



# Adult Day Services

## **“Best Kept Secrets”**

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# History of Adult Day Services

- Concept was originally founded in 1940's.
- 1970 -300 day services programs in US.
- Began to emerge as Alzheimer's Disease emerged as a defined affliction. Nursing homes were not prepared to accommodate people diagnosed with Alzheimer's Disease.
- 4600 adult day services centers across the US, serving more than 260,000 clients and families. (150,000 daily)
- 250 licensed centers in Pennsylvania under the Older Adult Daily Living Center code.
- \*National Study of Adult Day Services, 2001-2002. Winston-Salem, North Carolina: Partners in Caregiving: The Adult Day Services Program, Wake Forest University School of Medicine, 2002.

# History of Adult Day Services

- Nearly half of all participants have some level of dementia. 90% of centers offer some type of cognitive fitness programming.
- ADS programs have become more of an interest to states because of their potential to delay or even prevent nursing home placement, in part by largely supporting informal care giving.
- 70 percent of adult day centers are affiliated with larger organizations such as home care, skilled nursing facilities, medical centers, or multi-purpose senior organizations

# Adult Day Service

- Offers a protective environment for older adults who are not capable of full time independent living.
- Serves older adults who may benefit from help in basic personal care needs, socialization, nutrition, daily supervision and basic medical or nursing care.
- Goal is to maintain current level of care and functionality.

# Adult Day Services Who Are Served

- Those seniors (over 60 years old) who are dependent on others due to mental and/or physical disabilities;
- Consumers who can no longer be left alone;
- Consumers who recently have been discharged from the hospital and are in need of rehabilitation therapy;
- Consumers who need the stimulation of socializing with others;
- Younger adults with post-stroke or Alzheimer's type conditions who have some form of dementia.

# Benefits of Adult Day Services

- Provides a safe and secure “home away from home.”
- Provides respite and relief from care giving responsibilities.
- Peace of mind for care givers who have other responsibilities such as work or other responsibilities.
- Alternative to institutional care and provides a less expensive way to allow older adults to stay at home for as long as possible.

# Relief Benefits for Caregivers

- Caregivers who experience a high level of stress and burden are more likely to institutionalize relatives suffering from dementia.
- Supports informal care giving; potential to delay or prevent institutional care.
- Adult day health services are part of the continuum of both health and long-term care services

# Relief Benefits for Caregivers

- Average cost of adult day care is approximately \$250-\$300 per week , depending on the particular center and amenities that they offer.
- Less expensive than most home care if you consider that most centers are open from 10-12 hours daily. (Approximately \$5.00 per hour)

<http://www.nadsa.org/> "Overview and Facts"

The MetLife Market Survey of Adult Day Services & Home Care Costs, MetLife Mature Market Institute®, in conjunction with LifePlans, Inc., [www.MatureMarketInstitute.com](http://www.MatureMarketInstitute.com), September 2007.

# More Benefits

- State funding is shifting on the side of home and community based care giving options.
- Economic value of ADS ranges from \$45-\$96 billion a year.\*

**\*U.S. Department of Health and Human Services; Adult Day Services: A Key Community Service for Older Adults**

# Benefits

- Health maintenance services including health monitoring, therapies and health education
- Opportunities for positive therapeutic social interaction
- Relief for working families and those who provide 24-hour care
- Adult Day Services Centers are community designed Centers, providing a safe environment for adults who require assistance to meet their physical, social, emotional and cognitive needs.

# Considerations New Program

- Feasibility study/Demographics
- Model Selection
- Financial Considerations
- Implementation

# Models

- The traditional model with social services, activities, crafts and some individual attention from workers; provides meals, recreation and some health-related services
- The medical model with services above but also skilled services from nurses, therapists, social workers, psychiatrists, and geriatric physicians; provides social activities as well as more intensive health and therapeutic services
- Specialized-provide services only to specific care recipients, such as those with diagnosed dementias or developmental disabilities. The Alzheimer's model with services specifically designed to support and care for Alzheimer's patients. Or those whose primary diagnosis is a developmental disability.

# Services Offered

- Meals and Snacks
- Therapeutic Activities and Socialization
- Nursing and personal care services, including bowel and bladder training, medication administration, blood pressure monitoring and other health related supervision.
- Assistance with personal care needs such as walking, eating, toileting, and personal hygiene; (showers)
- Transportation Services- either privately through center, AAA, public transportation, caregivers.

# Services Offered

- **Barber and Beautician services**
- **Social Services, counseling and advice on other available community services;**
- **Individual counseling and caregiver support groups;**
- **Nutritional meals and snacks are provided according to special dietary needs and are approved and reviewed by a registered dietitian;**
- **Activities are based on individual preferences such as exercises, crafts, games, baking and gardening.**
- **Physical Therapy , Occupational Therapy , Speech Therapy**
- **Podiatry**
- **Laboratory**
- **X-ray**
- **Medical services**
- **Intergenerational Programs**

# Funding Sources

- Topping the list of potential funding sources is private pay services.
- PA Department of Aging- AAA Options Care, PDA Waiver Services, Enhanced Waiver Services
- Veteran's Administration
- Private Insurance- Private funding sources
- Office of Mental Retardation (Intellectual Disability) for those centers dually licensed
- Department of Public Welfare- Underage Waiver Services (Comm Care, OBRA, Independence Waivers)

# Financial Considerations

- Cost to consider when selecting model
  - Organization structure
  - Regulations
  - Staffing
  - Meals
  - Facility
  - Transportation
  - Ancillary services

# Financial Considerations Organization Structure

- Social
  - Easest to form
  - Lowest staffing ratios and skill level
  - Lowest cost of ancillary services
- Medical
  - require higher skill levels of staff and ratio
  - Additional cost for ancillary services
- Specialized
  - require higher skill levels of staff and ratio
  - Additional cost for ancillary services
  - Additional administrative requirements

# Financial Considerations Staffing

- Regulations
- Ratios
- Skill level
- Administrative/support
- Contracted

# Financial Considerations

## Staffing

- Administrative/support staff are fixed cost
  - Model will drive amount of administrative levels
  - Total fixed cost remain unchanged over units of service
  - Fixed cost will decrease per unit as units increase
  - Support staff secretary, payroll, HR, accounting

# Financial Considerations

## Staffing

- Direct staff required ratios
  - Model regulations will dictate required ratios
  - Function like step cost
  - Ongoing staffing decisions
- Models drive type of staff
- Contract verse in-house

# Financial Considerations

## Other

- Meals – driver will be all day program verse partial
- Facility
  - Rent vs Lease
  - Space needed to model of service
- Transportation
  - Public vs. private
  - Model will drive frequency

# Financial Considerations

## Other

- Ancillary Services
  - Model will drive types of ancillary
  - Competitive advantage
  - Space

# Establishing an Adult Day Services Program

- Clients shall have a functional impairment and be in need of services, be capable of being transported to the center, in need of a structured program of activities or services.
- Cannot have a communicable disease, be bedfast, have emotional or behavioral disorders which are destructive to self or others unless staff are qualified to manage these behaviors adequately
- Are habitually addicted to alcohol or drugs and who are destructive in a group setting.
- Who do not need the activities or services provided in adult daily living center. (such as a senior center or nutritional site)

# Establishing an Adult Day Services Program

- Must provide services simultaneously to four or more clients who are unrelated to the operator for part of a 24 hour day.
- A facility cannot be located within another facility unless each has separate designated space along with designated staffing.

*EXCEPTION:* An older adult daily living center may share space with an adult developmental training facility operated or licensed by the Department of Public Welfare or Education.  
(Dual licensed)

- Inspected at least once per year. (Normally announced)
- Staffing -1:7 ratio at all times. (exception are those centers who are dually licensed under DPW/MR and Enhanced Waiver programs. (more stringent due to focus on supervision)
- Higher level of care-safety considerations

# Establishing an Adult Day Services Program

- Work with your local code enforcement officer to obtain a Certificate of Occupancy for the building. A user group code of “I-4” is required to open and operate an adult day services center.
- The maximum licensed capacity is based on 50 square feet of indoor program space per consumer.
- One bathroom for every 14 clients/ one handicapped if a center has clients who are physically handicapped for wheelchair accessibility.

# Establishing an Adult Day Services Program

- The regulations that govern older adult daily living centers are found in the [Pennsylvania Code, Title 6 Aging Chapter 11 Older adult daily living Centers.](#)

## Establishing an Adult Day Services Program Licensing

- Submit a complete application packet.
- Pass an interim licensure inspection.
- Pass a full licensure inspection. A second inspection will occur prior to the expiration of the interim license, at which point either a provisional or regular license will be issued. Inspections are completed annually thereafter.
- The application paperwork as well as the regulations, checklists and technical assistance bulletins are available online. To request an application packet be sent you via mail, contact the Toll Free Inquiry Hotline at 1-800-932-0939.

# Resources

National Adult Day Services Association, <http://www.nadsa.org/>

Pa Department of Aging; Bureau of Provider Support, Division of Licensing  
555 Walnut Street, Forum Place, 5th Floor Harrisburg, PA 17101  
Phone: (717) 772-2570

[Pennsylvania Code, Title 6 Aging Chapter 11 Older Adult Daily Living Centers.](#)

Child and Adult Food Program, Pennsylvania Department of Education Bureau of Budget and Fiscal Management, Division of Food and Nutrition( 717) 772-3529

Pennsylvania Adult Day Services Association; <http://www.padsa.org>

Marketing Adult Day Programs: Targeting Caregivers to Reach Participants. Greg Newton and Rona Smyth Henry. An 83-page manual. Winston-Salem, NC: Wake Forest University School of Medicine, 1992.

National Study of Adult Day Services, 2001-2002. Winston-Salem, North Carolina: Partners in Caregiving: The Adult Day Services Program, Wake Forest University School of Medicine, 2002.



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