

Adult Day Services

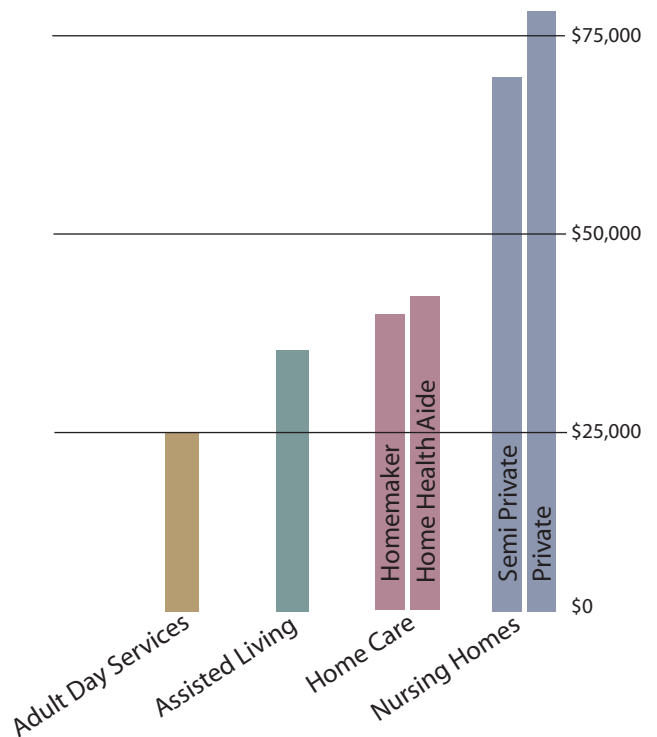
Comparison At-a-Glance¹

	Adult Day Services	Assisted Living	Home Care	Nursing Homes
Live at home with family and loved ones	●	◐	●	○
Social opportunities with peers under caring supervision	●	●	○	●
Nursing care available as needed during the day	●	●	◐	●
Flexibility to receive care only on days when needed	●	●	●	○
Participation in therapeutic activities for body and mind	●	◐	◐	●
Medications monitored and supervised daily	●	●	◐	●
Dietitian oversees meal plan and eating is monitored daily	●	◐	◐	●
Transportation provided with door-to-door assistance	●	◐	na	na
Designed for seniors	●	●	●	●
Designed for adults of any age with intellectual or developmental disabilities	●	○	●	○
24-hour care available	○	◐	◐	●
Aggregate amount spent in U.S. (in \$ billions, estimated) ²	\$2-3	\$35-45	\$60-70	\$130-140

Adult Day Services At-a-Glance

- Families share in the care of loved ones, but have daily respite available
- Delays or avoids expensive full-time institutional care by attending a center during the day, but otherwise living at home
- Services designed for seniors and younger adults with disabilities
- Services include basic health, medication and nutrition management
- Participants engage in social and therapeutic activities during the day
- Enhances the quality of life of participants³
- 4,600 locations nationwide at last count⁴
- Projected need for almost twice as many locations⁵
- **More funding for adult day services decreases Medicaid costs by reducing full-time institutional care while still providing consistent medical monitoring**

Average Annual Cost Per Person⁶



1. General information based on industry views of various members of the National Adult Day Services Association. 2. *U.S. Health Care Costs: Background Brief*, The Henry J. Kaiser Family Foundation (2008) (www.kaiseredu.org); excerpt from *Nursing Homes and Assisted Living Industry Profile*, First Research (www.firstresearch.com) (2010); *National Study of Adult Day Services*, Wake Forest University School of Medicine and Robert Wood Johnson Foundation (2002). 3. E. Schmitt et al, *Adult Day Health Center Participation and Health-Related Quality of Life*, *The Gerontologist* 50(4): 531-540 (2010) (Institute on Aging). 4. National Adult Day Services Association (2010) (www.nadsa.org). 5. *National Study of Adult Day Services* (above). 6. Market Survey of Long-Term Care Costs, MetLife Mature Market Institute (2009) (assuming personal home care for 6 hours per day and assuming 365 days per year for both home care and adult day services).