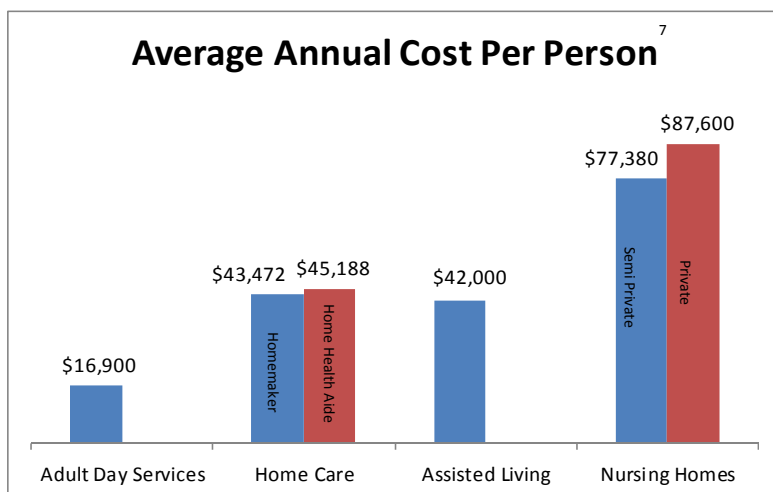


Adult Day Services:

The most cost-effective option in long-term care today

Adult Day Services Benefits

- Reduces readmission and emergency department visits¹
- Families have primary care of loved ones
- Provides supervised care while living at home (74% of participants live in private residences)²
- Services designed for seniors (64%) and younger adults with disabilities (36%)³
- Participants engage in social and therapeutic activities during the day
- Enhances the quality of life of participants and their families⁴
- 5,700 adult day centers in the U.S.⁵ (8% of all regulated long term care providers)⁶
- **More funding for adult day services decreases Medicaid costs by reducing full-time institutional care while still providing consistent health monitoring**
- **Helps avoid Medicare costs**



Long Term Care Options Comparison At-a-Glance

Adult Day Services Home Care Assisted Living Nursing Homes

	Adult Day Services	Home Care	Assisted Living	Nursing Homes
Per day median costs in United States in 2014 ⁸	\$65	\$160	\$117	\$212
30-day cost comparison	\$1,950	\$4,800	\$3,500	\$6,360
Live at home with family and loved ones	✓	✓		
Flexibility to receive care only on days when needed	✓	✓	✓	
Participation in group and individual therapeutic activities for body, mind and spirit	✓			✓
Social opportunities with peers under caring supervision	✓		✓	✓
Nursing care available as needed during the day	✓		✓	✓
Medications monitored and supervised daily	✓		✓	✓
Dietitian oversees meal plan and eating is monitored daily	✓			✓
Transportation to and from home with door-to-door assistance in many cases	✓			
Designed for seniors	✓	✓	✓	✓
Designed for adults with intellectual or developmental disabilities	✓	✓		
24-hour care available in many cases	✓		✓	✓



¹Jones 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, Dabelko-Schoeny 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 Long Term Care Cost Study 2014. ⁸Ibid.

April 2014