



## Addressing Tobacco Use in Assisted Living Residences Resources and Publications

From 2014 to 2016, the Public Health Law Center engaged in an in-depth study of the challenges in reducing tobacco use and secondhand smoke exposure in assisted living residences, including adult foster care.\* As part of this project, staff compiled background information about assisted living settings across the U.S., resident demographics and residence requirements, and the prevalence of tobacco use among typical residents, including those suffering from cognitive impairments and mental illness or other disabilities. Staff also explored tobacco control policy options in long-term assisted living residential settings, along with regulatory challenges and recommendations. This list includes resources, studies, and related information on the prevalence of tobacco use among assisted living residents and ways to address nicotine addiction among vulnerable adults and staff in these residences that may be of interest to those considering options to reduce tobacco health disparities among this segmented and disproportionately affected population.†

### Assisted Living & Residential Care

American Bar Association (ABA) Commission on Law and Aging. Listing of state-wide resources to help older persons with law-related issues.

[www.abanet.org/aging/resources/statemap.shtml](http://www.abanet.org/aging/resources/statemap.shtml)

Assisted Living Consumer Alliance. A national collaboration of groups and individuals who have joined together to promote and preserve choice, safety, and legal rights and protections for assisted living consumers. <http://assistedlivingconsumers.org>.

Assisted Living Federation of America. National organization with resources on assisted living communities. [www.alfa.org](http://www.alfa.org).

Eldercare Locator. Housing information resources for older adults. [www.eldercare.gov](http://www.eldercare.gov).

Family Caregiver Alliance. Community-based nonprofit that provides basic information for caregivers including articles that deal with topics of interest to caregivers, blogs from other caregivers and how to find programs to help caregivers in one's community.

<https://www.caregiver.org>.

GenWorth, *Compare Long Term Care Costs Across the United States* (April 2015). Interactive map of state-by-state assisted living costs, conducted by CareScout.®

<http://www.genworth.com/corporate/about-genworth/industry-expertise/cost-of-care.html>.

LeadingAge (former American Association of Homes and Services for the Aging). National organization that provides information and assistance on various group living options for older adults, including assisted living residences. <http://www.leadingage.org>.

Medicare.gov, Agencies That Can Help with Long-term Care Choices. Many resources related to assisted living residential care.

<https://www.medicare.gov/NursingHomeCompare/Resources/LTC-Help.html>.

National Association of Area Agencies on Aging, *Housing Options for Older Adults: A Guide for Making Housing Decisions.*

[http://www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Housing\\_Options\\_Booklet.pdf](http://www.eldercare.gov/eldercare.net/public/Resources/Brochures/docs/Housing_Options_Booklet.pdf).

National Center for Tobacco-Free Older Persons / The Center for Social Gerontology. Website featuring information on smoke-free options for elderly assisted living/adult foster care residents.

<http://www.tcsg.org>.

U.S. Dep't of Health & Human Servs, *Compendium of Residential Care and Assisted Living Regulations and Policy: 2015 Edition* (2015). <https://aspe.hhs.gov/basic-report/compendium-residential-care-and-assisted-living-regulations-and-policy-2015-edition#OR>.

U.S. Dep't of Health and Human Servs, *National Survey of Residential Care Facilities: Sample Frame Construction and Benchmarking Report* (2010). <https://aspe.hhs.gov/basic-report/national-survey-residential-care-facilities-sample-frame-construction-and-benchmarking-report#define>.

U.S. Dep't of Health and Human Servs, *Residential Care Facilities: A Key Sector in the Spectrum of Long-term Care Providers in the United States*, Nat'l Center for Health Statistics Data Brief No. 78, Park-Lee et al. (Dec. 2011).

<https://www.ahcancal.org/ncal/resources/Documents/11%20NCHS%20Issue%20Brief%20on%20ORCFs.pdf>.

## **Tobacco Cessation & Adults with Mental Illness**

Association for the Treatment of Tobacco Use and Dependence (ATTUD), [Integrating Tobacco Treatment within Behavioral Health](#). Policy statements from several national health organizations on the importance of tobacco treatment intervention and integration with behavior health. [http://www.integration.samhsa.gov/Integrating\\_Tobacco\\_Treatment\\_-\\_BH.pdf](http://www.integration.samhsa.gov/Integrating_Tobacco_Treatment_-_BH.pdf).

Centers for Disease Control & Prevention, *Vital Signs: Current Cigarette Smoking Among Adults Aged ≥18 Years with Mental Illness – United States, 2009–2011*, 62 MORBIDITY & MORTALITY WKLY RPT 81-07 (Feb. 8, 2013).

[http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6205a2.htm?s\\_cid=mm6205a2\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6205a2.htm?s_cid=mm6205a2_w).

Centers for Disease Control & Prevention, Tips from Former Smokers / People with Mental Health Conditions. Statistics and resources.

<http://www.cdc.gov/tobacco/campaign/tips/groups/people-with-mental-health-conditions.html>

Centers for Disease Control & Prevention, National Behavioral Health Network for Tobacco & Cancer Control. A resource hub for organizations, healthcare providers, and public health professionals seeking to combat tobacco-related disparities among individuals with mental illnesses and addictions. <http://bhthechange.org>.

Choices. Consumer-based program for smokers with mental illness.

<http://www.njchoices.org/index.html>.

Legacy, *A Hidden Epidemic: Tobacco Use and Mental Illness* (2011). Resource showcasing five projects that demonstrate how U.S. organizations are addressing tobacco-related disparities faced by people with mental illnesses.

[http://smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/files/Documents/FactSheets/a\\_hidden\\_epidemic\\_legacy\\_june\\_2011.pdf](http://smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/files/Documents/FactSheets/a_hidden_epidemic_legacy_june_2011.pdf).

Smoking Cessation Leadership. A national program office of the Robert Wood Johnson Foundation that works with the behavioral health population to increase smoking cessation rates and the number of health professionals who help smokers quit.

<http://smokingcessationleadership.ucsf.edu/behavioral-health>.

- Free presentations, publications, tool kits, curricula and online training to help providers and others enable smokers to live tobacco-free.  
<http://smokingcessationleadership.ucsf.edu/behavioral-health/resources/toolkits>.
- Example: *Tobacco Treatment for Persons with Substance Use Disorders*, a toolkit for substance abuse treatment providers.  
[http://smokingcessationleadership.ucsf.edu/MH\\_Resources.htm](http://smokingcessationleadership.ucsf.edu/MH_Resources.htm).

Substance Abuse & Mental Health Services Administration (SAMHSA). Agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation and whose mission is to reduce the impact of substance abuse and mental illness on America's communities. <http://www.samhsa.gov>.

- SAMHSA has several programs that support tobacco use prevention and cessation efforts for populations with behavioral health and addiction issues, including the [Primary and Behavioral Health Care Integration Program](#), which supports communities to coordinate and integrate primary care services into publicly funded, community-based behavioral health settings. <http://www.integration.samhsa.gov/about-us/pbhci>.
- Another useful resource is SAMHSA's Center for Integrated Health Solutions (see the Tobacco Cessation webpage). <http://www.integration.samhsa.gov/health-wellness/wellness-strategies/tobacco-cessation-2>).
- Example: *SAMSHA Resources on Tobacco and Behavioral Health*, [http://www.samhsa.gov/sites/default/files/topics/alcohol\\_tobacco\\_drugs/tobacco-behavioral-health-issue-resources.pdf](http://www.samhsa.gov/sites/default/files/topics/alcohol_tobacco_drugs/tobacco-behavioral-health-issue-resources.pdf).

University of Colorado's [Behavioral Health and Wellness Program](#). Offers many resources for practitioners invested in helping patients quit smoking. See, for example, *Tobacco Cessation for Persons with Mental Illnesses: A Toolkit for Mental Health Providers*.

[http://www.integration.samhsa.gov/Smoking\\_Cessation\\_for\\_Persons\\_with\\_MI.pdf](http://www.integration.samhsa.gov/Smoking_Cessation_for_Persons_with_MI.pdf)

University of Wisconsin's Center for Tobacco Research & Intervention. Free [manuals](#) and [videos](#) on behavioral health and tobacco treatment. <http://www.ctri.wisc.edu/providers-behavioral-health.htm>.

## Notes

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† This list is merely a selection of resources and studies available on this topic and is intended to be a starting point for research into tobacco control options for assisted living residences. It is neither an exhaustive list nor a meta-analysis, nor should it be considered legal advice. If you have specific legal question, we recommend that you consult with an attorney familiar with the laws of your jurisdiction.