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Local Service Category:	Home and Community-Based Health Services (Facility-Based)
Amount Available:	To be determined
Unit Cost	
Budget Requirements or Restrictions:	Maximum of 10% of budget for Administrative Cost
DSHS Service Category Definition:	<p>Home and Community-Based Health Care Services are therapeutic, nursing, supportive and/or compensatory health services provided by a licensed/certified home health agency in a home or community-based setting in accordance with a written, individualized plan of care established by a licensed physician. Home and Community-Based Health Services include the following:</p> <ul style="list-style-type: none"> • Para-professional care is the provision of services by a home health aide, personal caretaker, or attendant caretaker. This definition also includes non-medical, non-nursing assistance with cooking and cleaning activities to help PLWH remain in their homes. • Professional care is the provision of services in the home by licensed health care workers such as nurses. • Specialized care is the provision of services that include intravenous and aerosolized treatment, parenteral feeding, diagnostic testing, and other high-tech therapies. physical therapy, social worker services. <p>Home and Community-Based Health Care Providers work closely with the multidisciplinary care team that includes the PLWH's case manager, primary care provider, and other appropriate health care professionals.</p> <p>Allowable services include:</p> <ul style="list-style-type: none"> • Durable medical equipment • Home health aide and personal care services • Day treatment or other partial hospitalization services • Home intravenous and aerosolized drug therapy (including prescription drugs administered as part of such therapy) • Routine diagnostic testing • Appropriate mental health, developmental, and rehabilitation services • Specialty care and vaccinations for hepatitis co-infection, provided by public and private entities
Local Service Category Definition:	<i>Home and Community-based Health Services (facility-based)</i> is defined as a day treatment program that includes Physician ordered therapeutic nursing, supportive and/or compensatory health services based on a written plan of care established by an interdisciplinary care team that includes appropriate healthcare professionals and paraprofessionals. Services include skilled nursing, nutritional counseling, evaluations and education, and additional therapeutic services and activities. Inpatient hospitals services, nursing home and other long-term care facilities are NOT included.
Target Population (age, gender, geographic, race, ethnicity, etc.):	Eligible recipients for home and community-based health services are persons living with HIV residing within the Houston HIV Service Delivery Area (HSDA) who are at least 18 years of age.
Services to be Provided:	<p>Community-Based Health Services are designed to support the increased functioning and the return to self-sufficiency of PLWH through the provision of treatment and activities of daily living. Services must include:</p> <ul style="list-style-type: none"> • Skilled Nursing: Services to include medication administration, medication supervision, medication ordering, filling pill box, wound dressing changes, straight catheter insertion, education of family/significant others in patient

	<p>care techniques, ongoing monitoring of patients' physical condition and communication with attending physicians (s), personal care, and diagnostics testing.</p> <ul style="list-style-type: none"> • Other Therapeutic Services: Services to include recreational activities (fine/gross motor skills and cognitive development), replacement of durable medical equipment, information referral, peer support, and transportation. • Nutrition: Services to include evaluation and counseling, supplemental nutrition, and daily nutritious meals. • Education: Services to include instructional workshops of HIV related topics and life skills. <p>Services will be provided at least Monday through Friday for a minimum of 10 hours/day.</p>
Service Unit Definition(s):	A unit of service is defined as one (1) visit/day of care for one (1) PLWH for a minimum of four hours. Services consist of medical health care and social services at a licensed adult day.
Financial Eligibility:	Income at or below 400% of Federal Poverty Guidelines
Eligibility for Services:	People living with HIV at least 18 years of age residing within the Houston HSDA.
Agency Requirements:	Must be licensed by the Texas Department of Aging and Disability Services (DADS) as an Adult Day Care provider.
Staff Requirements:	<ul style="list-style-type: none"> • Skilled Nursing Services must be provided by a Licensed Vocational or Registered Nurse. • Other Therapeutic Services are provided by paraprofessionals, such as an activities coordinator, and counselors (LPC, LMSW, and LMFTA). • Nutritional Services are provided by a Registered Dietician and food managers. • Education Services are provided by a health educator.
Special Requirements:	Must comply with the Houston EMA/HSDA Standards of Care. The agency must comply with the DSHS Home and Community-Based Health Services Standards of Care and Houston HSDA . The agency must have policies and procedures in place that comply with the standards <i>prior</i> to delivery of the service.

FY 2023 RWPC “How to Best Meet the Need” Decision Process

Step in Process: Council		Date: 06/09/2022
Recommendations:	Approved: Y: _____ No: _____ Approved With Changes: _____	If approved with changes list changes below:
1.		
2.		
3.		
Step in Process: Steering Committee		Date: 06/02/2022
Recommendations:	Approved: Y: _____ No: _____ Approved With Changes: _____	If approved with changes list changes below:
1.		
2.		
3.		
Step in Process: Quality Improvement Committee		Date: 05/03/2022
Recommendations:	Approved: Y: _____ No: _____ Approved With Changes: _____	If approved with changes list changes below:
1.		
2.		
3.		
Step in Process: HTBMTN Workgroup #3		Date: 04/20/2022
Recommendations:	Financial Eligibility:	
1.		
2.		
3.		

Modified Monitoring Process

Effective March 13, 2020 TRG enacted emergency response procedures due to COVID-19 pandemic. All monitoring was deferred/suspended in 2020 per DSHS and HRSA guidance.

In 2020, DSHS launched a burden reduction plan to reduce administrative burden by 50% for AA's and Subrecipients.

- This model requires subrecipient monitoring every other year (even years only).
- Per DSHS guidance, TRG is not required to complete monitoring in odd years
- In 2020, subrecipients that didn't have the ability to complete a remote review, were exempted from the 2020 Standards of Care chart review monitoring due to the COVID-19 State of Emergency.

2022 Monitoring

This year all subrecipients will be monitored, remotely if possible and in-person if necessary.

The monitoring period will cover
calendar year 2021



Special chart review process is being evaluated for the RW Planning Council process during the "odd" years DSHS is not requiring monitoring (requires DSHS approval)

Home and Community Based Services (HCBS)

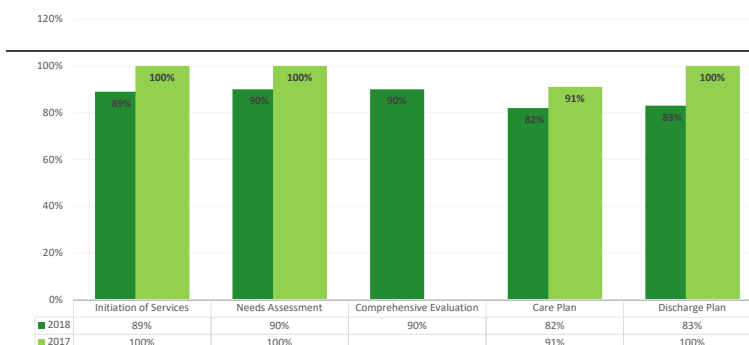
NOT REVIEWED IN 2020

Description of Service-HCBS

Home and Community-based Health Services (facility-based) is defined as a day treatment program that includes Physician ordered therapeutic nursing, supportive and/or compensatory health services based on a written plan of care established by an interdisciplinary care team that includes appropriate healthcare professionals and paraprofessionals.

Services include skilled nursing, nutritional counseling, evaluations and education, and additional therapeutic services and activities.

Chart Review Highlights- 2018 (not reviewed in 2019)





HOME & COMMUNITY-BASED HEALTH SERVICES
2019 CHART REVIEW REPORT

PREFACE

DSHS Monitoring Requirements

The Texas Department of State Health Services (DSHS) contracts with The Houston Regional HIV/AIDS Resource Group, Inc. (TRG) to ensure that Ryan White Part B and State of Texas HIV Services funding is utilized to provide in accordance to negotiated Priorities and Allocations for the designated Health Service Delivery Area (HSDA). In Houston, the HSDA is a ten-county area including the following counties: Austin, Chambers, Colorado, Fort Bend, Harris, Liberty, Montgomery, Walker, Waller, and Wharton. As part of its General Provisions for Grant Agreements, DSHS also requires that TRG ensures that all Subgrantees comply with statutes and rules, perform client financial assessments, and delivery service in a manner consistent with established protocols and standards.

As part of those requirements, TRG is required to perform annual quality compliance reviews on all Subgrantees. Quality Compliance Reviews focus on issues of administrative, clinical, data management, fiscal, programmatic, and quality management nature. Administrative review examines Subgrantee operating systems including, but not limited to, non-discrimination, personnel management and Board of Directors. Clinical review includes review of clinical service provision in the framework of established protocols, procedures, standards and guidelines. Data management review examines the Subgrantee's collection of required data elements, service encounter data, and supporting documentation. Fiscal review examines the documentation to support billed units as well as the Subgrantee's fiscal management and control systems. Programmatic review examines non-clinical service provision in the framework of established protocols, procedures, standards and guidelines. Quality management review ensures that each Subgrantee has systems in place to address the mandate for a continuous quality management program.

QM Component of Monitoring

As a result of quality compliance reviews, the Subgrantee receives a list of findings that must be address. The Subgrantee is required to submit an improvement plan to bring each finding into compliance. This plan is monitored as part of the Subgrantee's overall quality management monitoring. Additional follow-up reviews may occur (depending on the nature of the finding) to ensure that the improvement plan is being effectively implemented.

Scope of Funding

TRG contracts with one Subgrantee to provide Home and Community-Based Health Services in the Houston HSDA.

INTRODUCTION

Description of Service

Home and Community-based Health Services (facility-based) is defined as a day treatment program that includes Physician ordered therapeutic nursing, supportive and/or compensatory health services based on a written plan of care established by an interdisciplinary care team that includes appropriate healthcare professionals and paraprofessionals. Services include skilled nursing, nutritional counseling, evaluations and education, and additional therapeutic services and activities. **Skilled Nursing:** Services to include medication administration, medication supervision, medication ordering, filling pill box, wound dressing changes, straight catheter insertion, education of family/significant others in patient care techniques, ongoing monitoring of patients' physical condition and communication with attending physicians (s), personal care, and diagnostics testing. **Other Therapeutic Services:** Services to include recreational activities (fine/gross motor skills and cognitive development), replacement of durable medical equipment, information referral, peer support, and transportation. **Nutrition:** Services to include evaluation and counseling, supplemental nutrition, and daily nutritious meals. **Education:** Services to include instructional workshops of HIV related topics and life skills. *Inpatient hospitals services, nursing home and other long-term care facilities are NOT included.*

Tool Development

The TRG Home and Community Based Services Review tool is based upon the established local and DSHS standards of care.

Chart Review Process

All charts were reviewed by Bachelors-degree registered nurse experienced in treatment, management, and clinical operations in HIV of over 10 years. The collected data for each site was recorded directly into a preformatted computerized database. The data collected during this process is to be used for service improvement.

File Sample Selection Process

Using the ARIES database, a file sample was created from a provider population of 38 who accessed home and community-based Health Services in the measurement year. The records of 23 clients were reviewed for the annual review process. The demographic makeup of the provider was used as a key to file sample pull.

DEMOGRAPHICS

HOME AND COMMUNITY BASED SERVICES

2018 Annual

Total UDC: 38 Total New: 2

Age	Number of Clients	% of Total
Client's age as of the end of the reporting period		
Less than 2 years	0	0.00%
02 - 12 years	0	0.00%
13 - 24 years	3	7.89%
25 - 44 years	13	34.21%
45 - 64 years	21	55.26%
65 years or older	1	2.63%
Unknown	0	0.00%
	38	100%
Gender	Number of Clients	% of Total
"Other" and "Refused" are counted as "Unknown"		
Female	10	26.32%
Male	27	71.05%
Transgender FTM	0	0.00%
Transgender MTF	1	2.63%
Unknown	0	0.00%
	38	100%
Race/Ethnicity	Number of Clients	% of Total
Includes Multi-Racial Clients		
White	4	10.53%
Black	21	55.26%
Hispanic	13	34.21%
Asian	0	0.00%
Hawaiian/Pacific Islander	0	0.00%
Indian/Alaskan Native	0	0.00%
Unknown	0	0.00%
	38	100%

From 01/01/18 - 12/31/18

2019 Annual

Total UDC: 27 Total New: Unk

Age	Number of Clients	% of Total
Client's age as of the end of the reporting period		
Less than 2 years	0	0.0%
02 - 12 years	0	0.0%
13 - 24 years	1	3.7%
25 - 44 years	0	0.0%
45 - 64 years	23	85.2%
65 years or older	3	11.1%
Unknown	0	0.00%
	27	100%
Gender	Number of Clients	% of Total
"Other" and "Refused" are counted as "Unknown"		
Female	5	18.5%
Male	22	81.5%
Transgender FTM	0	0.0%
Transgender MTF	0	0.0%
Unknown	0	0.0%
	27	100%
Race/Ethnicity	Number of Clients	% of Total
Includes Multi-Racial Clients		
White	11	40.7%
Black	16	59.3%
Hispanic	4*	14.8%
Asian	0	0.00%
Hawaiian/Pacific Islander	0	0.00%
Indian/Alaskan Native	0	0.00%
Unknown	0	0.00%
	27	100%

From 01/01/19 - 12/31/19



RESULTS OF REVIEW- 2018

Initial Assessment

Percentage of clients who have documentation that the client was contacted within one (1) business day of referral to Home and Community-Based Health Services.

	Yes	No	N/A
Number of client records that showed evidence of the measure	1	1	21
Number of client records that were reviewed.	2	2	23
Rate	50%	50%	91%

Percentage of clients who have documentation that services were initiated at the time specified by the primary medical care provider, or within two (2) business days, whichever is earlier.

	Yes	No	N/A
Number of client records that showed evidence of the measure	16	2	5
Number of client records that were reviewed.	18	18	23
Rate	89%	11%	22%

Percentage of clients who have documentation that a needs assessment was completed in the client's primary record.

	Yes	No	N/A
Number of client records that showed evidence of the measure	18	2	3
Number of client records that were reviewed.	20	20	23
Rate	90%	10%	13%

Percentage of clients who have documentation in the client's primary record of a comprehensive evaluation of client's health, psychosocial status, functional status, and home environment, as completed by the home and community-based health agency provider.

	Yes	No	N/A
Number of client records that showed evidence of the measure	18	2	3
Number of client records that were reviewed.	20	20	23
Rate	90%	10%	13%

Implementation of Care Plan

Percentage of clients who have documentation of a care plan completed based on the primary medical care provider's order as indicated in the client's primary

	Yes	No	N/A
Number of client records that showed evidence of the measure	18	4	1
Number of client records that were reviewed.	22	22	23
Rate	82%	18%	4%

Percentage of clients who have documentation that care plan has been reviewed and/or updated as necessary based on changes in the client's situation at least every sixty (60) calendar days as evidenced in the client's primary record

	Yes	No	N/A
Number of client records that showed evidence of the measure	0	23	-
Number of client records that were reviewed.	23	23	-
Rate	0%	100%	-

Provision of Service

Percentage of clients who documentation of ongoing communication with the primary medical care provider and care coordination team as indicated in the client's primary record.

	Yes	No	N/A
Number of client records that showed evidence of the measure	18	3	2
Number of client records that were reviewed.	21	21	23
Rate	86%	14%	9%

Percentage of client records show documentation in the primary care record from the home and community-based provider on progress throughout the course of treatment, including evidence that the client is not in need of acute care.

	Yes	No	N/A
Number of client records that showed evidence of the measure	20	2	1
Number of client records that were reviewed.	22	22	23
Rate	91%	9%	4%

Coordination of Services

Percentage of clients who show a referral to an appropriate service provider as indicated in the client's primary record.

	Yes	No	N/A
Number of client records that showed evidence of the measure	0	1	22
Number of client records that were reviewed.	1	1	23
Rate	0%	100%	96%

Percentage of clients who show a referral follow-up to an appropriate service provider as indicated in the client's primary record.

	Yes	No	N/A
Number of client records that showed evidence of the measure	0	1	22
Number of client records that were reviewed.	1	1	23
Rate	0%	100%	96%

Documentation

Percentage of clients who have documentation that progress notes have been kept in the client's primary record and written the day that services were rendered.

	Yes	No	N/A
Number of client records that showed evidence of the measure	20	2	1
Number of client records that were reviewed.	22	22	23
Rate	91%	9%	4%

Percentage of clients who have documentation that progress notes have been kept in the client's primary record and written the day that services were rendered

	Yes	No	N/A
Number of client records that showed evidence of the measure	20	2	1
Number of client records that were reviewed.	22	22	23
Rate	91%	9%	4%

Transfer/Discharge

Percentage of clients who document a transfer plan developed, as applicable, with referral to an appropriate service provider agency as indicated in the client's primary record.

	Yes	No	N/A
Number of client records that showed evidence of the measure	0	1	22
Number of client records that were reviewed.	1	1	23
Rate	0%	100%	96%

Percentage of clients who have documentation of discharge plan developed with client, as applicable, as indicated in the agency as indicated in the client's primary record.

	Yes	No	N/A
Number of client records that showed evidence of the measure	10	2	11
Number of client records that were reviewed.	12	12	23
Rate	83%	17%	48%

CONCLUSIONS

Overall, quality of services provided meets or exceeds minimum thresholds. Of the client records 90% had a needs assessment and comprehensive assessment. Care planning was documented in 82% of the files reviewed and 86% documented coordination with the primary care provider. A change in the review tool, resulted in no assessment of comorbidities this review period.

What Is Adult Day Care and How Can it Help Caregivers?

AARP, Updated October 3, 2019 | Comments: 3

[En español](#) | Adult day care programs can provide caregivers with a needed break while giving older adults a chance to socialize with their peers and remedy the isolation and loneliness many experience.

In 2016, the most recent year for which figures were available, about 4,600 adult day care centers across the nation served more than 286,000 participants, according to the National Center for Health Statistics.

Evidence shows that older people who attend these centers have a better quality of life. A [2017 review](#) of research on adult day care programs published in the journal *The Gerontologist* found they provided health, psychological and behavioral benefits for participants, particularly those with dementia and other cognitive impairments.

Arranging for a loved one to spend time in adult day care also can have beneficial effects on a [caregiver's wellbeing](#).

A study published in the *American Journal of Geriatric Psychiatry* in 2014 looked at 151 caregivers who take care of people with dementia. In an eight-day period, the caregivers showed higher levels of DHEA-S — a chemical that helps protect the body against the damaging effects of stress and may reduce the risks of illness — on days after their loved ones spent time in adult day care. Regular use of such services allowed caregivers' bodies "to mount a protective and restorative response to the physiologic demands of caregiving," the report concluded.

While traditional community senior centers can be a great place for healthy older people who don't have major physical or cognitive disabilities to exercise or take classes, adult day care centers serve those who need more supervision and services. More than half of older people who attend adult day care have some degree of cognitive impairment, according to the National Adult Day Services Association, an industry group.

Adult day services available

Centers may vary in their programs and services, the association says. But most offer therapeutic exercise, mental interaction for participants, social activities appropriate for their condition and help with personal care such as grooming and using the toilet.

They often provide meals and snacks, including special diets for those who need them, and door-to-door transportation for participants.

Some centers focus on specific areas of care:

- **Social centers** concentrate on meals and recreation while providing some health-related services.
- **Medical/health programs** provide more intensive health and therapeutic services in addition to social activities.
- **Specialized centers** take participants who have only a particular condition, such as those diagnosed with dementia.

Nonprofit organizations, such as medical centers or senior organizations, run more than three quarters of adult day care centers. They normally operate on weekdays during regular business hours though some offer weekend or evening services as well.

Day care costs

Costs for adult day care can range from as little as \$25 to more than \$100 a day, depending upon factors such as what services are offered, according to the U.S. Administration on Aging. The average cost is just under \$70 a day.

While Medicare generally doesn't cover the fees, financial assistance may be possible through other government programs, such as Medicaid, the Veterans Health Administration and state agencies. That means adult day care may be a more affordable option for caregivers [seeking help and respite](#) than hiring a worker to provide in-home care.

When to consider adult day care

The National Adult Day Services Association suggests caregivers look into day care when they start seeing signs that an older loved one:

- **Is unable to structure** his or her own daily activities
- **Feels isolated and lonely** and wishes for interaction with other older people
- **Experiences anxiety** or depression and needs social and emotional support
- **Has difficulty starting and focusing** on an activity whether it's conversation, reading or watching TV
- **Seems to be no longer safe** on his or her own or feels uncertain and anxious about being alone.

Family caregivers also might consider adult day services when they need to work or be away from home for most of the day or if they are themselves experiencing ill effects such as anxiety, frustration, depression or health problems.

Finding and evaluating programs

To find adult day care programs in your area, you can type your zip code into National Adult Day Services Association's [searchable directory](#) or contact your local Area Agency on Aging, which you can find via the federal government's [Eldercare Locator](#) or by calling 800-677-1116.

Once you identify a center that seems to meet your loved one's needs, the next step is to visit the facility. The association recommends asking some basic operational questions such as these:

- **How long** has the center been in operation?
- **What licenses**, certifications and accreditation does it have?
- **What's the ratio of staff** to attendees (the lower the better), and what kind of training do employees receive?
- **What days and hours** is it open?
- **What's the policy on late arrivals** or pickups if you won't be using transit services that the center provides?

You'll also want to explore the facility's full range of services.

Does it offer physical, occupational or speech therapy? Nearly half of centers do. Does it have specialized care for conditions such as memory loss?

Ask whether the center creates individual service plans for attendees, how often those plans are updated and whether you can provide input.

Spend some time simply observing the center itself. Does it seem clean and generally pleasant?

Is the furniture comfortable and sturdy, and is the facility wheelchair accessible? Is there a quiet area where your loved one can relax if he or she feels the need for a break?

Are the restrooms conveniently located with grab bars and space for wheelchairs? Pay attention, too, to how the staff and attendees interact and whether they seem comfortable with one another.

Helping your loved one adjust

The transition to attending adult day care can be stressful for an older person with dementia. The Alzheimer's Association suggests a gradual approach.

Once you've vetted a center, take your loved one there for lunch or an activity. Then start using its services a couple of times a week for a month or so before making a final decision about enrolling.

Your loved one may resist adult day care at first, but participants often warm to it after several weeks and begin looking forward to seeing other people at the center and engaging in activities, the association says. If the program doesn't seem to be working out for your family member, you might take them out of the program for a time and try reintroducing them to the center later on.

Editor's note: This article, originally created in 2012, has been updated with more recent information.

[senior housing](#)

Adult Day Care Services

Adult day care offers a stimulating social environment for older adults while giving caregivers a vital break. Start exploring your options and find the best center for your needs.



What is adult day care?

Adult day care is a planned program of activities in a professional care setting designed for older adults who require supervised care during the day, or those who are isolated and lonely. Adult day care centers enable seniors to socialize and enjoy planned activities in a

group setting, while still receiving needed health services. At the same time, they offer family caregivers respite from caregiving duties while knowing that their loved one is in a safe place.

Services vary between facilities, including the level of care offered. While one type of center focuses mainly on social and recreation services, with a few health-related and personal care services, another type will provide more comprehensive medical and therapeutic services. These could include physical, occupational, or speech therapy, for example, or medical services administered by a registered nurse or other health professional. Finally, a third type of facility will offer specialized services for adults with a specific health condition, such as dementia or a disability.

Adult day care centers tend to operate during daytime hours, Monday through Friday, although some services may be available in the evenings or at weekends. Whatever the range of services, the intent is primarily two-fold:

- To provide older adults an opportunity to get out of the house and receive both mental and social stimulation, as well as the continuing care they need.
- To give caregivers a much-needed break in which to work, attend to personal needs, or simply to rest and relax.

[\[Read: Family Caregiving\]](#)

Whether you're looking at day care services for yourself or an older adult you're caring for, these tips can help you find the center that best fits your needs.

Services provided by adult day care centers

A well-run adult day care center's goals will focus on enriching participants' lives, building upon their skills and strengths, and providing lots of social interaction. Each facility differs in terms of features, but services may include:

Social activities. Planned activities tend to be tailored to the participants' abilities and health conditions, but may encompass such things as arts and crafts, musical entertainment and sing-a-longs, mental stimulation games such as bingo, stretching or other gentle exercise, discussion groups (for books, films, or current events, for example), holiday and birthday celebrations, and local outings.

Nutrition. Day care centers provide seniors with nutritious meals, including those that accommodate special diets, along with snacks.

Personal care. Center staff can help with the activities of daily living such as grooming, toilet hygiene, walking, and feeding.

Health services. These can vary from medication dispensing, blood pressure monitoring, hearing checks, and vision screening, for example, to symptom management and more intensive medical or therapeutic services.

[\[Read: Home Care Services for Seniors\]](#)

Transportation. Some adult day care centers provide transportation to and from the center and for any local outings.

Services for caregivers. Some centers may provide counseling, support groups for caregivers, help for care planning, and caregiving education.

Some centers even offer [pet therapy](#) or programs that include children. The Friendship Center in California, for example, developed The GOLD Project where older adults are encouraged to visit local classrooms and share their life experiences with the children, educating and enlivening both groups in the process.

Benefits of adult day care

Almost Family, an adult day care center provider in the U.S. and Canada, summarizes the benefits of adult day care well: “Adult day care offers a win/win situation for everyone in the family—not only the client or member who attends the program, but also for the family member who has primary responsibility as caregiver. Adult day care provides a much-needed respite for the caregiver, affording a break from the physical demands and stress of providing round-the-clock care.”

Benefits for the older adult

For the participant, an adult day care center’s benefits can be extensive.

- Adult day care provides a safe, secure environment in which to spend the day or part of the day.

HelpGuide

- Offers enjoyable and educational activities.
- Appropriate [physical exercise](#) can help to reduce falls.
- Meaningful social interaction can improve both mental and physical health and help to [prevent or delay cognitive decline](#).
- Mental and social stimulation during the day can [improve the quality of your sleep](#) at night.
- Participation in adult day care activities may even enhance or maintain your level of independence, keeping you living at home longer by relieving caregiver fatigue and delaying your escalation of dependence.
- Having control over activities you partake in can bolster your self-esteem.
- Adult day care offers the chance to [build new friendships](#) and enjoy peer support.

Benefits for the caregiver

Seeking support and maintaining your own health are key to managing [your role as a caregiver](#), so it's not selfish to use the services of an adult day care center to give you some time to yourself. If you're overwhelmed by the daily grind of caregiving, your patience and compassion will wear thin, you'll find it harder to connect with the person you're caring for, and you'll probably both feel unfulfilled.

[\[Read: Respite Care\]](#)

- Taking regular breaks from the demands of caregiving can reduce your stress levels and help you to [avoid burnout](#).
- Being able to recharge your batteries can leave you feeling more energetic, focused, and reinvigorated about your caregiving role.
- Using an adult day care facility can enable you to continue working, attend school, or devote more time to other family members.
- Can give you peace of mind that your loved one isn't home alone but is in a supervised and safe environment.

Is an adult day care center right for you?

As a senior, it can be challenging to admit that you're lonely or need help, especially if you've been a highly independent person used to caring for others all your life. But it's important to remember that most of us over the age of 65 will require some type of long-term care services. There's nothing to be ashamed about in admitting you need more help than you used to. After all, we've all had to rely on others at some point during our adult

lives, be it for help at work or home, for professional services, or simply for moral support. For many of us, independence is recognizing when it's time to ask for help.

Similarly, if you're the caregiver, it may be difficult to consider allowing "strangers" to care for your beloved family member. But even if you know that you're the best possible person to care for your loved one, that's no reason not to seek adult day care services. Taking time off is vital to your health and well-being and having time apart can help refresh and rejuvenate any relationship.

[\[Read: Caregiver Stress and Burnout\]](#)

When to consider adult day care

As with any service, the best time to start exploring what's available is before you actually need it. You may want to consider using adult day care when a senior:

- Can no longer structure their own daily activities.
- Is isolated and desires companionship.
- Can't be safely left alone at home.
- Lives with someone who works outside the home or who is frequently away from home for other reasons.

Good candidates for adult day care centers are seniors who . . .

- Can benefit from the friendship and functional assistance a day care center offers.
- May be physically or cognitively challenged but do not require 24-hour supervision.
- Are in the early stages of [Alzheimer's disease](#).
- Are mobile, with the possible assistance of a cane, walker, or wheelchair.
- Are continent (in most cases).

Choosing the right adult day care center

The National Adult Day Services Association (NADSA) in the U.S. recommends you start by asking yourself what specific services both the senior adult and the caregiver need most.

For the day care participant, are social activities primary? Assistance with walking, eating or medications? Mental stimulation? Exercise?

As a caregiver, is support what you need most? Some free time? Help with transportation?

Answering these questions will help you determine which of the three main types of adult day care centers (social, health-focused, and dementia or disability-oriented) will best serve you.

Questions to ask an adult day care center provider

When you contact the adult day care centers you've chosen to consider, ask questions such as the following:

1. Who owns or sponsors the adult day care center? How long has it been operating? Is it licensed or certified? (If required in your country or state)
2. What are the days and hours of operation?
3. Which conditions are accepted (e.g., memory loss, limited mobility, incontinence)?
4. What is the ratio of staff to participants? How are care providers screened? What is the training and level of experience of the care providers? How, and by whom, are the care providers supervised?
5. What procedures does the program have for emergencies?
6. What activities are offered? Are there a variety of individual and group programs?
7. Is transportation to and from the adult day care center provided?
8. Are meals and snacks included? Are special diets accommodated?
9. What is the cost of services? How is payment arranged?

Visiting an adult day care center

When you have identified potential adult day care centers, plan to visit at least three so that you can get a "feel" for the people and the environments. Observe the staff and how they interact with care participants. Try to picture yourself or your loved one there and ask plenty of questions.

You may wish to try out different adult day care centers a few times each to see whether your experience on different days confirms your initial impressions. Be sure to bring the following site visit checklist with you each time:

Adult day care center site visit checklist:

- Were you made to feel welcome at the center?

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- Did someone properly explain the services and activities offered by the center?
- Were you offered clear information about staff, programming, and costs?
- Was the center clean, well-maintained, and odor-free?
- Was the center wheelchair accessible?
- Was the furniture clean and comfortable?
- Was there a quiet, comfortable place for relaxation?
- Did the staff and participants seem cheerful and at ease when interacting?

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One in four people will struggle with mental health at some point in their lives. And with the coronavirus pandemic and troubled economy, many are in crisis right now. More than ever, people need a trustworthy place to turn to for guidance and hope. That is our mission at HelpGuide. Our free online resources ensure that everyone can get the help they need when they need it—no matter what health insurance they have, where they live, or what they can afford. But as a nonprofit that doesn't run ads or accept corporate sponsorships, we need your help. If you have already contributed, thank you. If you haven't, please consider helping us reach those who need it: [Donate today from as little as \\$3](#).

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Get more help

[Choosing a Center](#) – 7 steps for choosing the right adult day care. (National Adult Day Services Association)

[Adult day service: What you need to know](#) – Includes the benefits of adult day care. (Mayo Clinic)

[A Key to Choice for Seniors](#) (PDF) – Guide to assessing lifestyle needs and evaluating services available to seniors, including adult day care. (The Metropolitan Area Agency on

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Aging)

To find an adult day care center in the U.S.: Search [caregiving resources](#), use the [Eldercare Locator](#), or call the helpline at 1-800-677-1116. (Administration on Aging)

In the UK: [Find out about day care centres](#) or call the Carers Direct Helpline on 0808 802 0202 for free information and advice. (NHS)

In Australia: Search [My Aged Care](#) or contact your local Commonwealth Respite and Carelink Centre at 1800 200 422 for information on senior support services including adult day care centers. (Australian Government)

In Canada: Find [Programs and Services for Seniors](#), including adult day care options, or call 1-800-622-6232. (Government of Canada)