

Adult Day Services and Respite

Adult Day Services are a system of professionally delivered, integrated, home and community-based, therapeutic, social and health-related services provided to individuals to sustain living within the community.

Introduction

Adult Day Services (ADS) provide a break (respite) to the caregiver while providing health related and therapeutic services and social activities for adults with a wide variety of care needs, including those with Alzheimer's disease and related dementias, developmental, intellectual, physical and/or other cognitive disabilities and other conditions that increase their care needs.

Adult Day Services, which provide a coordinated program of professional services for adults in a community-based group setting, have been providing a form of respite for caregivers for more than forty years. The number of Adult Day Services centers in the United States has increased rapidly in recent decades. In 1978, there were only 300 Adult Day Services centers nationwide. Partners in Caregiving, funded through the Robert Wood Johnson Foundation, conducted a census of Adult Day programs in 2009 and identified 3,407 programs. By 2020, the National Adult Day Services Association (NADSA) identified that there are more than 7,500 ADS programs operating in the United States.

NADSA reports that the need for such centers has "jumped sharply to keep pace with the increasing demand for home and community-based services." The demand for home and

community-based services, in turn, increased as Medicaid funding policies shifted to support these services rather than more costly institutional care. This growth in Adult Day Services is also due to increases in the aging population as well as additional funding from sources such as the Veteran's Administration, Older Americans Act and Family Caregiver Support Programs, among others.

Who Uses Adult Day Services?

Adult Day Services are a welcome respite opportunity for individuals who work or who need stretches of time away from their loved one to complete tasks, socialize, or just refresh. Additionally, ADS can be beneficial to the participant when he or she is willing and able to be part of the ADS experience.

Adult Day 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. Some Adult Day Services centers are dementia specific, providing services exclusively to that population. Other centers serve the broader population.

According to the National Center for Health Statistics (NCHS) [2018 National Study of Long-Term Care Providers](#):

- An estimated 251,100 adults attend Adult Day Services centers (ADSC).
- Approximately 44% of Adult Day Services center attendees were male, 57% were female, 45% were non-Hispanic white, and 39% were under 64 years of age.
- About 64% of attendees needed assistance with three or more activities of daily living (ADLs).
- Majority of ADSC attendees had multiple chronic conditions (e.g., over half were diagnosed with high blood pressure).
- 72% of ADSC attendees were receiving Medicaid benefits and about 85% of those under age 65 were Medicaid beneficiaries.
- reporting that their health has been adversely impacted by caregiving (21%); and
- 45% reporting that they have had at least one financial impact.

Two-thirds of family caregivers are employed full or part-time. ADS allows family caregivers to continue working outside the home.

Family caregivers who do not work outside the home may wish for a break from caregiving to run errands, socialize, or simply to rest. Adult Day Services use has demonstrated positive health-related, social, psychological, and behavioral outcomes for care recipients and caregivers (Ellen, et al., 2017).

According to this study, “compared with users of other long-term care services, ADS participants were younger and more racially and ethnically diverse...and have a diverse set of needs.”

While the majority of ADS participants are above 65 years old, ADS is not just for older adults; 38 percent of ADS users are under 65 years old. Many organizations, such as Easterseals, and an increasing number of independently owned and operated centers, provide services for younger adults with physical and mental disabilities as well. Some of these services aim to ease the transition from school to community-based care.

In addition to allowing family caregivers to continue working outside the home, ADS services allow caregivers to receive help with the physical care of a loved one, avoid the guilt of placing a loved one in institutional care, and have respite from what can be a “24/7” responsibility. Research has shown that ADS programs reduce caregiver depression, stress and burden levels linked to caregiver health and wellbeing (Fernia, et al., 2007; Fields, et al., 2014; Zarit, et al., 2011; Zarit, et al, 2014). In addition to providing respite, centers may provide caregivers with a community of support as they look after their loved one.

Benefits of Adult Day Services

According to the [Caregiving in the U.S. 2020 Report](#) from the National Alliance for Caregiving (NAC) and AARP, the number of caregivers providing unpaid care has increased over the last five years. Caregiving has evolved further with more family caregivers:

- providing care for more than one person (24%).
- facing challenges coordinating care (26%).
- caring for someone with Alzheimer’s disease or a related dementia (26%).

Moreover, Adult Day Service Plus (ADS Plus) programs that augment ADS by providing family caregivers with support via education, referrals, and problem-solving techniques, provide additional benefits. ADS Plus family caregiver participants reported less depression, improved confidence managing behaviors, and enhanced well-being compared to the basic ADS group (Gitlin, et al., 2006).

The Archstone Foundation funded a three-year initiative, *Supporting Family Caregivers of Older Adults through Adult Day Services Initiative*. Five organizations providing Adult Day Services in Los Angeles and Orange counties received funds to enhance or add programs and

services to support the needs of family caregivers. Not only did a vast majority of family caregivers served by all of the study's ADS programs report satisfaction with the services they received, they reported additional positive outcomes. While there were challenges in offering some additional services, extended hours for respite reduced family caregiver stress and strain, and counseling and support groups for family caregivers improved mental health, wellness, and in some cases, self-care (Archstone Foundation, 2022).

The person receiving care can also benefit from Adult Day Services. By attending an Adult Day Services program, they are able to remain at home with the family. Adult Day Service participants also have an opportunity to interact socially with peers, share in stimulating activities, receive physical or speech therapy if needed, access health services, and get assistance with the activities of daily living with dignity. Research has shown that Adult Day programs can reduce behavioral and nighttime sleep problems for people with dementia (Fernia, et al., 2007; Zarit, et al., 2011).

Town Square®, Alzheimer's Family Centers

The Town Square®, Alzheimer's Family Center program in Chula Vista, CA is one of several Town Square locations nationally that provide an indoor space created to mimic a main street of a U.S. city in the 1950s and 1960s. It features stores and shops designed to return individuals to a time in their life when their memories were strongest. The center is also a licensed Adult Day Healthcare Center and Activity Provider. For more information, visit glenner.org/town-square or the website of the corporate center in Baltimore, MD at townsquare.net

Types of Adult Day Services

Adult Day Services are planned around the needs of the population being served. There are three general models of adult day service provision:

- **Social Adult Day Services** provide social activities, meals, recreation, and some health-related services to individuals with low acuity and care needs.
- **Adult Day health care** offers more intensive health, therapeutic, and social services to a variety of individuals, including more advanced care needs, severe medical difficulties, intellectual, developmental, physical and cognitive disabilities and for those at risk of nursing home care.
- **Specialized Adult Day Services** serve individuals with specific diagnoses (such as Alzheimer's disease and dementia, Multiple Sclerosis, or those who have had a stroke), and/or from a specific age group or ethnicity.

In addition to the models of adult day services above, new Adult Day Services models are emerging. For example, the Town Square® model of Adult Day Services is an indoor, interactive experience that provides reminiscence therapy for individuals with Alzheimer's disease and dementia. Furthermore, home-based and virtual Adult Day Services models have emerged during the ongoing pandemic to benefit individuals living alone or isolating at home, but still allowing social interactions during that time.

Services Provided in Adult Day Services Settings

One difference between traditional adult respite, both group and in-home care, and Adult Day Services is that Adult Day Services centers not only provide respite to family caregivers but most also provide therapeutic care for older adults who are cognitively and physically impaired and adults with chronic conditions. Adult Day Services Plus include additional embedded caregiver education and support services.

Common Services Offered at Adult Day Services Centers

- assistance with activities of daily living;
- occupational, speech, and physical therapy;
- sensory stimulation;
- health support such as medication management;
- socialization;
- recreation and exercise;
- nutritious meals;
- music and art
- intergenerational gatherings;
- reminiscence and memory reflections;
- assistance with activities of daily living;
- case management;
- family support and counseling;
- transportation; and
- education.

A day at an Adult Day Services center varies depending on the population served (i.e., older adults, individuals with disabilities, Veterans) and includes supervised care and planned activities. Adult Day Services activities can include a wide array of health and socialization activities. These services are customized to each participant's

needs and typically change over time dependent on the Adult Day services participants interests, needs, and abilities.

Innovative Adult Day Services Options

Although programs vary, participants attend Adult Day Services for several hours a day to a full work day (eight hours) up to five days a week. Programs may offer extended hours (10-12 hrs.). Most programs do not offer weekend services, although a few may offer some services on Saturdays.

Extended and Overnight Care

However, a few innovative adult day programs are offering full weekend and occasional overnight care. Overnight respite care can be especially critical for caregivers of individuals with dementia who are awake at night, prohibiting the caregiver from obtaining sufficient sleep, or for caregivers of older adults with multiple chronic health conditions and ongoing issues with pain that keep them from sleeping well at night.

Intergenerational Adult Day Services

Co-location of Adult Day Services and childcare centers results in benefits to all involved. Having children present can reduce social isolation and help older adults and people with disabilities stay more physically active and socially engaged. At the same time, children benefit from ADS

Respite Overnight Care

St. Ann Center for Intergenerational Care in Milwaukee provides Adult Day Services care seven days per week during business hours, but also offers overnight care for stays from 1 to 21 day stays with an advance reservation. For more information go to stanncenter.org/adults/overnight-care.

The **RiseBoro Respite Program** provides temporary overnight care in New York City. Clients may participate in social Adult Day Services and/or stay up to three weeks at a time, and up to 100 nights per year based on availability. For more information go to riseboro.org/program/caregiver-support-2.

Intergenerational Models

ONEgeneration's Adult Day Program is located on an intergenerational-shared site in Van Nuys, CA, which includes a childcare and preschool program for children ages 6 weeks to 6 years old. This indoor/outdoor space creates opportunities for multi-cultural, intergenerational engagements between Adult Day Program participants and children enrolled in childcare. ADP participants interact with their childcare "neighbors" through a variety of activities, including reading books to children, rocking babies to sleep, and participating in arts and crafts. These daily intergenerational engagements promote ongoing, lifetime benefits for both the day care participant and the children. Visit onegeneration.org.

St. Ann Center for Intergenerational Care in Milwaukee, WI, meets the needs of frail older adults and adults of all ages with disabilities in their adult day services program, while fostering interaction with children from their onsite childcare center. Visit stanncenter.org/about.

Neighbors Growing Together is a university-driven model at Virginia Tech in Blacksburg, VA, with daily intergenerational programs between an on-campus adult day service and child development laboratory school in an academic building at the school's Department of Human Development and Family Sciences. University students and faculty enhance this program with ongoing learning and research about intergenerational programs. Visit ads.hdfs.vt.edu/faqs.

Search the [Intergenerational Program Database](#) for more examples at **Generations United**.

participants as role models and teachers. According to Generations United, "participation in intergenerational programs and meaningful cross-age relationships may decrease social isolation and increase older adults' sense of belonging, self-esteem, and well-being, while also improving social and emotional skills of children and youth participants (Generations United, 2018)."

How to Choose Quality Adult Day Services

Family caregivers have many helpful resources, guidelines, and checklists to assist them in determining whether the Adult Day Services center is right for their loved ones. A quality Adult Day Services program should:

- ✓ Conduct an individual needs assessment before admission to determine the person's range of abilities and needs;
- ✓ Provide an active program that meets the daily social, recreational, and rehabilitative (where allowed) needs of the person in care;
- ✓ Develop an individualized and person and family-centered treatment plan for participants and monitors it regularly, adjusting the plan as necessary;
- ✓ Provide referrals to other needed community services;
- ✓ Have clear criteria for service and guidelines for termination based on the functional status of the person in care;
- ✓ Provide a full range of in-house services, which may include personal care, transportation, meals, health screening and monitoring, educational programs, counseling, and rehabilitative services;
- ✓ Provide a safe, secure environment;
- ✓ Use qualified and well-trained staff and volunteers;
- ✓ Adhere to or exceed existing state and national standards and guidelines.

The National Adult Day Services Association has resources to help, including [Choosing a Center](#) guidelines; and a [Questions to Ask When Visiting an Adult Day Center](#) checklist.

The National Multiple Sclerosis Society developed a document, *Serving Individuals with Multiple Sclerosis in Adult Day Programs – Guidelines and Recommendations*, which provides guidance to staff and administrators of adult day programs who are seeking to better meet the needs of their participants living with MS. The guide can also assist family caregivers in what to look for in an adult care program that will best meet the needs of their family member with MS. Several specialized MS day programs are listed in the document's Appendix: secure.nationalmssociety.org/docs/HOM/ADC_guidelines.pdf

Finding an Adult Day Services Program

A good place to begin searching for a program is the National Adult Day Services Association, which has an **adult day center locator** at nadsa.org/locator. Many states have **Adult Day Services Associations** or coalitions which provide local options and referrals for ADS in that state. You can also contact your local Area Agency on Aging (AAA) or Aging and Disability Resource Center (ADRC)/No Wrong Door (NWD). To find the closest AAA or ADRC/NWD, visit **Eldercare Locator** at eldercare.acl.gov.

You can also find programs on the **ARCH National Respite Locator Service** at archrespite.org/respitelocator. State Respite Coalitions, whose contact information can be found on the ARCH website at archrespite.org, may be able to help in locating Adult Day Services centers as well. The Better Business Bureau may have information on for-profit Adult Day Service centers. Word of mouth is often one of the best ways of finding quality ADS centers.

Other ARCH Resources for Finding Adult Day Services

Nine Steps to Respite for:

- ✓ Family Caregivers of Persons with Dementia, including Alzheimer's Disease – archrespite.org/images/Caregiver_Fact_Sheets/9-Steps_Dementia-Caregiver.pdf
- ✓ Military and Veteran Caregivers – archrespite.org/images/Caregiver_Fact_Sheets/Military_Caregivers.pdf

Consumer Resources for Finding Adult Day Services

- ✓ Contact your local Area Agency on Aging (AAA)
- ✓ Reach out to aging, disability, and health community agencies

National Adult Day Services Association's Adult Day Center Locator: nadsa.org/locator

Eldercare Locator: Call 1-800-677-1116 or go to eldercare.acl.gov. For more information on Adult Day Services go to eldercare.acl.gov/public/resources/Factsheets/Adult_Day_Care.aspx

Eldercare Locator Caregiver Corner: For caregiver resources and answers to frequent questions go to eldercare.acl.gov/Public/Resources/Topic/Caregiver.aspx

Community Resource Finder: Easy access resources, programs, and services from the Alzheimer's Association and AARP communityresourcefinder.org

National Respite Locator, ARCH National Respite Network and Resource Center: archrespite.org/respitelocator

Want to Start an Adult Day Services Program?

Starting an Adult Day Services Program requires a significant commitment of time, resources and funding. Regulations and requirements vary by state and in some cases, local jurisdictions. If there is a state-level Adult Day Services association in your state, that can be an excellent resource for information about starting an Adult Day Services center. Additionally, local/regional Agencies on Aging can provide additional information about opening a center. NADSA offers webinars several times a year that provide a wealth of information about opening an Adult Day Services center. Check NADSA's website (nadsa.org/upcoming-webinars) for the next session on how to open an Adult Day Services center.

Paying for Adult Day Services

The 2021 Genworth Cost of Care Survey provides an average cost of Adult Day Services throughout the United States. The median monthly cost of Adult Day health care services was \$1,690 and the yearly median cost was \$20,280; all estimates are based on individuals attending 6-8 hours a day 5 days a week. The median daily cost averaged \$78 nationwide, with daily fees ranging from \$35 per day to \$120 per day, depending on the geographic location. Many facilities provide services with a sliding fee scale, so that family caregivers pay a fee based on their income. Some day care centers offer need-based scholarships or other financial support.

Family caregivers can explore options for paying for Adult Day Services or reducing costs, including Medicaid, Medicare Advantage, PACE, state Lifespan Respite Care Programs, Older American Act and the National Family Caregiver Support Program, private health insurance, long-term care insurance, personal pay, and sliding

fee scales if available. If the individual needing care is a Veteran, services are provided through Adult Day Health Care in the U.S. Department of Veterans Affairs to all Veterans who need it. These programs are described in more detail:

Medicaid and Medicare

Medicaid can pay all the costs in a licensed day care center with a medical model or an Alzheimer's focus if the individual qualifies financially. Traditional Medicare does not cover ADS costs, However, the Centers for Medicare and Medicaid issued new regulations in 2018 as a result of passage of the CHRONIC Care Act that allows Medicare Advantage plans to provide supplemental benefits including adult day care and respite.

Some State Medicaid home and community-based waivers, or Medicaid managed care plans, will pay for adult day care or adult day health.

- ✓ To learn more about respite and Adult Day Services provided by Medicaid waivers, see the ARCH document, Medicaid Waivers for Respite Support at archrespite.org/images/docs/Guides_Compendiums/Medicaid_Waivers_for_Respite_2019.pdf

Program of All-Inclusive Care for the Elderly (PACE)

The Program of All-inclusive Care for the Elderly (PACE) programs provide comprehensive medical and social services for individuals age 55 and over who are sufficiently frail to be categorized as "nursing home eligible" by their state's Medicaid program. PACE is a program under Medicare, and states can elect to provide PACE services to Medicaid beneficiaries as an optional Medicaid benefit.

PACE Programs serve primarily dually eligible Medicare and Medicaid beneficiaries. Financing for the program is capped, which allows providers to deliver all needed services rather than limit them to those reimbursable under Medicare and Medicaid fee-for-service plans. As

a result, PACE often provides Adult Day Services as part of their comprehensive array of services.

For more information about PACE, visit the National PACE Association website (npaonline.org) where you will find information for caregivers and professionals including:

- ✓ PACEFINDER – Find a PACE Program in Your Neighborhood at npaonline.org/pace-you/pacefinder-find-pace-program-your-neighborhood
- ✓ PACE Services information at npaonline.org/pace-you/pace-services

VA Adult Day Health Care

Adult Day Health Care is a program for eligible Veterans through Geriatrics and Extended Care in the Veterans Health Administration. Such day services provide social activities, peer support, companionship, and recreation for Veterans who need help with activities of daily living. This program is also for Veterans who are isolated or their caregiver needs relief and support through respite. Adult Day Health Care can be used in combination with other Home and Community Based Services.

The program may be provided at VA medical centers, State Veterans Homes, or mostly through community organizations (adult day centers). Veterans need not have served during a time of war to qualify for adult day health care services.

Lifespan Respite Care Program

Financial assistance may be possible through Lifespan Respite programs in some states, such as Arizona, which offers scholarships for adult day use. Others offer vouchers to help family caregivers pay for respite in community-based settings they choose. Visit the ARCH website to learn more about Lifespan Respite Care program and grant activities at archrespite.org/lifespan-programs/state-lifespan-respite-grantee-activities.

Private Insurance

Private medical insurance policies sometimes cover a portion of day care costs when registered, licensed medical personnel engage in the care. Long-term care insurance often pays for Adult Day Services, depending upon the policy. Dependent care tax credits may be available to the caregiver as well.

Conclusion

Adult Day Services are a welcome respite opportunity for individuals who work or who need stretches of time away from their loved one to complete tasks, socialize, or just refresh. Additionally, Adult Day Services can be beneficial to the participant when he or she is willing and able to be part of the Adult Day Services experience.

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