

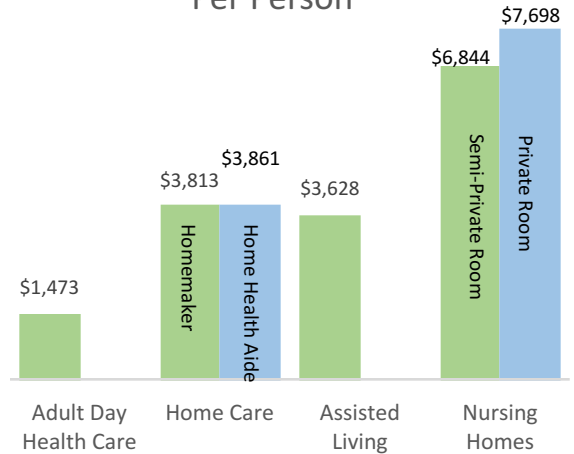
Adult Day Services

The Most Cost-Effective Option in Long-Term Care Today

Adult Day Services At A Glance

- There are an estimated 5,500 adult day centers in the U.S.⁵ (8% of all regulated long term care providers)⁶
- Adult day services reduce readmission and emergency department visits¹
- Participants stay healthier and less lonely in the daily presence of family members
- Provides supervised care while individuals can still live at home with family/caregivers; 74% of participants live in private residences²
- Services are designed to support seniors (64%) and younger adults with disabilities (36%)³
- Daily social and therapeutic activities provide stimulation and improve mental cognition
- Enhances the quality of life of participants and their families⁴
- **More funding for adult day services decreases Medicaid costs by reducing full-time institutional care while still providing consistent health monitoring and socialization**

National Median Monthly Cost Per Person⁷



Adult Day Is Best By Comparison

	Adult Day Services	Home Care	Assisted Living	Nursing Homes
Per-Day Median Cost in United States in 2016 ⁸	\$68	\$125	\$119	\$225/253
Annual Comparison ⁸	\$17,680	\$46,332	\$43,539	\$82,125/92,378
Designed for Seniors	Y	Y	Y	Y
Designed for Adults with Intellectual or Developmental Needs	Y	Y		
Flexibility to Receive Care only on Days Needed	Y	Y		
Continue to live at home with family and loved ones	Y	Y		
Nursing Care as needed during the day	Y		Y	Y
Medications Monitored and Supervised as needed during the day	Y		Y	Y
Dietician oversees meal plan and eating is monitored daily	Y			Y
Individual and Group Therapeutic Activities for Body, Mind, Spirit	Y			Y
Social Opportunities with Peers under Caring Supervision	Y			Y
Transportation with Door-to-Door Assistance in many cases	Y			



¹ Jones K, Tullai-McGuinness 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. ²Harris-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. ³Ibid. ⁴Fields N, Anderson K, DabelkoSchoeny 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. ⁵National Adult Day Services Association ⁶Harris-Kojetin et al, 2013. ⁷Genworth Financial Cost of Care Study 2016. ⁸Ibid.