

## Adult Day Health Care Center: Walter Reed Adult Day Health Care Center



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<http://www.arlingtonva.us/departments/humanservices/services/aging/walterreedmain.aspx>

### Goal

“To keep participants safe and active during the day, provide respite for family caregivers, and make it possible for the ‘at risk’ adult to remain in the community as long as possible.”

-Walter Reed Adult Day Health Care Program



## Adult Day Programs

- Reduce stress of caregivers by 40%
- Are effective, non-pharmacological ways of treating people with dementia
- Engage people in stimulating and therapeutic activities during the day which carry over when the client goes home



## People that Attend Adult Day Programs

- Are more relaxed
- Sleep better after a day of meaningful activity
- Have improvements in behavior and mood that is similar to, or greater than the available medications for persons with dementia, "though without negative side effects of medication."



\*Adapted from Penn State's DaSH: The Daily Stress and Health of Family Caregivers Study

## Typical Day at Walter Reed

- Full day of scheduled events:
  - Physical activities to improve and maintain body movement and mobility
  - Mentally stimulating activities to encourage creative expression, communication, and memory
  - Social activities to encourage interaction with others and reduce feelings of loneliness and isolation
  - Activities to provide a sense of connection and contributing to the community

## Services Provided

- Health care monitoring
- Mental health services
- Therapeutic recreation
- Nutritious hot lunch and snacks
- Help with personal care needs



## Consumer Education

- Informational classes from outside sources
- Focus on health or safety issues: diabetes, heart disease, nutrition, fall prevention, and fire safety
- Based on the needs of the clients
- Example from class at Walter Reed



## How does Physical Therapy fit?

- Informational seminars
- Therapeutic exercises break-out sessions with a focus on comorbidities
- Potential to provide PT examinations for participants



## When should a PT advocate the family/patient to consider Adult Day Programs?

- Experiencing memory loss
- Physically impaired
- In need of personal care assistance
- Limited in independent functioning
- Frail and require supervision

## Eligibility Process

- Arlington Resident
- Appointment with staff
- Gather Potential Patient's: past and present medical, cognitive, emotional, and social needs
- Mental Health Therapist and a Recreation Specialist assess the potential patient's needs
- Updated TB screen and physical exam
- Schedule home visit with the center's nurse: educate patient on medical policies of center and assess potential participants level of competency of activities of ADLs, and to build rapport



## Contact Information

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## Educational Materials for the Physical Therapist

- “8 Areas of Age Related Change”- NIH  
<http://www.nlm.nih.gov/medlineplus/magazine/issues/winter07/articles/winter07pg10-13.html>
- “Older Adults’ Health and Age-Related Changes”- American Psychological Association  
<http://www.apa.org/pi/aging/resources/guides/older.aspx>