Adult Day Services Overview

There has been significant growth in the number of Adult Day Services centers in the U.S. over the past eight years. Today, there are more than 4,600 Adult Day Services (ADS) centers nationwide, a 35% increase since 2002.

The study, produced in collaboration with the National Adult Day Services Association (NADSA) and The Ohio State University College of Social Work, reports that these centers serve about 260,000 people, an increase of more than 100,000 since 2002. More than half of the participants (58%) are women; 30% are under age 65.

Key Findings

- Nearly 80% of ADS centers have a nursing professional on staff, nearly 50% have a social work professional on staff, and approximately 50% provide physical, occupational, or speech therapy.
- There is one direct care worker for every six participants in adult day services.
- Adult day services centers serve as an emerging provider of transitional care and short-term rehabilitation following hospital discharge.
- More than ever, ADS participants have higher levels of chronic conditions and disease, such as hypertension (46%), physical disability (42%), cardiovascular disease (34%), diabetes (31%), mental illness (25%), and developmental disability (20%).
- There is a heightened focus on prevention and health maintenance — nearly 80% of centers offer physical activity programs to address cardiovascular disease and diabetes.
- Adult day services are leaders in community-based care for individuals with Alzheimer’s disease and other dementias.
- Approximately 90% of centers offer cognitive stimulation programs, almost 80% provide memory training programs, and more than 75% offer educational programs.
- Adult day services may allow individuals to delay nursing home placement.
- Adult day services provide a reliable source of support, restore balance in times of crisis, and enhance overall quality of life for caregivers.
- Over 80% of participants attend full days and 46% attend five days per week, enabling family caregivers to remain in the workforce.
- Most centers provide caregiver support programs, including educational programs (70%), caregiver support groups (58%), and individual counseling (40%).
Implications

Data in this study is critical as the Baby Boomer generation ages and we continue to look for cost-effective mechanisms to support independent living for individuals with functional limitations.

- ADS allow working caregivers to attend to job responsibilities with the comfort of knowing their family member is in a professionally staffed, supportive group program.
- For individuals who have long-term care insurance policies that cover ADS, it can serve as a less costly solution that will help to efficiently use the maximum benefits available under their plan.
- Diversification in funding is an important goal for ADS providers, as unpredictability persists in ADS funding, particularly on the state level.
- There is a continued need to market ADS services to the community and to other key players in the long-term care network, such as hospital discharge planners.
- ADS can benefit employees who are caregivers with a viable work/Life solution that can result in a more productive and satisfied workforce.
- There is a pressing need to educate the public and decision-makers on the function of ADS and the potential that ADS have in delivering cost-effective health and long-term care services.

For More Information

*The MetLife National Study of Adult Day Services* and *The Essentials: Adult Day Services*, an accompanying consumer guide, can be downloaded from www.MatureMarketInstitute.com. They can also be ordered by writing to: MetLife Mature Market Institute, 57 Greens Farms Road, Westport, CT 06880.

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