ADULT DAY CARE AND CHOICES

The best kept secret in long-term care

Tennessee Association of Adult Day Services - 2016

Overview

- What are Adult Day Services?
- Are there different types of Adult Day Care?
- Who uses Adult Day Health Care?
- How does Adult Day Health Care help?
- What are the costs of Adult Day Services?
- Why use Adult Day Services?

What are Adult Day Services?

- A program of services designed to assist an individual to remain living independently or with a loved one at home, or in the community.
- Adult Day Services are an alternative long-term care option to promote wellness and maintain the quality of life of participants and caregivers alike.

Adult Day Care in Tennessee

- Adult Day Care in Tennessee can be provided with or without a license.
- Unlicensed agencies may not have more than 4 individuals and are not regulated by DHS (generally not for profit organizations, churches, institutions, individuals, etc.)
- Basic licensing is regulated by the Department of Human Services.
- Minimum standards:
  - Staffing
  - Facility
  - Program
  - Nutrition
  - Oversight
- All CHOICES providers must be licensed by DHS and contracted with each individual MCO.

Adult Day Care in Tennessee

- Three Models: Social Vs. Medical, & Rispite

- Social model Adult Day Care meets minimum state licensing requirements.
  - Self-initiating
  - Lower Acuity Level
  - Minimal Therapeutic Activity
  - No Medical Supervision
  - Smaller Program

Respite Adult Day Services in Tennessee

Limited Care Services Program pursuant to TENN. Code Ann. 71-2-402 Licensing Requirements—Exemption for Limited Respite Care Services Program

Definition:
"Limited Respite Care Services Program"
It means a program that has its sole purpose to provide primary caregivers of appropriate adults with relief from normal caregiving duties and responsibilities.

Respite Adult Day Services in Tennessee

- Operated by a religious institution or religious organization that provides custodial care for aging adults and adults with limitations on activities of daily living:
  - Function in a group setting
  - Feed/perform toilet functions with the assistance of a personal aide
  - Attend no more than 3 days each calendar week, no more than 12 hours in any 1 week, and no more than 6 hours in any 1 day.
- Registers with the TN Department of Human Services.
- Maintains records that include, at a minimum, dates and times of each adult's attendance.
- Provides care for fewer than 15 adults at the same time.
- Does not administer medications to adults while under the program's care.'
- Subject to site visits by the TN Department of Human Services to ensure compliance with terms of exemption.

Adult Day Care in Tennessee

- Medical model Adult Day Health Care significantly exceeds state licensing requirements as well as many other program requirements.
  - On-site Medical Supervision
  - Therapeutic Activity
  - Individualized Care
  - Higher Level of Care

Adult Day Health Care

- Medical Supervision and Nursing Services
- Medication Administration
- Multi-Disciplinary Team
- Individualized Care Planning
- Daily Medical Management
- Medical Stabilization
- Physician Consultation
- PT/OT/ST Provision

Adult Day Health Care

- Cognitive Therapy
- Physical Activity
- Socialization
- Nutrition Management

Adult Day Health Care

- Higher Physical and Cognitive Acuity
- Higher Level of Care
  - Behavioral modification
  - Incontinence care
  - Transfer assistance
  - Dedicated case work
  - Locked and alarmed facility
  - Special dietary requirements
  - Enhanced personal care service offerings
  - Increased ADA compliance and abilities

Who Uses Adult Day Health Care?

- Anyone over 18, who cannot safely remain alone throughout the day.
  - Not just for the elderly with dementia…

Lewy-Body Dementia	Traumatic Brain Injury	Schizo-Effective Disorder
Fronto-Temporal Dementia	Stroke Survivors	Geriatric Depression
Parkinson's Disease	Mental Disabilities	Social Isolation
Vascular Dementia	Alzheimer's Disease	Physical Disabilities
Mild Cognitive Impairment	Cerebral Palsy	Muscular Dystrophy
Pick's Disease	ALS	Mixed Dementia
Morbidly Obese	Diabetics	Autism Spectrum Disorder

How does it help?

- Medical Stabilization
  - Medication management
    - Reduce polypharmacy
    - Eliminate self medication errors
  - Medical transition and translation
  - Dietary regulation
    - Consistent availability
    - Meets specific dietary needs (diabetic, renal, diverticulitis, Crohn's, Celiac, etc.)
    - Healthy diet

How does it help?

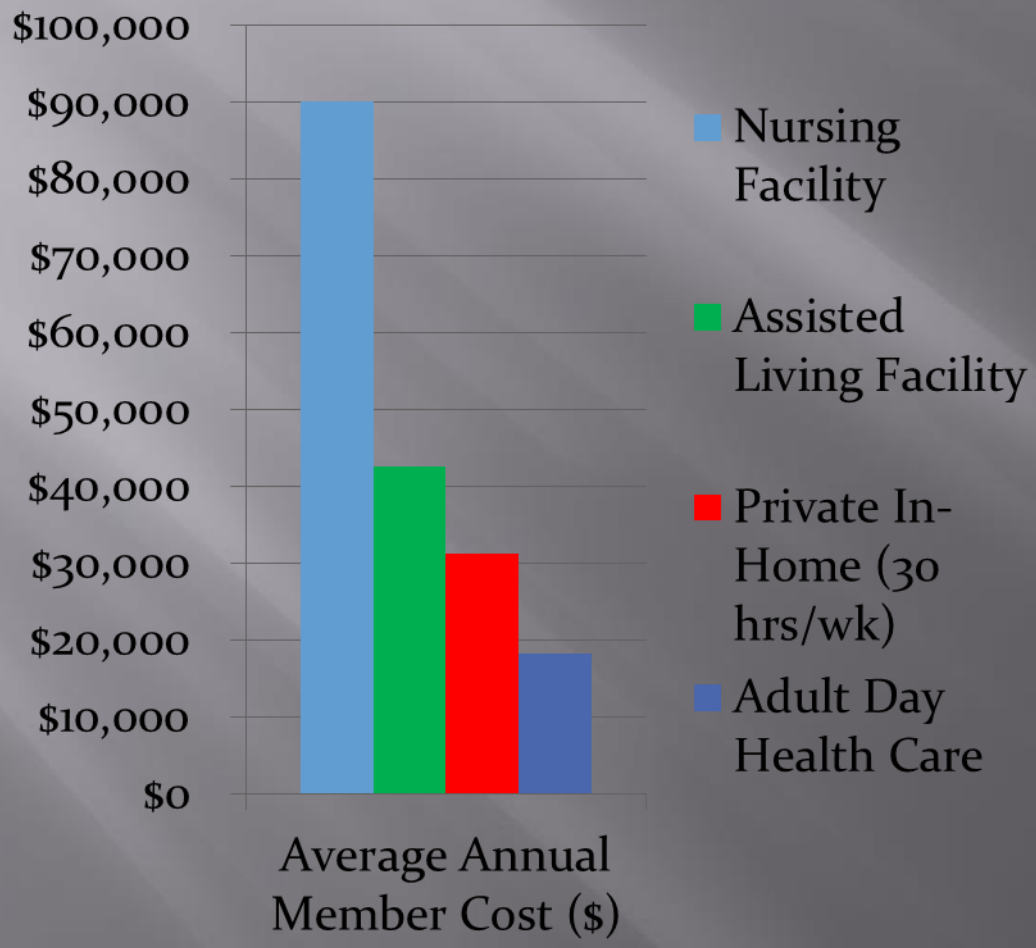
- Avoid Consistent Readmission
- Therapeutic Daily Regimen
  - Physical Exercise
  - Cognitive Therapy
  - Art/Music Therapy

- Results
  - 1.5 hours/day of "engaged activity" shows a 20% reduction in cognitive impairment over 3 years. (Weuve, J. et al, JAMA 2004)
  - Daily physical and cognitive activity increased cognitive performance by 43% over 1 year. (Heyn, P. et al, APMR, 2004) as well as increases in strength, balance, endurance, flexibility and agility by 15-45% over 1 year (Kwak, Y.S. et al, IJSM, 2008)
  - Daily exercise can slow progression or improve cognitive function in individuals with dementia. (Stevens, J. et al, Cont Nurse, 2006)
  - Daily exercise showed significant neuroprotective effect and increased levodopa levels in PD patients. (Ahlskog, J. E., Neurology, 2011)

How does it help?

- Promotes healthy sleep cycles
- Prevents self-isolation
- Peer support
- QUALITY OF LIFE
  - Members
  - Families
  - Caregivers
  - Community
  - Case Reports

What is the cost?



Average Annual Savings (per member, vs. nursing facility care)

Private SNF: $90,000

ALF: $42,600 (47%)

In-Home: $31,200 (35%)

Day Care: $18,200 (20%)

Cost Neutrality (facts and figures)

- $38,500,000 savings for every 1000 members transitioned out of nursing facilities to day care programs
- Currently over 25,000 TennCare LTC recipients cared for in nursing facilities
- Potential annual savings of $500,000,000 with the transition to 30% day care, 40% HCBS, and 30% NF.

OR

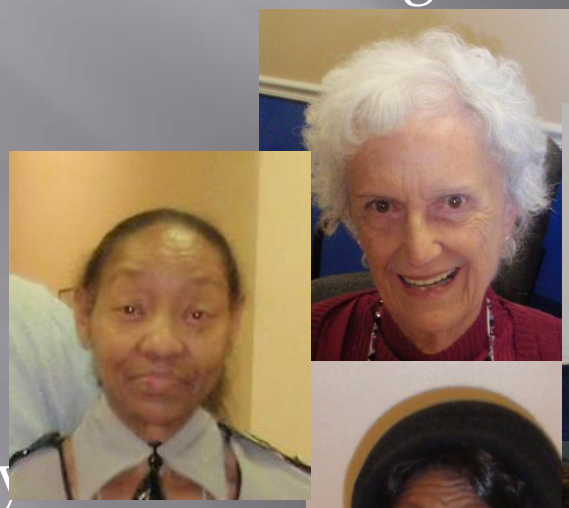
- Triple current enrollments in LTC CHOICES program at NO ADDITIONAL COST!! (3:1)
- Availability of additional in-home services, if needed.

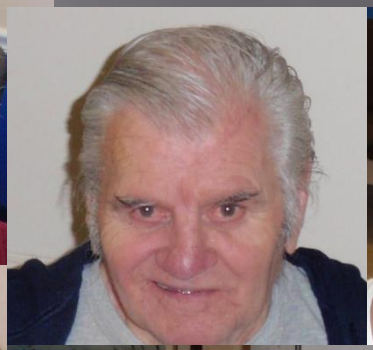
Benefits of Use

- Dedicated consistent staff providing reliable quality care
- Social support with friends and peers
- Never isolated or alone
- Additional service often included or available
  - **Transportation**
  - Personal Care Services
  - Beautician Services
  - Social Work
  - Medical Assistance

Benefits of Use

- Able to remain living at home with loved ones
- Safe
- Fun
- Happy
- **QUALITY OF LIFE!!**





What to look for? (Advice to caregivers and coordinators)

- Call or just stop by a location
  - Scheduled or unscheduled visits
- Use your instincts
  - What do you see, hear, smell, and sense?
- Know your needs
  - Ask questions: Cost, Services, Availability
- Ask for references
  - Are any available? What is the history and motivation?
- Do some digging!
- Stay involved!

www.taads.net