

Adult Day Services 101

*LOW-COST, EFFECTIVE AND HIGH-QUALITY
HOME & COMMUNITY-BASED HEALTHCARE CARE*

What is the Adult Day Services (ADS) Delivery Model?

- ▶ Adult Day Service Centers provide a coordinated program of professional and compassionate healthcare services for adults in a community-based group setting.
- ▶ Services are designed to provide adults supervised care in a safe place outside their home during the day.
- ▶ Centers also afford caregivers respite from the demanding responsibilities of caregiving.
- ▶ ADS centers generally operate during normal business hours five days a week.
- ▶ Some programs also offer services in the evenings, overnight and on weekends.

What is Typically Offered in Today's Adult Day Services?

Care Planning & Coordination

ADS providers assist their participants in coordinating resources for other needed services, communicating with their doctors and offering activities that can improve and/or maintain their cognitive function, physical abilities and community involvement.

Medication Management

Nurses are available to monitor medication and the client's health. Health status changes can be reported to doctors immediately, thus reducing the frequency of ER visits.

Social Activities

Planned activities, both individually and in interaction with other participants, are provided appropriate for their conditions.

Transportation

Transportation is provided to and from the ADS center daily, as well as to community outings, and doctor's appointments.

Meals and Snacks

Breakfast, lunch and snacks are provided customized as appropriate for those with special dietary needs.

Personal Care

Assistance is provided with toileting, grooming, eating and other personal activities of daily living.

A Growing Model

- ▶ There are over 4,600 Adult Day Service centers across the U.S. with over 286,300 participants.
- ▶ 30.9% of participants have a diagnosis of Alzheimer's disease or other dementia, a major driving force behind the high cost of healthcare.
- ▶ 37% are under age 65, requiring assistance with disabilities, including a growing number of veterans.
- ▶ ADS participants have higher levels of chronic conditions, such as:
 - ▶ hypertension (46%),
 - ▶ physical disability (42%),
 - ▶ cardiovascular disease (27.1%),
 - ▶ diabetes (31.4%),
 - ▶ mental illness (9.3%), and
 - ▶ developmental disability (28.2%).

The Cost of Long-Term Care in Missouri*

5



Home Health

Hourly - \$21.00
Mo Medicaid - \$18.36



Adult Day Services

Daily - \$80
Mo Medicaid - \$74.24



Assisted Living

Monthly - \$2,844
Mo Medicaid -



Nursing Home

Semi-Private Day- \$165
Mo Medicaid -

*Adult Day Services
can prevent and
reduce time
in the hospital and ER which
can reduce the cost
to the state!*



Hospital

Daily - \$1,971
No procedures included
(2016)
Mo Medicaid -

*Genworth 2017 Cost of Care

Adult Day Services - Always Essential, today and tomorrow!

What is Wrong with This Picture?

SFY2018	LTSS service category	Total LTSS spend, \$M	Share of total LTSS spend	Average participants, K	Share of total LTSS pop.
Institutional	Skilled nursing facility	1,041	36%	29.8	28%
	Intermediate care	84	3%	0.4	0%
Waiver HCBS	Adult day care / day habilitation	182	6%	6.1	6%
	Career and financing	10	0%	5.8	6%
	Community services	5	0%	1.5	1%
	Counseling and therapy	5	0%	1.2	1%
	Residential services	661	23%	6.8	6%
	Personal care	63	2%	3.4	3%
	Private duty nursing	16	1%	0.2	0%
	Respite care	4	0%	0.4	1%
	Targeted case management	58	2%	13.3	13%
	LTSS Other	27	1%	15.0	14%
State plan HCBS	Personal care	701	24%	61.7	58%
	Private duty nursing	20	1%	0.3	0%
	Targeted case management	9	0%	6.0	6%
Total spend = \$ 2,886M			Total pop = 105.2K participants		

Low-Acuity Nursing Home Residents

- ▶ In Missouri, 23.7% of nursing home residents have low care needs (e.g., could potentially be adequately served through HCBS services) compared to the national median of 11.2%.¹³⁴
- ▶ Diverting participants with low care needs to HCBS to reach the level of [national] median state performance could yield a reduction of spending of up to **\$90 million**.¹³⁵

Source: Mo Department of Social Services - Rapid Response Review - Assessment of Missouri Medicaid Program, 2/11/19

Missouri Minimum Wage vs. Missouri ADS Reimbursement

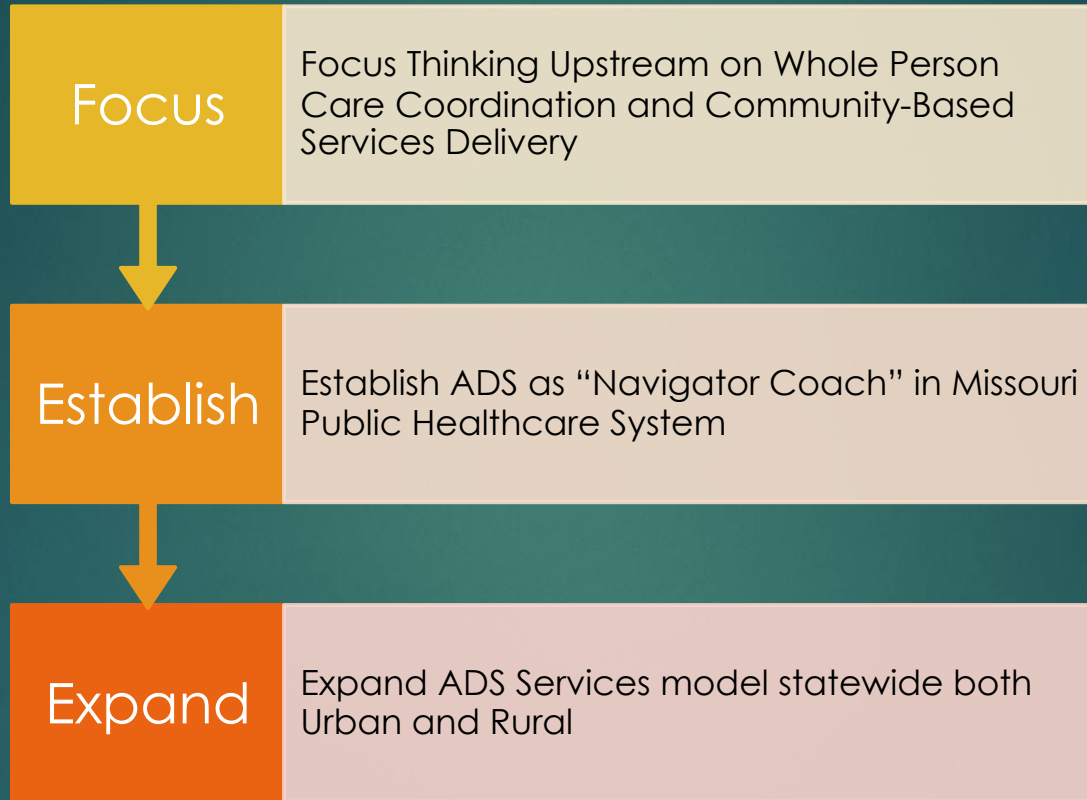
2019 – 2021

Missouri Minimum Wage increases \$0.85 per hour x 3 years =
\$2.55 per hour

2019 – 2021

Missouri Medicaid Reimbursement increases to Adult Day
Services Providers
\$0.12 per hour

Missouri's ADS Strategic Opportunities



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For More Information Contact:

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Historical Perspective

- ▶ 2007 LTSS In Transition
- ▶ 2008 ADS in Costa Rica
- ▶ 2013 Advocacy Day – Budget Chairwoman Allen
- ▶ 2014 Legislative & Regulatory Success - Senator Chappelle - Nadal
 - ▶ Better Communication
 - ▶ New Handbook
- ▶ 2017 Advocacy Day – Budget Chairman Wood
- ▶ 2017 Annual Conference – Chairman Wood's Remarks
- ▶ 2019 Advocacy Day – Chairman Wood's Remarks