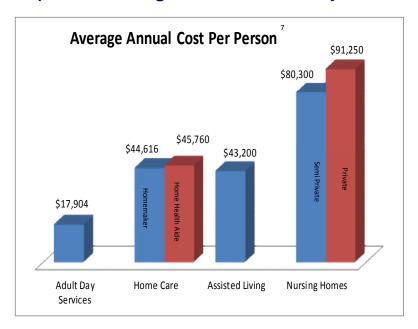
## **Adult Day Services:**

## The most cost-effective option in long-term care today

## **Adult Day Services Benefits**

- Reduces readmission and emergency department visits<sup>1</sup>
- Families have primary care of loved ones
- Provides supervised care while living at home (74% of participants live in private residences)<sup>2</sup>
- Services designed for seniors (64%) and younger adults with disabilities (36%)<sup>3</sup>
- Participants engage in social and therapeutic activities during the day
- Enhances the quality of life of participants and their families<sup>4</sup>
- 5,600 adult day centers in the U.S.<sup>5</sup> (8% of all regulated long term care providers)<sup>6</sup>
- More funding for adult day services <u>decreases Medicaid costs</u> by reducing full-time institutional care while still providing consistent health monitoring



Long Term Care Options Comparison At-a-Glance	Adult Day Services	Home Care	Assisted Living	Nursing Homes
Per day median costs in United States in 2015 <sup>8</sup>	\$69	\$126	\$120	\$235
30-day cost comparison	\$2,070	\$3,766	\$3,600	\$7,148
Live at home with family and loved ones	✓	$\checkmark$		
Flexibility to receive care only on days when needed	✓	$\checkmark$	$\checkmark$	
Participation in group and individual therapeutic activities for body, mind and spirit	✓			✓
Social opportunities with peers under caring supervision	✓		✓	✓
Nursing care available as needed during the day	✓		✓	✓
Medications monitored and supervised daily	✓		✓	✓
Dietitian oversees meal plan and eating is monitored daily	✓			✓
Transportation to and from home with door-to-door assistance in many cases	✓			
Designed for seniors	✓	$\checkmark$	$\checkmark$	$\checkmark$
Designed for adults with intellectual or developmental disabilities	✓	✓		
24-hour care available in many cases	✓		$\checkmark$	$\checkmark$



<sup>1</sup>Jones K, Tullai-McGuinnes S, Dolansky M, Farag A, Krivanek M, Matthews L. Expanded Adult Day Program as a Transition from Hospital to Home, *Policy Politics Nursing Practice*, February 2011 12:18-26. <sup>2</sup>Harris-Kojetin L, Sengupta M, Park-Lee, Valverde R. Long-term care services in the United States: 2013 overview. Hyattsville, MD: National Center for Health Statistics. 2013. <sup>3</sup>Ibid. <sup>4</sup>Fields N, Anderson K, Dabelko-Schoeny H. The Effectiveness of Adult Day Services for Older Adults: A Review of the Literature from 2000 to 2011. *Journal of Applied Gerontology* 2014 33:130. <sup>5</sup>National Adult Day Services Association <sup>6</sup>Harris-Kojetin et al, 2013. <sup>7</sup>Genworth Financial Cost of Care Study 2015. <sup>8</sup>Ibid.