

Adult day care

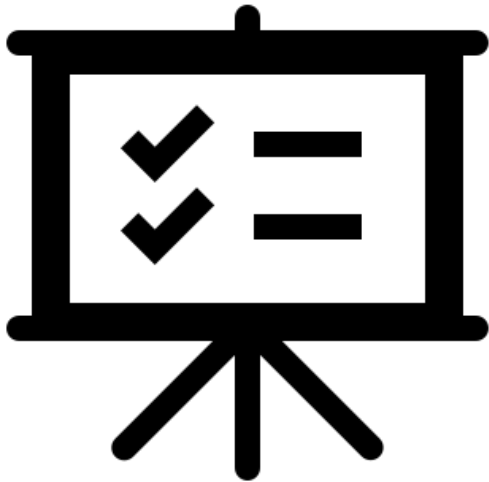
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Wisconsin Alzheimer's Institute

UNIVERSITY OF WISCONSIN
SCHOOL OF MEDICINE AND PUBLIC HEALTH

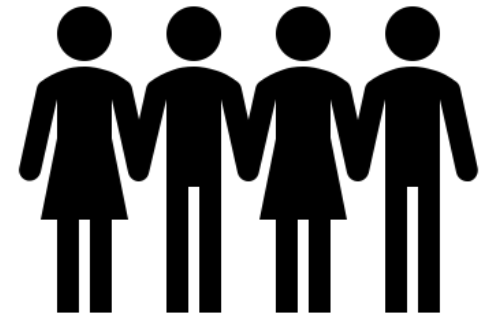
Learning objectives



- Define adult day care
- List the benefits of adult day care in persons with dementia

What is adult day care (ADC)?

- provides a supportive, professionally staffed environment for older adults with functional limitations
- attends to nutritional, daily living, and social needs of older adults within a group setting during the day
- created to prevent isolation, depression, and cognitive and physical decline
- up to 20% of older adults attending ADC programs have chronic mental health issues



What is adult day care (ADC)?



- vary quite a bit in terms of the services they offer, participants they accept, and staff training
- some provide only social services, some have a medical focus, some are a combination
- costs around \$60 per day, more if medical/therapeutic services offered
- not covered by Medicare; most are private-pay or covered by a long-term care program

Benefits of adult day care

- review of 76 studies
- high level of satisfaction expressed by people receiving services and caregivers
- improved psychological & behavioral outcomes, health-related outcomes, and social outcomes
- reduced caregiver burden
- mixed results with respect to timing of long-term care placement
- no studies of cost-effectiveness