



**ncadsa**<sup>SM</sup>  
nc adult day services assoc.

**Adult Day Services**

**Changing How People  
Live, Not Where People  
Live**

## ADULT DAY SERVICES ...

- ◉ For adults who need supervision, compassionate care and stimulating activity in a secure, casual club-like environment during the day and return home at night
- ◉ Adults with disabilities
- ◉ Older adults



## ADULT DAY SERVICES REGULATORY...

- ◉ NC Adult Day Care / Day Health Services Standards for Certification
- ◉ NC Division of Aging and Adult Services (Annual Recertification, Rules, and Oversight)
- ◉ Local Dept. of Social Services (Monthly Monitoring)
- ◉ Local Health Department - ADH (Quarterly Monitoring)
- ◉ Other Regulation - Fund Source Specific

## ADULT DAY SERVICES IS ...



***A safe place to visit  
1-5 days a week for  
adults who need  
supervision while  
their caregivers  
work or address  
other needs and  
obligations.***

## WHAT ADULT DAY SERVICES DO ...

- ◉ Coordinate health care issues with physicians and other professionals since health centers employ a nurse on-site daily



## FOR EACH PARTICIPANT...

- ◉ A personalized plan of care is created to maximize their abilities and independence
- ◉ A nutritious breakfast, lunch and snacks are served
- ◉ Referral and assistance to appropriate community resources
- ◉ A variety of activities



## ADULT DAY SERVICES ...



## HEALTH CENTERS SUPERVISE MEDICATIONS & MEDICAL TREATMENTS

- ✧ Medication Administration
- ✧ Incontinence
- ✧ Oxygen
- ✧ Weights & blood pressures



## ADULT DAY STAFF ASSIST WITH PERSONAL CARE SERVICES

- ✧ Bathing
- ✧ Toileting
- ✧ Eating assistance
- ✧ Mobility



## ADULT DAY SERVICES ...

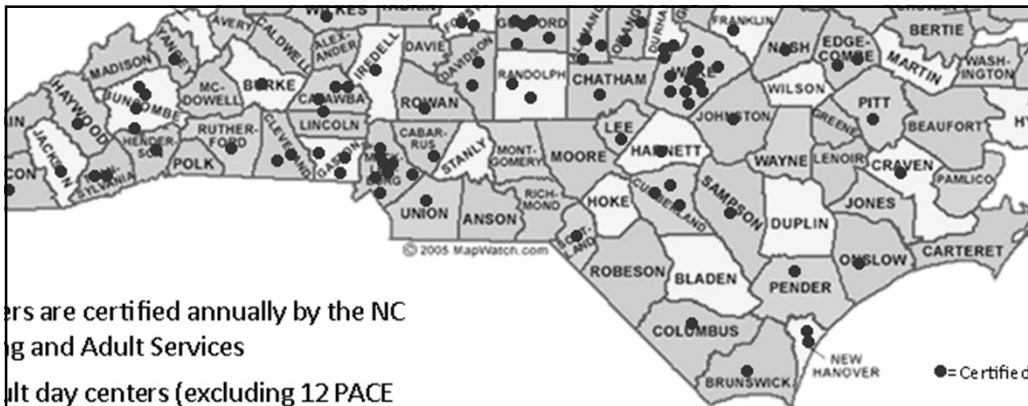
- ◎ For caregivers and family members, a critical support network for those who feel strongly that their loved ones should remain at home
- ◎ A lifeline for caregivers who want to continue working



## VISIT AN ADULT DAY CENTER TODAY!



*A new friend is waiting  
to meet you!*



Centers are certified annually by the NC  
Department of Health and Adult Services

Adult day centers (excluding 12 PACE  
Program counties)

Capacity: 4,998 adults

Profit

Open 10+ years

Adult centers employ RN or LPN daily

Open per day: 10 hours

### Services Provided in Adult Day C

- ✓ Skilled nursing (in day health centers)
- ✓ Individualized plan of care designed by a multi-disciplinary team, updated at least every six months
- ✓ Health monitoring
- ✓ Nutritious lunch and snacks
- ✓ Medication supervision
- ✓ Personal care services (toileting, eating assistance)

### **Profile of NC Centers**

- 85 certified adult day centers (excluding 12 PACE sites) among 50 counties
- 64% of certified centers employ RN or LPN daily (combination centers)
- Certified daily capacity: 4,998 adults
- 86% are nonprofit
- 80% provided daily roundtrip transportation to/from center
- 66% in operation 10+ years
- Average hours open per day: 10 hours
- 52% diagnosed with Alzheimer's disease or other dementia
- Average length of enrollment: 24 months

### **Profile of NC Centers**

- Average operating cost: \$67.67 per day
- Funding [Private Pay, Veterans Administration, Home & Community Care Block Grant, State Adult Day Care Fund, Medicaid Waiver
- NOT covered by Medicaid State Plan, Special Assistance or PCS funding

**Challenge:** No rate increase since 2006 and no flexibility to leverage funds while costs increase

**Solution:** Update Rules to Streamline and Simplify Administration of Public Funding for Adult Day Services to account for differences in different regions and variations in levels of care provided, quality, economics and daily hours of service delivery. **Repeal the Rule:** (10A NCAC 06Q .0201.) last updated in 1992. The rule was promulgated under statutory authority in NCGS 143B-181.1(c).

## **Thank you!**

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