



**CAADS**

California Association for Adult Day Services

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## What is Adult Day Health Care?

JANUARY 20, 2011

Adult Day Health Care (ADHC) is a licensed Medi-Cal-certified health facility that treats the medical and supportive care needs of frail elders or disabled adults in a safe group setting during the day. The state authorizes admission into the program after the center documents compliance with strict eligibility requirements that include the presence of chronic conditions identified by the physician as needing treatment, intervention or monitoring to prevent deterioration and to avoid institutional care.

ADHC programs serve 37,000 low-income vulnerable elderly or disabled adults. The ADHC model of multi-disciplinary community care is widely recognized as an important part of the solution when managing patients with chronic conditions and as a way to help reduce rising health care costs. ADHC avoids the use of more costly health settings by treating medical or psychiatric problems before they turn into medical crises. The program provides California families respite from 24-hour caregiving responsibilities and enables family members of elder patients to keep their regular jobs.

- ADHC provides expert, specialized health care to individuals who may have any of the following complex and high cost medical conditions:
  - Alzheimer's disease or related dementia
  - Post-stroke complications
  - Cardiovascular disease
  - Diabetes with complications
  - Parkinson's or Huntington's disease
  - Epilepsy and other seizure disorders
  - Disabling depression
  - Head or spinal cord injury
  - Developmental disabilities
  - Chronic mental illness
- ADHC provides skilled health and therapeutic services under one roof for one set daily fee of \$76, one-half of which is paid by the state and one-half by federal funds.
- 92% of ADHC patients have Medi-Cal health insurance. The much smaller percentage of private-pay patients pay for the care out-of-pocket, often on a sliding fee scale.
- Patients attend an ADHC, on average, 3 days per week, four to eight hours per day. During this time, skilled nursing services, therapy and mentally stimulating activities are offered, based on a clinical team's assessment and individualized plan of care.
- Services include nursing treatments and monitoring of health conditions, medication management, physical therapy, occupational therapy, speech therapy, and social work. The ADHC also maintains communication about changing needs or health observations with the personal physician and family or caregiver.
- Assistance with daily tasks such as eating and walking are provided by trained program assistants. Group activities provide movement, dexterity and mental exercises in an environment that promotes social stimulation and companionship designed with the participant's level of ability and interests in mind.
- Each participant receives a nutritionally balanced meal and transportation to and from the center. Other services such as caregiver support groups, community education, and health professionals training may also be provided.