

What is Adult Day Services?

OASAC Meeting

Presented by

Illinois Adult Day Services Association

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www.iadsa.com

Iadsainfo@gmail.com



Adult Day Services

The provision of on-site health, social, therapeutic and supportive services for

adults with functional and cognitive impairments

Services including:

Social Opportunities:

- Congregate meal services, therapeutic recreation activities

Health/Medical Components:

- Health monitoring, exercise programs, wound care, related therapy

Specialized Population:

- Serves specific populations such as dementia, developmental disabilities, and culturally specific groups (e.g. Chinese, Russian, Polish)



Adult Day Services Market Segment

National Market Overview

- Approximately 4,600 ADS Centers in the U.S
- Serving approximately 286,300 individuals
- 50.8% of the providers are not-for-profit (4.5% government, 44.7% for profit)

IL Provider Overview

- Illinois Department on Aging has 74 contracted ADS centers
- ADS centers, prior to the pandemic, were serving over 3,300 clients monthly through IDoA
- 56% of the providers are not-for-profit
- Industry is majority individually owned centers
- Some do not have contract with IDoA

Source: 2015-2016 HHS Long-term Care Providers and Services Users in the U.S. and IDoA



Services Offered

- Social Activity / Therapeutic Activities / Outings
- Health Education / Evidence-Based Programming (Such as Matter of Balance, Diabetes Self-Management Program, Enhance Fitness)
- Meals & Snacks (To Meet Culturally Diverse Population)
- Personal Care (showers, incontinence care, shaving, oral care, etc)
- Nursing Services (detailed slide to follow)
- Person-centered Care Planning
- Transportation
- Physical, Occupational and Speech Therapy
- Misc. Services (detailed slide to follow)



Nursing Services

- Medication Administration / Reminder
- Monthly Vital Signs
- Insulin Monitoring & Injections
- Wound Care
- Catheter / Colostomy Care
- Bowel and Bladder Training
- Tube Feedings
- Oxygen / Nebulizers
- Medication Box / Planner refilling



Miscellaneous Services

- Beauty Shop
- Escorts to medical appointments
- Community outings / field trips
- Nail Care
- Showers / shaving
- Medication box planner / refilling
- Social services
- Art/music/entertainment

Above services may be an additional charge

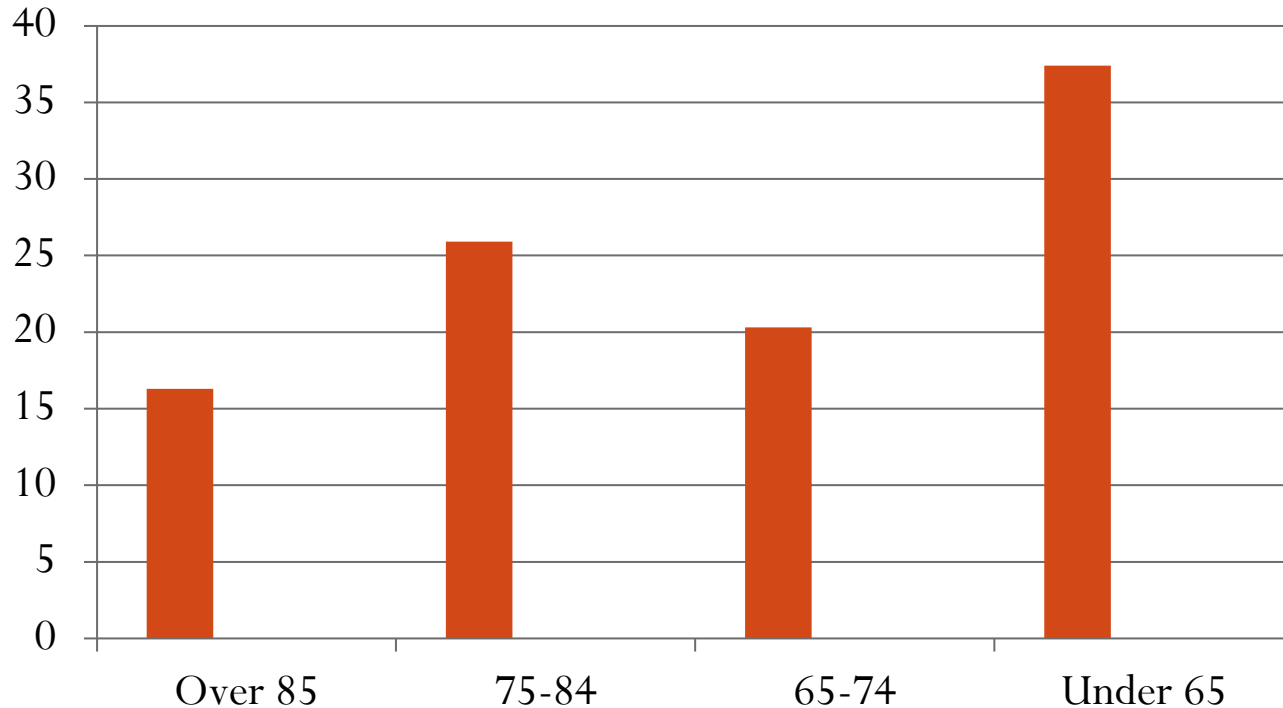


Client's Health Status

- Alzheimer's and other related dementias
- Cardio Vascular Disease
- Developmental disabilities
- Diabetes
- Hypertension/high blood pressure
- Mental illness such as anxiety, depression, schizophrenia
- Parkinson's Disease
- Physical disabilities
- Traumatic brain injuries



Distribution of Client Ages



Data from 2015-2016 HHS Long-term Care Providers and Services Users in the U.S.

Adult Day Services Staffing

- Program Director
- Program Nurse - RN / LPN
- Certified Nursing Assistants
- Therapeutic Recreation Therapist / Activity Director
- Activity Assistants / Program Assistants
- Transportation Drivers
- Illinois Client to Staff Ratio: Per IDOA Requirement



Optional Staffing / Consultants

- Social Worker
- Podiatrist
- Musician
- Vision screenings
- Registered Dietician
- Social Service Staff
- Counseling Services
- Physical Therapy/Occupational Therapy/Speech Therapy/Art Therapy...



Illinois ADS Funding Sources*

- Illinois Department on Aging**
- Managed Care Organizations
- Self-pay***
- Department of Human Services/ Office of Rehabilitation Services/Brain Injury Wavier Program
- Veterans Administration
- Long term care insurance

*Different centers have different funding streams

** Many centers are contracted with IDoA

***Determined by centers



Eligibility for Subsidized / Free ADS through IDoA

- Are 60 years old or older;
- Are U.S. citizens or legal aliens;
- Are residents of Illinois;
- Have non-exempt assets of \$17,500 or less (Non-exempt assets do not include home, car, or personal furnishings.); and
- Have an assessed need for long term care (to be at risk for nursing facility placement as measured by the Determination of Need (DON) assessment).

NOTE: Although the level of income does not affect eligibility for the program, an income level is established for each participant to determine the participant's ability to contribute to the cost of care.

- Senior Helpline (Referral): 1-800-252-8966



Hours of Operation

Hours vary per center

- Most centers are open Monday – Friday
- Average hours of operation are 8-10 hours based on client need
- Some centers are open on Saturdays & Holidays
 - Weekend and Holiday hours depend on available funding



Caregiver Support

- Offers on site support groups
- Provides education and support to caregivers
- Assists in referrals to community resources
- Assists in decreasing caregiver stress



Adult Day Services Benefits

- Most cost effective option
- Delays more costly long term care placements
- Offers respite to caregivers
- Offers working caregivers a safe option
- Provides social stimulation in a secured environment
- Delivers health care in a one stop shopping approach
- Supports collateral agencies plan of care
- Monitors daily health and psychosocial needs of the clients

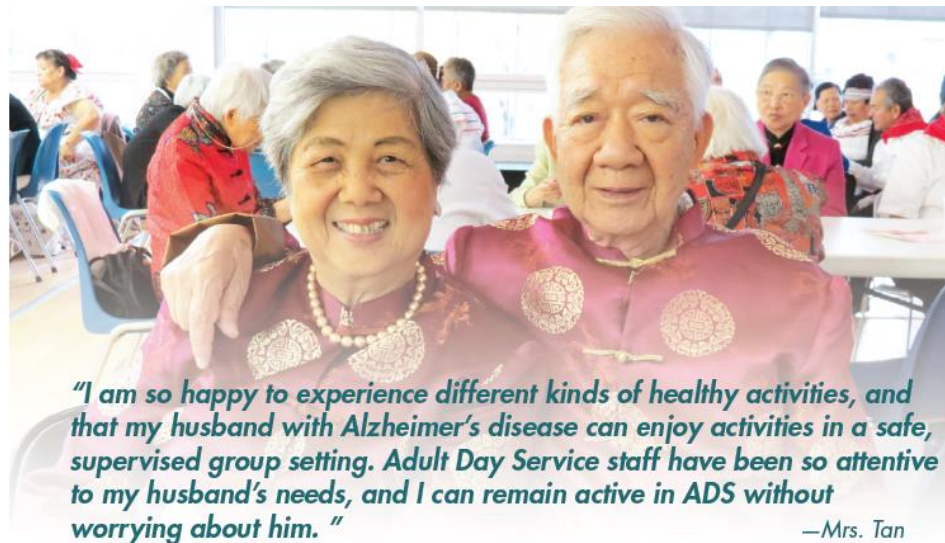


ADS Logic Model-Outcome Measures Example

Goals	Actual Outcomes
1. Goal: Under supervision and encouragement from ADS staff, 95% of participants consume at least 90% of their breakfasts, lunches, and snacks.	100% of participants consumed 90% or more on breakfast; 96.72% of participants consumed 90% or more on lunch; and 100% consumed 90% or more on snack.
1. 85% of participants follow their physicians' instructions to take their medications, excluding participants with cognitive impairment.	83.19% of participants took medication on schedule and followed their doctors' instructions
1. 85% of participants improve or maintain stable in their vital signs.	98.23% of participants maintained or improved their blood pressure.
1. More than 70% of exercise fitness participants improve or maintain their lower body strength, balance, and lower and upper body flexibility.	84.21% of exercise fitness participants improved or maintained their lower body strength; 97.37% improved or maintained their balance; 89.47% of participants improved or maintained their lower and upper body flexibility
1. 80% of participants have no depressive symptoms.	93.5% if clients showed no depressive symptoms after Healthy IDEAS intervention
1. 92% of participants do not have any ER visits in the last 90 days.	8.98% of participants had ER visits in the past 90 days on average
1. 95% of participants do not have any hospitalization in the last 90 days.	7.23% of participants had hospital stay in the past 90 days on average
1. Among those participants who are hospitalized, 80% of them do not have hospital readmission within 30 days.	0% of participants had readmission within 30 days.
1. 90% of participants do not have any falls incidents in the last 90 days.	9.75% of participants had fall in the past 90 days on average.

What do clients/caregivers think about ADS?

- Caregiver's perspective:
- <https://www.youtube.com/watch?v=c-GVPiaMln0>
- <https://www.youtube.com/watch?v=IzzGEJKPYZ8>
- Client's perspective:



"I am so happy to experience different kinds of healthy activities, and that my husband with Alzheimer's disease can enjoy activities in a safe, supervised group setting. Adult Day Service staff have been so attentive to my husband's needs, and I can remain active in ADS without worrying about him."

—Mrs. Tan



"I can't imagine how lonely I would be if I didn't come to Adult Day Service. It's my second home—all of the staff members treat me like family. They bring me to visit different places I haven't been before!"

—Mr. Xu (center)



Where are the ADS Centers?

The Number of Communities without an Adult Day Center is Growing



Highlighted in **RED**, are the remaining Communities with an Adult Day Center

As of May 2019 - Remaining Cities with an Adult Day Center

- | | |
|-------------------|--------------|
| Addison | Marion |
| Arlington Heights | Melrose Park |
| Belleville | Mokena |
| Carbondale | Moline |
| Champaign | Morton |
| Charleston | Morton Grove |
| Chicago | Mount Vernon |
| Collinsville | Naperville |
| Crestwood | Normal |
| Decatur | Oak Lawn |
| Des Plaines | Orland Park |
| Downers Grove | Peoria |
| DuQuoin | Quincy |
| Edwardsville | Rockford |
| Galena | Roselle |
| Galesburg | Sandwich |
| Glen Ellyn | Tinley Park |
| Grayslake | Vernon Hills |
| Harrisburg | Warrenville |
| Herrin | West Dundee |
| Homewood | Wheaton |
| Huntley | Wheeling |
| Joliet | Woodstock |
| Kankakee | |



IADSA
Illinois Adult Day Services Association

iadsainfo@gmail.com
(217) 529-6503
www.iadsa.com



Contact Information

For Questions Regarding the Presentation, please contact ■

Cynthia Cunningham

Consultant, Forever Young Adult Day Services

- Previous President and current Advocacy Chair of Illinois Adult Day Services Association
- 217-202-5450
- Cemcunningham@gmail.com

Winnie S Lam

Home & Community Based Services Officer of Chinese American Service League

- Previous Education Chair of Illinois Adult Day Services Association
- 312-808-7257
- Winnie_lam@casservicel.org

Kathy Rhoads

Owner, Circle of Friends Adult Day Center

- Vice Chair of Illinois Adult Day Services Association
- 217-359-7937
- Center@circleoffriendsadc.net

Illinois Adult Day Services Association

- iadsainfo@gmail.com



Reference

- U.S. Department of Health and Human Services (2019). Long-term Care Providers and Services Users in the United States, 2015-2016: Analytical and Epidemiological Studies. Retrieved on June 19, 2019, from https://www.cdc.gov/nchs/data/series/sr_03/sr03_43-508.pdf

