



Adult Daycare Centers

Alison Doyle SPT

Purpose

- ▶ Adult day care centers provide a coordinated program of professional and compassionate services for adults in a community-based group setting.
- ▶ Services are designed to provide social and some health services to adults who need supervised care in a safe place outside the home during the day.

3 Kinds of Daycare Centers

- ▶ Social
- ▶ Medical/Health
- ▶ Specialized.

Services Offered

- ▶ **Social activities** ^{1.}
Interaction with other participants in planned activities appropriate for their conditions
- ▶ **Transportation**
Door-to-door service
- ▶ **Meals and snacks**
▶ Participants are provided with meals and snacks, those with special dietary needs are offered special meals
- ▶ **Personal care**
Help with toileting, grooming, eating and other personal activities of daily living
- ▶ **Therapeutic activities**
Exercise and mental interaction for all participants.

Statistics 2.

- ▶ The 2010 MetLife National Study of Adult Day Centers confirmed over 4,600 centers operating in the United States providing care for 150,000 care recipients each day. It is estimated that there are more than 5,000 currently operating.
- ▶ Nearly 78 percent of adult day centers are operated on a nonprofit or public basis and the remaining 22 percent are for profit.
- ▶ 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.
- ▶ The average age of the adult day center care recipient is 72, and two-thirds of all adult day center care recipients are women.
- ▶ Thirty-five percent of the adult day center care recipients live with an adult child, 20% with a spouse, 18% in an institutional setting, 13% with parents or other relatives, while 11% live alone.



Cost 3.



- ▶ Costs vary among adult day centers. Costs range from \$25 a day to over \$100 per day depending on the services offered, type of reimbursement, and geographic region.
- ▶ While an adult day care center is not usually covered by insurance or Medicare, some financial assistance may be available through a federal or state program (e.g., Medicaid, Older Americans Act, Veterans Administration)

How can we promote these services in our clinic?

- ▶ Provide brochures and fact sheets.
- ▶ Answer questions.
- ▶ Show resources to state sanctioned centers.
Licensed by the State Department of Social Services
<http://www.vadsa.net/> ⁴
- ▶ Build a rapport with local facilities.
<http://www.fairfaxcounty.gov/hd/adhc/adhccontact.htm> ⁵

Ways to make ourselves attractive to Daycare Centers

- ▶ Volunteer
- ▶ Become specialized (geriatrics, neurologic, balance etc.) <http://www.abpts.org/Certification/> ⁶.
- ▶ Promote at health fairs or community centers



Bibliography

- ▶ 1. National Adult Day Care Services Association. Overview and facts. National Adult Day Care Services Association Web site. <http://www.nadsa.org/consumers/overview-and-facts/>. Updated 2013. Accessed April 7, 2013.
- ▶ 2. Metlife. The MetLife national study of adult day services. The MetLife National Study of Adult Day Services Providing Support to Individuals and Their Family Caregivers Web site. <https://www.metlife.com/assets/cao/mmi/publications/studies/2010/mmi-adult-day-services.pdf>. Published October 2010. Updated 2010. Accessed April 7, 2013.
- ▶ 3. Department of Health and Human Services. Adult day care. Eldercare Locator Web site. http://www.eldercare.gov/Eldercare.NET/Public/Resources/Factsheets/Adult_Day_Care.aspx. Published 4/13/2012. Updated 2012. Accessed 2013, April 7.
- ▶ 4. Virginia adult day health services association. Virginia Adult Day Health Service Association Web site. <http://www.vadsa.net/>. Updated 2012. Accessed April 7, 2013.
- ▶ 5. Adult day health care contact page. Fairfax County Virginia Web site. <http://www.fairfaxcounty.gov/hd/adhc/adhccontact.htm>. Updated 2013. Accessed April 7, 2013.
- ▶ 6. American Physical Therapy Association. Specialist certification. American Board of Physical Therapy Specialties Web site. <http://www.abpts.org/Certification/>. Published 2/28/2013. Updated 2013. Accessed April 7, 2013.