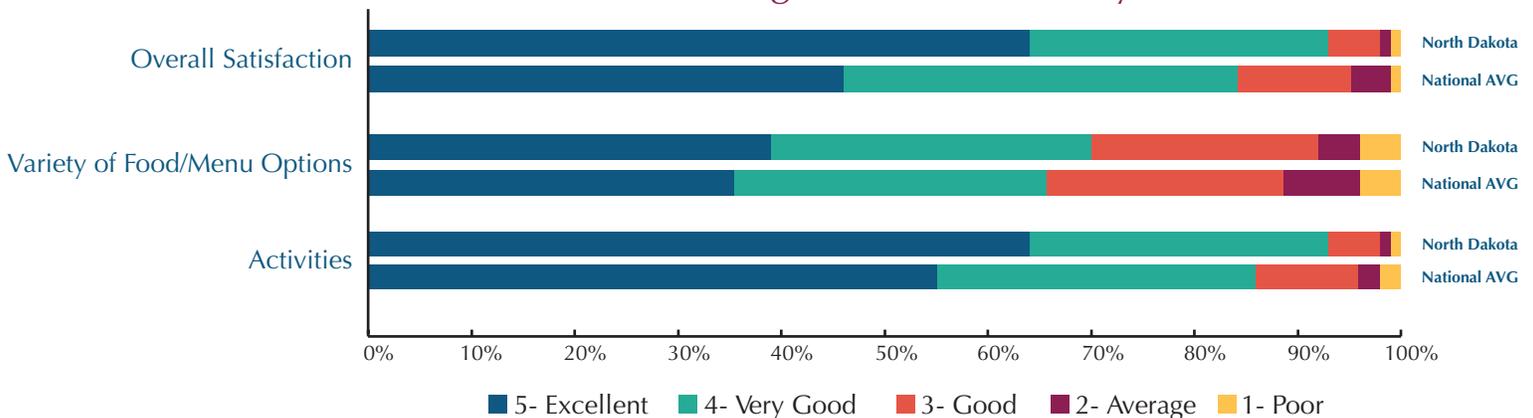
Who Pays the Bill in Assisted Living Facilities?

Government Assistance <2%
 Private Pay 98%*

**of this amount 28% of residents have LTC insurance that helps pay for their care.*
 n=586



Assisted Living Satisfaction Survey Results



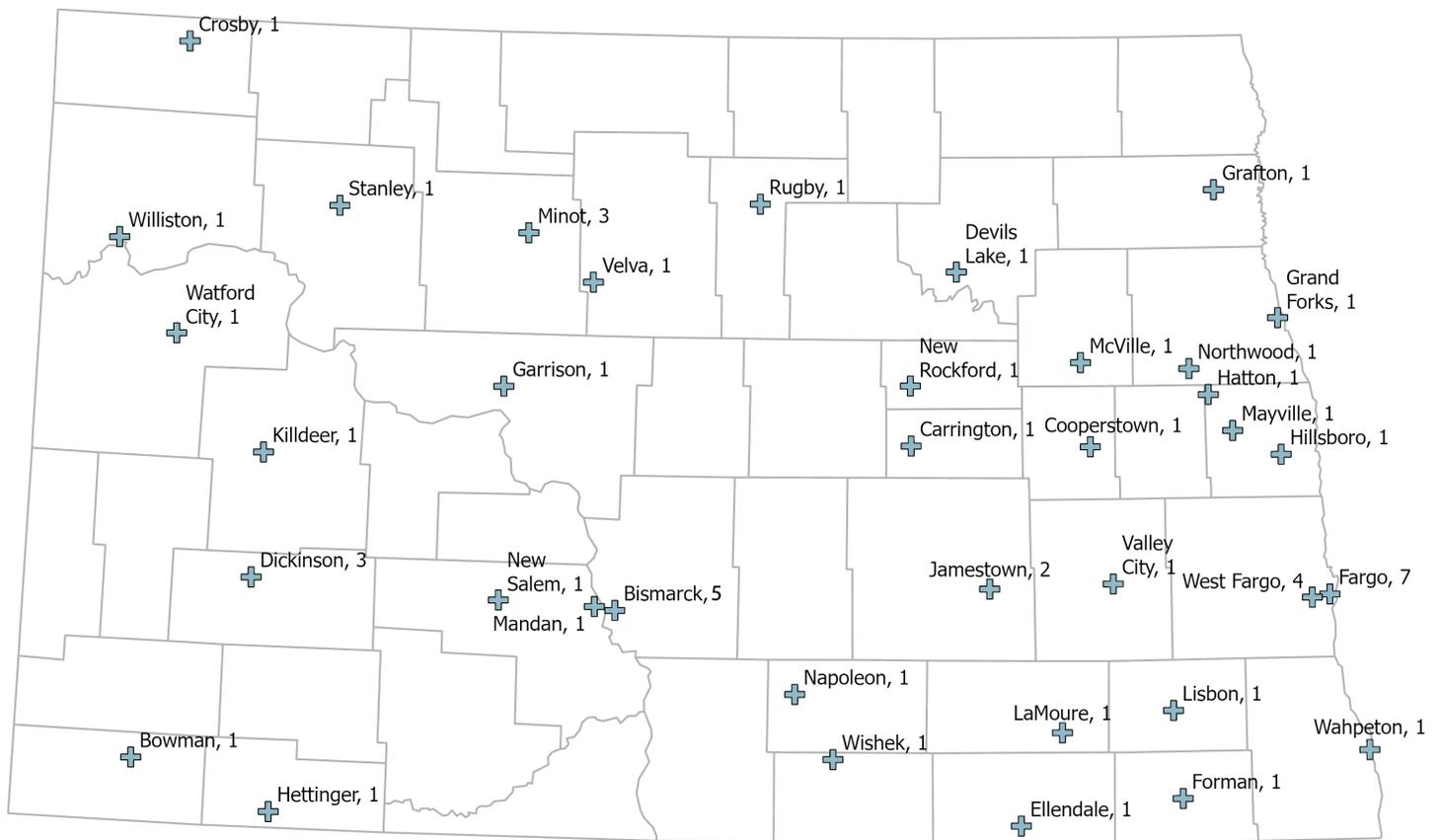
NDLTCA Members Assisted Living

<u>City</u>	<u>Facility Name</u>
Bismarck	Good Samaritan Society - Augusta Place
Bismarck	Prairie Pointe
Bismarck	Benedictine Living Community - Bismarck
Bismarck	Touchmark on West Century
Bismarck	Missouri Slope Assisted Living
Bowman	Sunrise Village Assisted Living
Carrington	Golden Acres Estate
Cooperstown	Park Place Assisted Living
Crosby	Northern Lights Villa
Devils Lake	Eventide Heartland Courts
Dickinson	Benedictine Living Community - Dickinson
Dickinson	Benedict Court
Dickinson	Park Avenue Villa
Ellendale	Benedictine Evergreen Place and Assisted Living
Fargo	Bethany Gables
Fargo	Bethany Towers
Fargo	Eventide Fargo
Fargo	Good Samaritan Society - Fargo
Fargo	Fargo Elim - Assisted Living
Fargo	CHI Riverview Place
Fargo	Touchmark at Harwood Groves
Forman	Four Seasons Healthcare Center
Garrison	Benedictine - The Meadows
Grafton	Leisure Estates
Grand Forks	Wheatland Terrace
Hatton	Hatton Prairie Village
Hettinger	Western Horizons Assisted Living
Hillsboro	Sanford Health Hillsboro Care Center

<u>City</u>	<u>Facility Name</u>
Jamestown	Eventide Jamestown
Jamestown	SMP Health Ave Maria
Killdeer	Hill Top Home of Comfort
LaMoure	Benedictine Living Community of LaMoure -Rosewood
Lisbon	Beverly Anne Assisted Living Center
Mandan	Lakewood Landing Assisted Living
Mayville	Luther Memorial Home - Sun Center
McVile	The Summerfield Assisted Living
Minot	Elison Assisted Living of Minot
Minot	ProHealth Home Care Assisted Living
Minot	The View on Elk Drive
Napoleon	Wentz Living Center
New Rockford	Heritage House
New Salem	Elm Crest Assisted Living
Northwood	Northwood Deaconess Health Center
Rugby	Haaland Estates - Assisted Living
Stanley	Rosen Plan on 8th
Valley City	The Legacy Place, LLC
Velva	Valley View Manor
Wahpeton	Benedictine Living Community of Wahpeton -Siena Court
Watford City	Horizon Assisted Living
West Fargo	Eventide at Sheyenne Crossings
West Fargo	Kind-er Care Home
West Fargo	Kind-er Care Home 2
West Fargo	New Perspective West Fargo
Williston	Arbor House
Wishek	Prairie Hills Assisted Living

Assisted Living Map

North Dakota Assisted Living Facilities, 2024



 City, Assisted Living Facilities

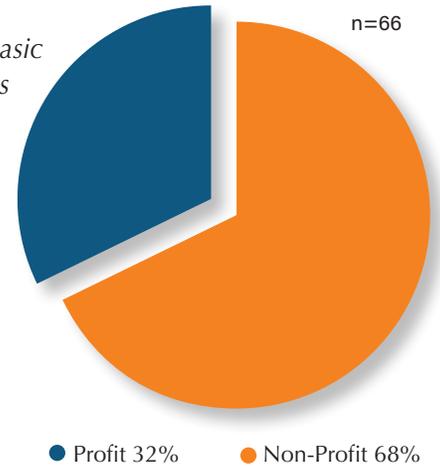
Source: North Dakota Long Term Care Association
Created by the North Dakota Healthcare Workforce Group on 8/13/2024

Basic Care Facts

BASIC CARE AT A GLANCE

66 licensed basic care facilities
2,097 licensed units
 2022 average occupancy was **72%**

Ownership of Basic Care Facilities

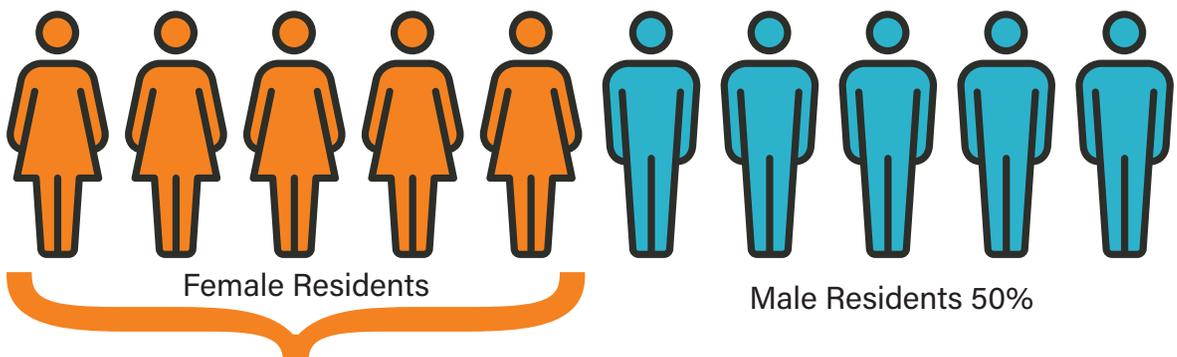


Basic Care Facts

- A basic care facility is a congregate residential setting with private and semi-private rooms, providing 24-hour staffing.
- Congregate residential settings like basic care significantly reduce isolation, which is linked to improved mental and physical health outcomes for older adults. According to studies, social engagement in group living environments lowers the risk of depression by providing regular social interaction and a sense of community. Additionally, these settings help alleviate the healthcare workforce crisis by centralizing care delivery, thus reducing the need for in-home services and emergency hospital visits.*
- Current residents range in age from 27 to 104 years old, with the average age being 79.



Gender of Basic Care Residents

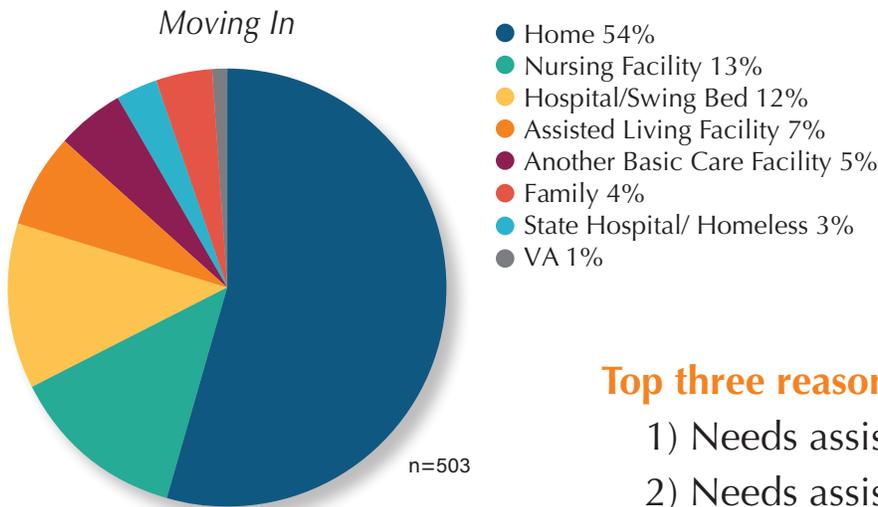


50% of residents in North Dakota BASIC CARE are female

*Source: Centers for Disease Control and Prevention (CDC). (2021). Loneliness and Social Isolation Linked to Serious Health Conditions. Available at: CDC

Basic Care Facts

When individuals move into a basic care facility, *where do they come from?*

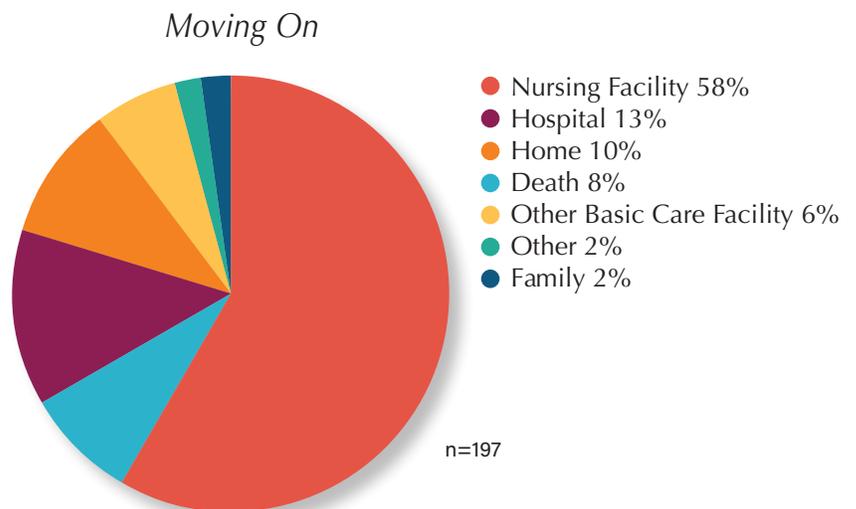


Top three reasons for basic care admission:

- 1) Needs assistance with IADLs
- 2) Needs assistance with daily care
- 3) Needs supervision

When individuals move out of a basic care facility, *where do they go?*

Over half of residents discharged from a basic care facility are admitted to a skilled nursing facility. Medical needs, physical limitations, and growing cognitive issues necessitate the admission to a higher level of care.



Basic Care Facts

Care Needs of Basic Care Residents

60% of residents have impaired mental status, ranging from early stage dementia to disorientation.

30% of residents have a mental health diagnosis.

94% of residents need full assistance with medication administration.

50% of residents receive psychoactive drugs.

12 the number of medications the average basic care resident takes.

61% of residents are independent in dressing, with 2% requiring extensive assistance.

41% of residents are ambulatory and do not need any staff assistance, 68% use a walker or cane, and 12% use a wheelchair.

91% of residents are independent in transferring and 86% are independent with toileting.

63% of residents need assistance with bathing.



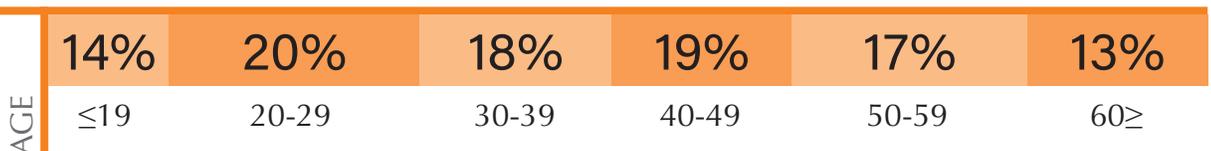
Basic Care WORKFORCE

- The top issues facing basic care facilities are workforce, occupancy, and reimbursement.
- 664 individuals are employed in 16 basic care facilities.
- In 2024 the midpoint CNA wage is \$21.03.
- The youngest employee is 14 years old and the oldest is 77 years old.



Age of Basic Care Workforce

n=711



Basic Care Facts

Basic Care COST

Seventy-four percent of residents living in basic care need assistance to pay for their care. After removing outliers, the average basic care assistance rate on July 1, 2023 is \$158.69 per day. The average cost for providing care is \$170.44 so for each resident served, the facility is losing almost \$11.75 per resident per day.

All of our basic care facilities are operating at a loss.

Fewer than half of basic care facilities charge extra for private-pay residents. Among those that do, the average additional cost is \$18 per day.

And 18% of basic care facilities charge an additional fee for private rooms, with an average cost of \$15 per day.



Does LTC Insurance pay in Basic Care Facilities?

**8% of residents have LTC insurance that helps pay for their care.*

Basic Care Average Costs and State Reimbursement Rates

\$	SFY 2018	SFY 2019	SFY 2020	SFY 2021	SFY 2022	SFY 2023	SFY 2024
Average Cost	\$121.64	\$130.52	\$124.52	\$133.92	\$149.25	\$167.29	\$247.89
Average Rate	\$117.13	\$123.80	\$122.83	\$129.12	\$137.56	\$161.25	\$164.76
Difference	-\$4.51	-\$6.72	-\$1.69	-\$4.80	-\$8.69	-\$6.04	-\$83.13

*Continued losses of the **past 7 years** are making it almost impossible to care for the residents with Basic Care Assistance Program as a payment source.*

Basic Care Reported Resident Likes and Wants



The top four reported likes:

- 1) Friendly, safe environment
- 2) Assisted with housekeeping & laundry
- 3) Freedom to do what they would like throughout the day
- 4) Privacy



The top four reported wants:

- 1) Healthier food options
- 2) Flexible meal options
- 3) Updates to building
- 4) More activity options

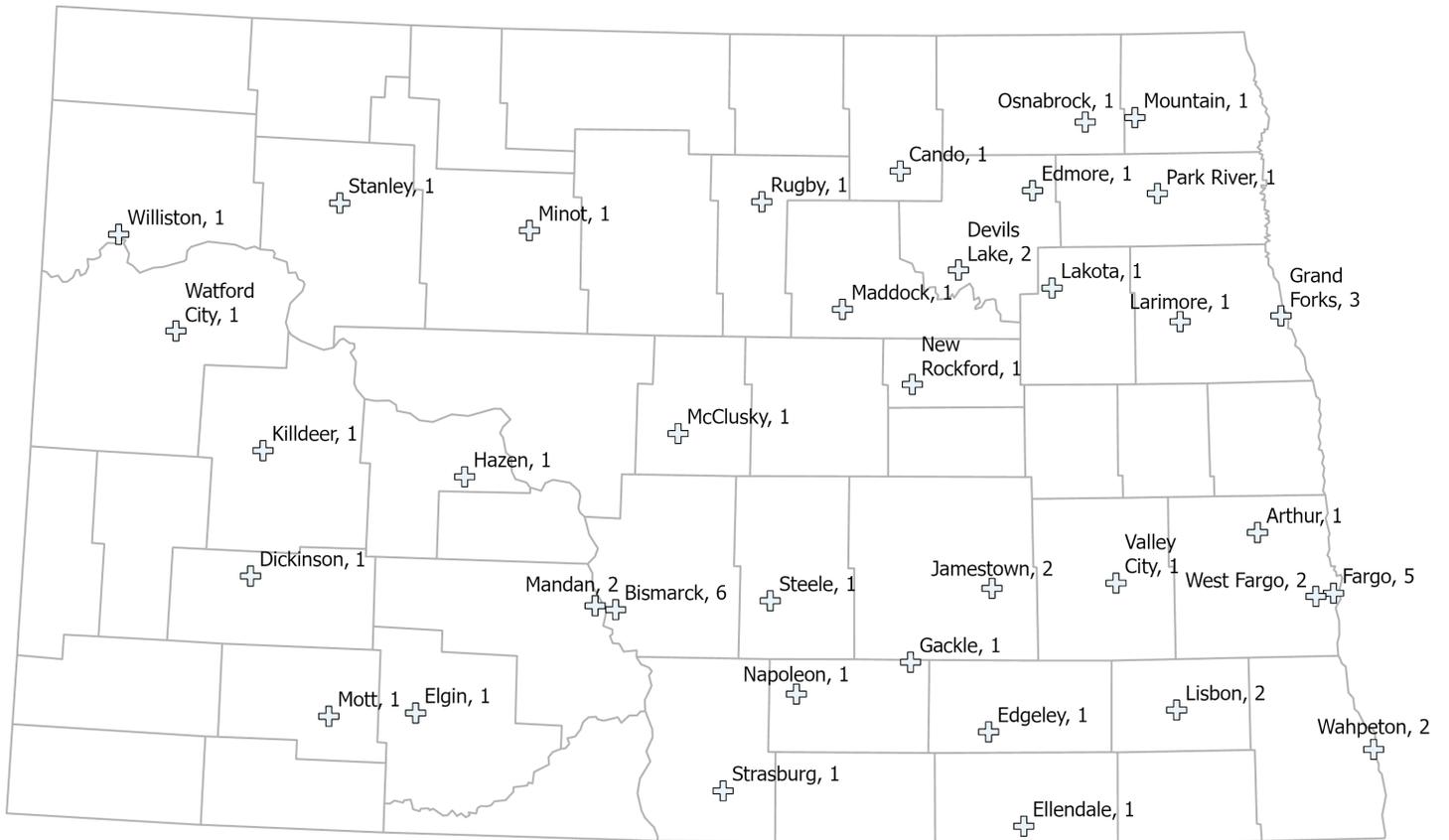
NDLTCA Members Basic Care Facilities

City	Facility Name
Arthur	Good Samaritan Society - Arthur/Prairie
Bismarck	Villa Good Samaritan Society - Augusta Place
Bismarck	Maple View Memory Care Community
Bismarck	Prairie Pointe
Bismarck	Benedictine Lliving Community – Bismarck
Bismarck	The Terrace
Bismarck	Touchmark on West Century
Cando	St. Francis Residence
Devils Lake	Eventide - Lake Country Manor
Devils Lake	Odd Fellows Home
Dickinson	Country House
Edgeley	Manor St. Joseph
Edmore	Edmore Memorial Rest Home
Elgin	Dakota Hill Housing
Ellendale	Benedictine Evergreen Place & Assisted Living
Fargo	Bethany Towers
Fargo	Ecumen Evergreens of Fargo
Fargo	Good Samaritan Society - Fargo
Fargo	Maple View Memory Care
Fargo	Touchmark at Harwood Groves
Gackle	Gackle Care Center
Grand Forks	Maple View Memory Care
Grand Forks	St. Anne's Guest Home
Grand Forks	Tufte Manor
Hazen	Senior Suites at Sakakawea Medical Center

City	Facility Name
Jamestown	Rock of Ages
Jamestown	ShIPLEY Basic Care, Inc DBA Rosedale
Killdeer	Hilltop Home of Comfort
Lakota	Good Samaritan Society - Lakota
Larimore	Good Samaritan Society - Larimore
Lisbon	North Dakota Veterans Home
Lisbon	Parkside Lutheran Home
Maddock	Maddock Memorial Home
Mandan	Dakota Pointe
Mandan	Lakewood Landing Assisted Living
McClusky	Sheridan Memorial Home
Minot	Maple View Memory Care
Mott	Mott Helath Care Center
Mountain	Borg Pioneer Memorial Home
Napoleon	Wentz Living Center
New Rockford	Lutheran Home of the Good Shepherd
Osnabrock	Osnabrock Comunity Living Center
Park River	Good Samaritan Society - Park River
Rugby	Haaland Estates - Basic Care
Stanley	Mountrail Bethel Home
Steele	Golden Manor Inc.
Strasburg	Strasburg Care Center
Valley City	Hi Soaring Eagle Ranch
Wahpeton	The Leach Home
Wahpeton	Benedictine Living Community of Wahpeton - Siena Court
Watford City	McKenzie County Healthcare Systems LTC
West Fargo	Sheyenne Crossings
West Fargo	New Perspective West Fargo
Williston	Bethel Lutheran Nursing & Rehabilitation Center

Basic Care Map

North Dakota Basic Care Facilities, 2024



⊕ City, Basic Care Facilities

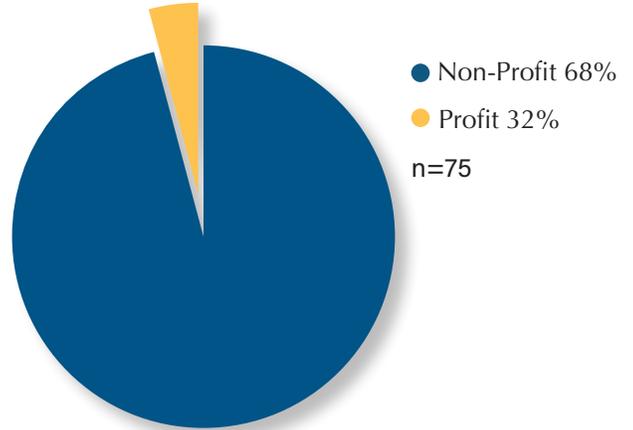
Source: North Dakota Long Term Care Association
Created by the North Dakota Healthcare Workforce Group on 4/22/2024

Nursing Facility Facts

Nursing Facilities AT A GLANCE

75 licensed nursing facilities
 5,226 licensed beds
 2024 average occupancy was **89.7%**

Ownership of Nursing Facility



Nursing Facility Facts

- Resident needs are complex and require 24-hour nursing care.
- More than half of residents are admitted directly from a hospital.
- The most significant issue necessitating admission to a nursing facility is the need for care throughout the day. Residents are unable to meet their own needs for dressing, toileting, eating, and remaining safe. Most often their medical needs are complex, requiring continuous attention.
- Current residents range in age from 30 years to 105 years old, with the average age being 68.
- Thirty of the 75 reporting facilities discharged 1,799 residents in the 12-month period ending June 30, 2024.
- North Dakota's nurse hours per resident day is 4.95, compared to the US average 3.85.

Gender of Nursing Facility Residents
 n=1,855



64% of residents in North Dakota NURSING FACILITIES are female

Nursing Facility Facts



Nursing Facility WORKFORCE

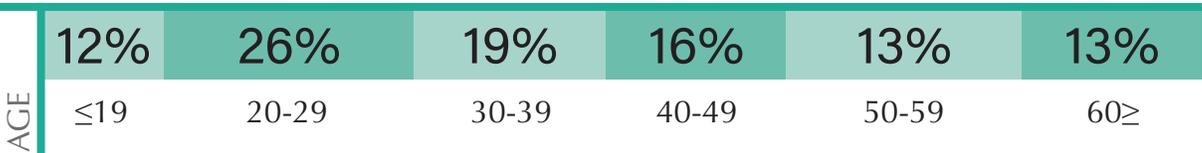


- The top issue facing nursing facilities is workforce and reimbursement.
- 23% of nursing facilities stopped admissions in 2024 because of lack of staff.
- During the pandemic, nursing facilities lost 15.3% of their staff and they have not returned.
- 26% of the workforce is age 50 or older, with the oldest employee being 93.
- 16% of nursing hours in 2023 were contracted staff.
- In 2024, 2 facilities have closed due to financial viability, staffing, and burdensome regulations.



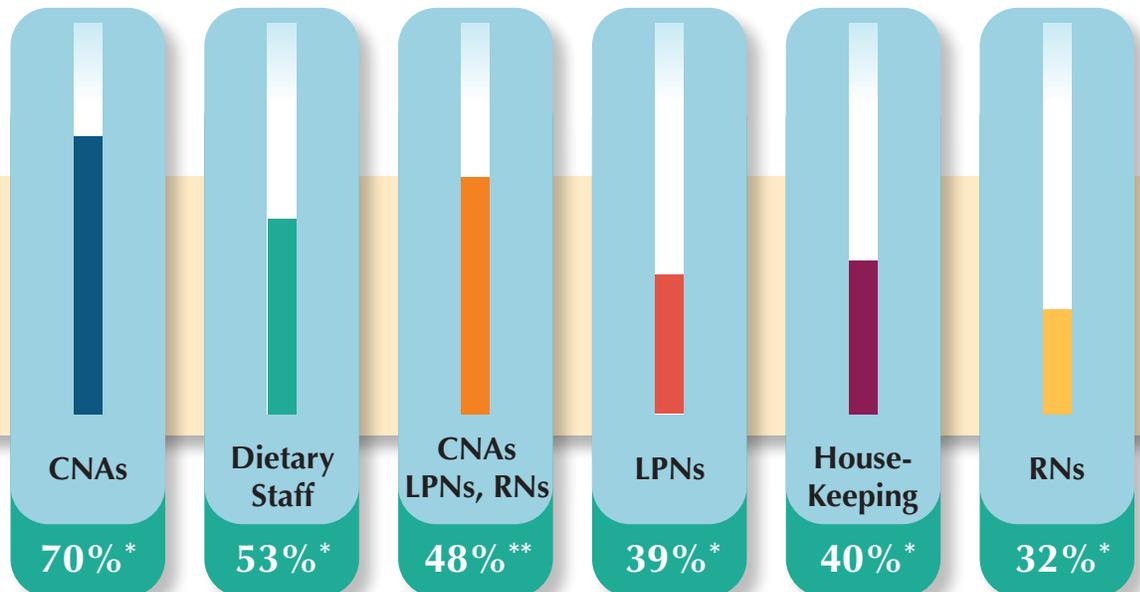
Age of Nursing Facility Workforce

n=4,630



2024 Nursing Facility Staff Turnover

*NDLTCA Survey
**CMA PBJ Reporting

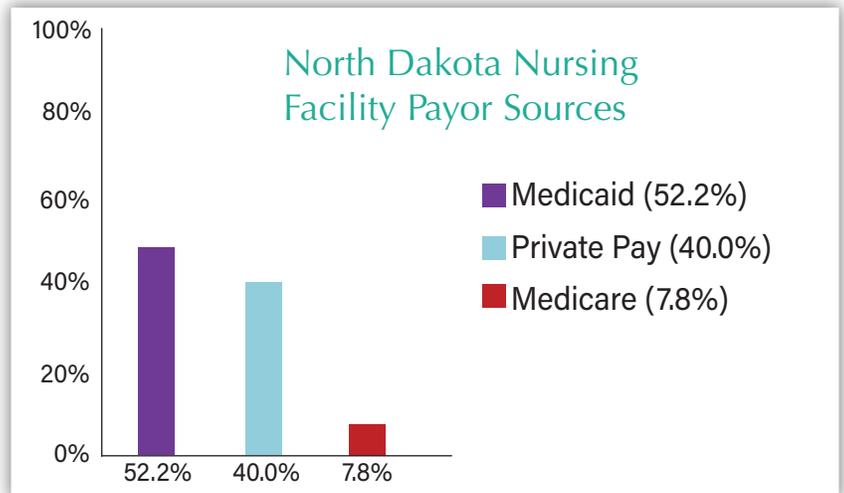


Nursing Facility Facts

Nursing Facility COST

In 2024, **14%** of residents had a long term care insurance policy paying for a portion of their care.

In 2024,
the average cost for
ONE DAY of
nursing facility care is
\$403.19



Why do individuals move into a nursing facility?

The top three reasons for nursing facility admission:

- 1) Assistance with daily care
- 2) Complex medical needs
- 3) Needs continuous supervision

When residents are discharged from a skilled nursing facility, where do they go?

49% of ND nursing home residents are **discharged to the community.**

Nursing Facilities

North Dakota is ranking high Resident Satisfaction

Item	Rating Value	North Dakota	United States
Overall Satisfaction	4 & 5	91%	73%
Nursing Care	4 & 5	94%	82%
Cleanliness	4 & 5	95%	84%
Dignity & Respect	4 & 5	96%	88%
Recommend to Others	4 & 5	94%	77%
Safety & Security	4 & 5	97%	90%
Quality of Food	4 & 5	72%	56%



CMS tracks the hours worked by different types of staff in nursing facilities. These hours are used to calculate a ratio of staffing hours per resident per day. Hours per resident per day described the average amount of time staff are available to spend with each resident per day.

- ND Nurse hours per day 5.12

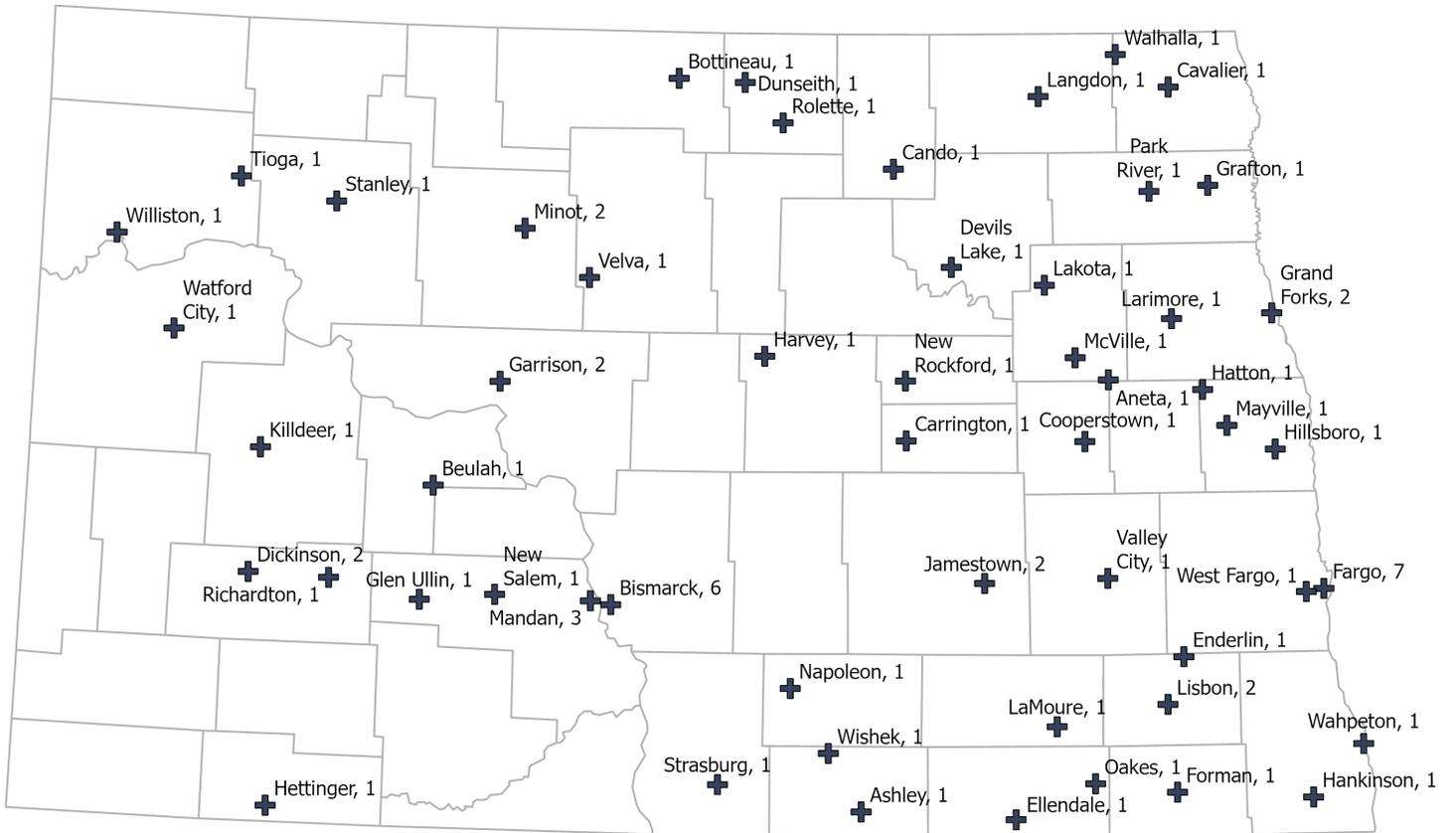
- US Nurse hours per day 3.89

NDLTCA Members Nursing Facilities

<u>City</u>	<u>Facility Name</u>	<u>City</u>	<u>Facility Name</u>
Aneta	Aneta Parkview Health Center	Hettinger	Western Horizons Care Center
Ashley	Ashley Medical Center	Hillsboro	Sanford Health Hillsboro Care Center
Beulah	Knife River Care Center	Jamestown	SMP Health - Ave Maria
Bismarck	Good Samaritan Society - Augusta Place	Jamestown	Eventide - Jamestown
Bismarck	Good Samaritan Society - St. Vincent's	Killdeer	Hill Top Home of Comfort
Bismarck	Baptist Health & Rehab	Lakota	Good Samaritan Society - Lakota
Bismarck	Missouri Slope - Hillview Campus	LaMoure	Benedictine Living Community of LaMoure - Rosewood
Bismarck	Missouri Slope - Washington Campus	Langdon	Maple Manor Care Center
Bismarck	Benedictine Living Community - Bismarck	Larimore	Good Samaritan Society - Larimore
Bottineau	Good Samaritan Society - Bottineau	Lisbon	North Dakota Veterans Home
Cando	Towner County Living Center	Lisbon	Parkside Lutheran Home
Carrington	Golden Acres Manor	Mandan	Dakota Alpha
Cavalier	Wedgewood Manor	Mandan	Good Samaritan Society -Miller Pointe
Cooperstown	Griggs County Care Center	Mandan	Good Samaritan Society -Sunset Drive
Devils Lake	Eventide Heartland Care Center	Mayville	Luther Memorial Home
Dickinson	Benedictine Living Community - Dickinson	McVille	Nelson County Health Systems Care Center
Dickinson	St. Luke's Home	Minot	Minot Health and Rehab
Dunseith	Dunseith Community Nursing Home	Minot	Trinity Homes
Ellendale	Benedictine Living Community - Ellendale	Napoleon	Wentz Living Center
Enderlin	SMP Health - Maryhill	New Rockford	Lutheran Home of the Good Shepherd
Fargo	Bethany on 42nd Skilled Care	New Salem	Elm Crest Manor
Fargo	Bethany on University Skilled Care	Oakes	Good Samaritan Society - Oakes
Fargo	Elim Care	Park River	Good Samaritan Society - Park River
Fargo	Eventide Fargo	Richardton	Richardton Health Center
Fargo	The Meadows on University	Rolette	Rolette Community Care Center
Fargo	SMP Health - St. Catherine - North	Stanley	Mountrail Bethel Home
Fargo	SMP Health - St. Catherine - South	Strasburg	Strasburg Care Center
Forman	Four Seasons Healthcare Center	Tioga	Tioga Medical Center Long Term Care
Garrison	Benedictine Living Center of Garrison	Valley City	SMP Health - St. Raphael
Garrison	CHI St. Alexius - Garrison	Velva	Souris Valley Care Center
Glen Ullin	Marian Manor Healthcare Center	Wahpeton	Benedictine Living Community of Wahpeton - St Catherine's Living Center
Grafton	Lutheran Sunset Home	Walhalla	Pembilier Nursing Center
Grand Forks	Valley Senior Living on Columbia	Watford City	McKenzie County Healthcare Systems
Grand Forks	Woodside Village	West Fargo	Sheyenne Crossings Care Center & TCU
Hankinson	St. Gerard's Community of Care	Williston	Bethel Lutheran Nursing & Rehabilitation Center
Harvey	SMP Health - St. Aloisius	Wishek	Wishek Living Center
Hatton	Hatton Prairie Village		

Nursing Facility Map

North Dakota Nursing Facilities, 2024



 City, Nursing Facilities

Source: North Dakota Long Term Care Association
 Created by the North Dakota Healthcare Workforce Group on 4/22/2024



Continuing Care Community

Providing Comfort and Continuity of Care **THROUGHOUT THE SEASONS**

Living in North Dakota comes with its unique challenges, especially when it comes to the harsh extremes of winter and summer. For older adults, navigating icy sidewalks, harsh winds, or sweltering heat can make getting out and about difficult—even hazardous. **Continuing Care Retirement Communities (CCRCs)** provide a solution by offering multiple levels of care under one roof, allowing seniors to stay connected, safe, and comfortable year-round.



Why Consumers Choose a Continuing Care Community

▪ A Seamless Transition Between Care Levels

In CCRCs, spouses who require different levels of care can live in close proximity. For example, if one partner needs skilled nursing care while the other remains more independent in basic care or assisted living, they can continue to see each other daily by simply walking down the hall. This continuity helps maintain emotional bonds and reduces the stress associated with transitioning to different facilities.

▪ Access to Comprehensive Services and Amenities

Tenants living in lower levels of care, such as basic care, assisted living, or independent living, can still access the many services and amenities available in the attached skilled nursing facilities or on-site clinics. These include:

- **Medical Services:** Routine health check-ups and specialist consultations without having to leave the community.
- **Rehabilitation Therapy:** Physical, occupational, or speech therapy conveniently accessible.
- **Social Activities:** Shared community events, fitness classes, and social clubs that promote well-being and prevent isolation.

Continuing Care Community

More Than Just a Place to Live **A LIFESTYLE HUB**

Enhanced Amenities for an Enriched Life

Many CCRCs are designed with vibrant, community-centered living in mind.

These communities often feature:

- **Restaurants and Cafes:** On-site dining options allow residents to enjoy meals without braving the cold or heat.
- **Movie Theaters:** Entertainment options that are just a short walk away.
- **Outdoor Spaces:** Beautifully maintained gardens and walking paths for residents to enjoy when the weather permits.



Did You Know?

All of North Dakota's CCRCs include amenities like on-site clinics, therapy services, and/or indoor entertainment options, allowing residents to enjoy an active and fulfilling lifestyle year-round—without ever having to leave the comfort of their community if they so choose.

Safety and Convenience

With everything located within one community, residents can avoid the challenges of driving in severe weather conditions. Access to services, social activities, and essential care under one roof offers peace of mind for residents and families and ensures that residents can continue to enjoy their independence without sacrificing safety.

The Value of Continuity and Community

Continuing Care Retirement Communities in North Dakota provide more than just a living space—they offer peace of mind for seniors and their families, knowing that all levels of care are readily available. This means seniors can age in place, surrounded by friends, familiar faces, and the comforts of home, even as their care needs change.



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