

Adult Day Services: Status Update

Understanding support for participants and
caregivers today

Agenda Highlights

- Overview of Adult Day Services
- Core Components and Benefits
- Trends Shaping the Adult Day Services Industry
- Challenges and Future Opportunities

Overview of Adult Day Services



Key Objectives

Community-Based Support

Adult day services offers community-based services to assist adults with various physical, mental, and social needs.

Promoting Independence

These services aim to promote independence and enhance the quality of life for adults attending the program.

Health and Social Engagement

Adult day services provides health support and encourages social interaction in a safe and nurturing atmosphere.



Types of Adult Day Programs

Social Model Programs

These programs emphasize recreational and social activities to enhance engagement and well-being for adults.

Medical Model Programs

Medical models provide health care services such as medication management and therapy to support participants' medical needs.

Specialized Dementia Care

These programs focus on the unique needs of individuals with dementia through tailored support and activities.

Mixed Programs

In Illinois, all programs certified by the Department on Aging are required to have a medical component, so most programs serve a variety of purposes.



Typical Client Demographics

Older Adult Participants

Many participants are older adults who benefit from daytime supervision and social engagement opportunities.

Participants with Disabilities

Individuals with disabilities often require specialized support and safe environments for daytime care.

Caregiver Respite

Adult day services provides caregivers needed respite while ensuring client safety and supervision.

Core Components and Benefits



Medical and Health Support Services

Medication Management

Proper medication management ensures participants take their prescriptions safely and effectively to maintain health. Many centers work in cooperation with participant's physicians to tailor treatment plans.

Therapy Support

Many adult day programs contract with therapy services to provide a variety of programs. Physical therapy aids participants in recovery and mobility, enhancing quality of life and independence.

Health Monitoring

Regular health monitoring tracks vital signs and conditions to prevent hospitalizations and complications.

Nutrition Services

Many seniors, particularly ethnic minorities, are food insecure. Many adult day programs in Illinois provide ethnic food both at the center and to take home, ensuring participants have enough to eat.

Social and Recreational Activities



Group Exercises

Group exercises promote physical health and enhance social interaction among participants.

Games and Activities

Games foster cognitive stimulation and teamwork while encouraging fun and engagement.

Outdoor Outings

Outings provide opportunities for socialization and connection with nature, enhancing mental wellness.

Normal Adult Life in a Community Setting!!!!!!!!!!

Participants in adult day programs today don't want the bingo and crafts of their parents' generation. It is incredibly important that we treat our participants as adults. As such, they shoot pool and they do shots on birthdays. They drink a little wine. They play card games of their own choosing. They go outside and sunbathe when the weather is nice. They dance to their familiar music and they sing and recite poetry. They have heated political arguments that aren't easily resolved. In short, they are adults.



Caregiver Relief and Support

Respite for Caregivers

Adult day provides caregivers with essential breaks, reducing stress and preventing burnout.

Access to Support Networks

Families gain connection to resources and support networks, improving care management. Many centers offer support groups.

Trends Shaping the Adult Day Services Industry



Growth in Demand Due to Aging Populations

Rising Need for Adult Day Care

Globally, aging populations are increasing the demand for adult day services to support older adults. In Illinois, the number of older adults is increasing rapidly, without an accompanying increase in available caregivers.

Community-Based Care Benefits

Community care helps older adults maintain independence and social connections effectively. Financially, it is the most desirable public funding option as care isn't 1:1 and can be tailored to meet individual needs, both by contracting with unique centers and by centers focusing on individual care needs.



Emphasis on Person-Centered and Culturally Competent Care

Personalized Care Services

Tailoring healthcare services to individual preferences ensures respect and dignity for each participant. And each participant is treated as an adult and a partner in their care, not a care recipient.

Cultural Competency

Incorporating cultural background into care enhances understanding and improves health outcomes.

Improved Health Outcomes

Respectful, tailored care leads to better health results for diverse populations.

Challenges and Future Opportunities



Complex Regulations/Participant Needs

Strict regulations create barriers that limit program flexibility and slow development. Aging has met with providers to develop some ideas for workarounds, but some of the more difficult regulations are necessary because of participant needs, such as the one hour time limit for transportation. Many participants really can't tolerate a very long ride each way due to the disabilities and impairments that cause the need for adult day programs in the first place. And there is the patriarchal tone inherent in our regulations that feels the need to micromanage each step in participant care. For example, in the shuttling back and forth of paperwork that has no positive impact on participant outcomes or the federal requirement to keep current employment opportunity ads posted in centers which, by definition, provide care to people who are eligible for nursing home placement. The interaction between the limited funding and wasted time on regulations that do not promote participant health and well being have a negative impact on client outcomes.



Limited Funding

Scarce funding streams restrict program growth and resource availability. For example, while many centers are currently breaking even now, there is no extra money at these programs to do the things that would grow adult day centers in Illinois, such as marketing. Limited funding also restricts programs' abilities to try adding new programs, such as physical rehabilitation or mental health programming as growing a program requires additional revenue to be invested.



Need for Solutions

Overcoming regulatory and funding challenges is crucial to improve access and service quality.

Additionally, while Aging has demonstrated a great desire to help ADS grow, we must all grow together and treat our participants as the adults they are who sometimes make decisions that we would not make for them.



Staffing and Workforce Development

Recruiting Skilled Staff

Finding and attracting skilled employees is a critical challenge for organizations facing growing demand.

Workforce Training

Investing in training programs improves employee skills and prepares teams to meet future challenges.

Supportive Work Environments

Creating supportive workplaces enhances employee retention and job satisfaction.

All critical staff development functions are negatively impacted by inadequate funding.

Innovations for Improved Quality and Accessibility

Mobile Day Services Units

Mobile day care units bring essential services directly to communities, improving accessibility and convenience.

Digital Options

Caregiver support and some socialization needs have met with some success using online approaches.

Community Partnerships

Collaborations with community groups extend reach and effectiveness of services through local engagement.



Conclusion

Importance of Adult Day Services

Adult day services provides essential support for adults and relieves caregivers by addressing their needs.

Understanding Components

The most important take away from this presentation is the need to treat participants as adults, each with unique needs.

Future Opportunities

Awareness of trends and challenges enables stakeholders to enhance care quality and make it more accessible.