Keeping Adult Day Services Vital in Ohio
Disclosures and Acknowledgements

• Thank You to O4A

• No Conflicts of Interest

• No Financial Disclosures

• We respectfully acknowledge that we are on the traditional territory of the Myaamia, Shawandasse Tula, Kaskakia and Hopewell Culture. We offer our gratitude to their care for, and teachings about, our earth and our relations. May we honor those teachings.
### Objectives

<table>
<thead>
<tr>
<th>Identify</th>
<th>Identify benefits of adult day center services for family caregivers.</th>
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<tbody>
<tr>
<td>Increase</td>
<td>Increase awareness of how adult day center programs enhance quality of life.</td>
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<tr>
<td>Recognize</td>
<td>Recognize barriers to accessing adult day services and how to overcome them.</td>
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<tr>
<td>Gain</td>
<td>Gain knowledge of research findings related to adult day services and respite care.</td>
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<tr>
<td>Discuss</td>
<td>Discuss ways to advocate for adult day services.</td>
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</table>
Demographics and Statistics Impacting Adult Day Services

Aging and Caregiving Today
Elders in the Community

• Most older people grow old within the community setting
• Approximately 4.5% of older adults are in nursing homes and 2.1% living in assisted living
• Of those living outside nursing homes, 14% are frail and 45% “pre-frail” (pubmed.gov)
  • Needing support from family, friends, professional services
  • At great risk of isolation and loss of meaningful activity
Living Alone

- Of those living outside nursing homes, almost 1/3 of older adults live alone (33% of women and 20% of men) (ACL)
- Over age 75: 42% of women lived alone in 2020 (ACL)
- Older non-Hispanic White women (32%) and Black women (32%) are more likely to live alone than other women (ACL)
Spouses as Caregivers

- Spouses are the most likely caregivers for each other
- In 2019, 69% of older men were married and 47% of older women (ACL)
- Age 85 and older: only 17% of older women are married, but no change for men (nytimes.com, 2016)
Adult Children as Caregivers

- 2/3 of U.S. older adults 85+ are women
- The mother-daughter link is central to caregiving
  - 75% of caregivers are female
- 50% of older adults who have a LTC need but no family caregiver are in nursing homes, compared to only 7% who do have a family caregiver (Institute on Aging)
Impacts of Caregiving

- Caregivers report more health problems and dementia caregivers have poorer physical health.
- Caregivers show higher levels of depression.
- Caregivers suffer from high levels of stress and frustration.
- Caregivers have lower levels of self-care.
- Caregivers have increased mortality.
- Stressful caregiving situations may lead to harmful behaviors.
Impacts of Caregiving

• Opportunity to reciprocate
• Expression of love towards care recipient
• Learn new aspects about a person
• Feel useful, giving a sense of meaning and purpose
• Brought family closer together
• Future planning
Cultural Differences in Caregiving

- Ethnic minorities (particularly African-Americans, Hispanics, and Native Americans) tend to have lower socioeconomic status and limited financial resources.
- Elevated levels of chronic disease – heart disease, diabetes, dementia.
- African-Americans and Hispanics may interpret aspects of aging and chronic conditions (such as dementia) as normal signs of aging, less early detection.
- Increased risk of poor health due to cumulative disadvantage due to economics and discrimination.
Cultural Differences in Caregiving

• More likely to receive informal support and less likely to use formal services (including nursing home care)

• African Americans may have different coping strategies than white counterparts because of
  • Learning to cope with negative circumstances throughout their lives
  • Strong orientation toward faith communities
  • Using more positive appraisals (judgment of the meaning of an event)
Cultural Differences in Caregiving

• African American and Latino/Hispanic caregivers tend to be younger than Caucasian caregivers, tend to be adult children rather than spouses who are still employed
  • spousal caregivers tend to have higher levels of burden and depression than adult children caregivers, thus, lower rates of burden and depression in some caregivers who are non-white.

• African American and Hispanic caregiver often have high filial responsibility beliefs and stronger caregiver

• Access can be an issue due to language barriers
Adult Day Services

A form of respite
Caregivers reported in one study that they regard respite as the most needed of services to continue in their roles.

- The Lewin Group, 2016
Need for Respite Care

A growing older adult population with LTC needs

Smaller family sizes

Increased number of female caregivers in the workforce

Prevalence of informal caregivers and great deal of reliance on family members to provide care

Approximately 80% care is provided in the community setting by family members

Impact of caregiving on families
Adult day services provide respite and support for the caregiver.
Adult Day Services

<table>
<thead>
<tr>
<th>Designed to provide caregivers temporary relief from caregiving responsibilities.</th>
<th>It can be planned or drop-in care</th>
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<tbody>
<tr>
<td>Designed to relieve caregiver stress and reduce demands of caregiving</td>
<td>For some caregiver groups, it is a “cornerstone service”</td>
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</table>
Benefits of Respite

Lessens risk of physical and psychological health problems among caregivers

Provides a break, enabling caregivers to continue in their caregiving role

Supports employed caregivers to remain in the workforce

Provides opportunity for caregivers to take care of their own needs
Benefits of Respite for Caregiver

- Fewer sleep related problems
- Decreases social isolation
- Decreased depression
- Improves mood
- Lowers anger
- Improves life satisfaction and quality of life
- Delays institutionalization
Respite is Particularly Helpful To:

- Higher-hour caregivers
  - Performing 21 or more hours of care/week
- Living with care recipient
- Caring for chronic conditions
- Caring for persons with dementia
- When utilized regularly
- Utilized with a combination of respite services
Adult day services provide socialization and support for those who attend the program.
It’s Good to Get Out of the House
For Individuals Attending Adult Day Services

- Reduces stress
- A safe environment
- Socialization
- Opportunities for meaningful engagement
- Activities designed to meet abilities, interests, and needs
Studies of Adult Day Services Participants Show

- More engagement in their communities
- Improved cognition
- Fewer behaviors
- Fewer emergency room visits
- Better sleeping patterns
Adult Day Centers

• Reduce Social Isolation
• Maintain Health Nutrition
• Provide Care
• Monitor and Maintain Health
• Promote Well-Being
• Offer Cognitive Stimulation
• Are full of laughter, joy and FUN
Quotes from Family Caregivers

“Thank you for all you do. [Participant] is always in a positive mood when I pick him up. I appreciate the caregiver support.”

“I would certainly highly recommend the Center to anyone who could use this service.”

“You guys are great!”

“The Center is a blessing to Mom and us. . .You are amazing people with an understanding and compassion to work with this disease.”

“If it weren’t for the Center, mom would be in a nursing home.”

“We’ve been more than happy with services and communication. [Participant] enjoys attending as well.”

“The Center is a blessing to Mom and us. . .You are amazing people with an understanding and compassion to work with this disease.”

“She doesn’t remember what she did, but she tells me she had a good time, and that’s all that matters.”

“Each individual does a great job and as a group, there is nothing to compare to the support for each family. I am so thankful and tell everyone how great the Center is for knowledge and support!”

“Just keep doing what you’ve been doing!”

“Keep up the good work!”
Quotes from day center attendees

“Do something every day that makes you happy.”

“We have fun here”

“I love this job. I’ll take as many days as I can get.”

“When I saw it, I just got that BAM! This is it!”
What’s your favorite thing about working at the Center?

• I love those moments of clarity our participants have
• I consider the Center my home-away-from home. Kinda like having a second family.
• Laughter
Adding Adult Day Services to the Plan of Care
## Barriers

<table>
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<tr>
<th>Barriers</th>
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<tbody>
<tr>
<td>Limited services</td>
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<tr>
<td>Poor reimbursement</td>
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<tr>
<td>Financial burden</td>
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<tr>
<td>Lack of knowledge about availability of adult day services</td>
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<tr>
<td>Misinformation about adult day services</td>
</tr>
<tr>
<td>Inability to recognize need for adult day services</td>
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<tr>
<td>Inability to permit oneself to temporarily leave caregiving responsibilities</td>
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</table>
# Addressing Barriers

<table>
<thead>
<tr>
<th>Action</th>
<th>Description</th>
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<tbody>
<tr>
<td>Identify</td>
<td>Identify barriers that are prohibiting families to use respite care</td>
</tr>
<tr>
<td>Examine</td>
<td>Examine community programs</td>
</tr>
<tr>
<td>Ask</td>
<td>Ask if support is available</td>
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<tr>
<td>Advocate</td>
<td>Advocate with elected officials for better resources being directed to direct, hands-on respite care</td>
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<tr>
<td>Stress</td>
<td>Stress benefits to care recipient</td>
</tr>
<tr>
<td>Start</td>
<td>Start small - “try it for a month”</td>
</tr>
<tr>
<td>Focus</td>
<td>Focus on the benefit to the person attending rather than the caregiver</td>
</tr>
<tr>
<td>Other ideas?</td>
<td>What other ideas have you found effective?</td>
</tr>
</tbody>
</table>
Bibliography

- Administration for Community Living. (2020) 2019 Profile of Older Americans.
Contact Information

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sbollin@memorylanecare.org
ADULT DAY SERVICES

AN ANSWER TO SOME CURRENT CHALLENGES
WHAT ARE SOME OF THE CHALLENGES OUR CONSUMERS ARE FACING?

WHAT ARE SOME OF YOUR FRUSTRATIONS AS A CASE MANAGER?
WORKFORCE SHORTAGE

- Yes, adult day centers are facing staffing challenges also
- Efficient – 1 paid staff person for 6 clients; covering 8 plus hours
- If a consumer is in need of hours that cannot be staffed, consider adult day
- If consumers are finding in home workers unreliable, consider adult day
- If consumers have had a bad experience with in home workers, consider adult day
SUGGESTED TALKING POINTS

NOT ABLE TO COVER HOURS IN THE HOME

“I would like for you to consider adult day services since we cannot currently cover all of the in-home hours you qualify for due to worker shortages. I have other members that go to adult day and this is what they like about it…”

UNRELIABLE IN HOME SERVICES

“Caregiver Sue, I know you have had to call off several times when a worker did not arrive for their shift. I would like to suggest that adult day services might be a more reliable option for you. You can be sure that you will be able to make it to work and not miss more days.”

BAD EXPERIENCE WITH IN HOME CARE

“I am sorry that you had a bad experience with one of your aides. Please know that is not the norm and we can look for another aide. You might also want to think about adult day services. This way there are multiple staff around to assist you and to keep each other accountable. You might feel less vulnerable.”
FAMILY CAREGIVING STRESS

• Family caregiving is more critical than ever – we need to focus on family caregivers in conjunction with our focus on consumers.

• Adult day can provide critical and consistent respite and relief to a family caregiver

• Can absolutely be a tough sell – for both the caregiver and the consumer
  • Ideas? What has worked?
  • Offer early and often
  • Two week trial minimum
  • Let consumer know this can help caregiver
HOW WOULD YOU APPROACH A CAREGIVER TO TALK ABOUT ADULT DAY SERVICES?

WHAT MIGHT YOU SAY TO A CONSUMER ABOUT TRYING ADULT DAY TO BENEFIT THEIR FAMILY CAREGIVER?
ISOLATION

• Very current concern

• Causes cognitive decline – 50% increased risk of dementia

• Increases mental health challenges – depression, anxiety, paranoia, suicide

• At risk seniors – potential victims of elder abuse

• Health equity – immigrants and LGBTQIA are at higher risk for loneliness.
  • Loneliness/social isolation puts health at risk
HOW COULD YOU TALK WITH A CONSUMER ABOUT THEIR ISOLATION AND BENEFITS OF SOCIALIZATION OF ADULT DAY SERVICES?
ADDITIONAL CONSIDERATIONS

• Adult day staff can be valuable part of care team
• Adult day is not just for individuals with dementia but should always be considered for those with dementia
• Tour the adult days in your area; see for yourself
• Pay attention to adult day success stories on your caseload and share!
• Informed decisions – explain why you think adult day can help
• ADVOCATE for ADULT DAY SERVICES as a critical component of Waiver Services
CONTACT

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Adult Day Services in Ohio

June 29, 2022
Susan Wallace, President/CEO
LeadingAge Ohio
## Ohio: 2020 Long-Term Services and Supports State Scorecard Data

<table>
<thead>
<tr>
<th>Dimension and Indicator (Current Data Year)</th>
<th>Current Rate</th>
<th>Baseline Rate</th>
<th>Rank</th>
<th>Change</th>
<th>National Average</th>
<th>Top State Rate</th>
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<tbody>
<tr>
<td><strong>OVERALL RANK</strong></td>
<td></td>
<td></td>
<td>19</td>
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<tr>
<td><strong>Affordability and Access</strong></td>
<td></td>
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<tr>
<td>Nursing Home Cost (2018-19)</td>
<td>234%</td>
<td>237%</td>
<td>27</td>
<td></td>
<td>245%</td>
<td>168%</td>
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<tr>
<td>Home Care Cost (2018-19)</td>
<td>82%</td>
<td>83%</td>
<td>25</td>
<td></td>
<td>80%</td>
<td>51%</td>
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<tr>
<td>Long-Term Care Insurance (2018)</td>
<td>41</td>
<td>45</td>
<td>27</td>
<td></td>
<td>43</td>
<td>138</td>
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<tr>
<td>Low-Income PWD with Medicaid (2016-18)</td>
<td>56.6%</td>
<td>55.0%</td>
<td>24</td>
<td></td>
<td>56.7%</td>
<td>79.2%</td>
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<tr>
<td>PWD with Medicaid LTSS (2017)</td>
<td>45</td>
<td>45</td>
<td>18</td>
<td></td>
<td>46</td>
<td>100</td>
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<tr>
<td>ADRC/NWD Functions (2019)</td>
<td>96%</td>
<td>86%</td>
<td>1</td>
<td>✓</td>
<td>66%</td>
<td>96%</td>
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<tr>
<td><strong>Choice of Setting and Provider</strong></td>
<td></td>
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<td>29</td>
<td></td>
<td></td>
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<tr>
<td>Medicaid LTSS Balance: Spending (2016)</td>
<td>37.1%</td>
<td>33.3%</td>
<td>25</td>
<td>✓</td>
<td>45.1%</td>
<td>73.5%</td>
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<tr>
<td>Medicaid LTSS Balance: Users (2017)</td>
<td>49.3%</td>
<td>48.3%</td>
<td>36</td>
<td></td>
<td>64.2%</td>
<td>83.9%</td>
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<td>Self-Direction (2019)</td>
<td>1.5</td>
<td>1.0</td>
<td>50</td>
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<td>30.4</td>
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<tr>
<td>Home Health Aide Supply (2016-18)</td>
<td>20</td>
<td>21</td>
<td>23</td>
<td></td>
<td>22</td>
<td>47</td>
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<tr>
<td>Assisted Living Supply (2016)</td>
<td>59</td>
<td>54</td>
<td>15</td>
<td></td>
<td>49</td>
<td>102</td>
</tr>
<tr>
<td>Adult Day Services Supply (2016)</td>
<td>26</td>
<td>30</td>
<td>31</td>
<td></td>
<td>61</td>
<td>171</td>
</tr>
<tr>
<td>Subsidized Housing Opportunities (2017-18)</td>
<td>6.9%</td>
<td>6.7%</td>
<td>11</td>
<td></td>
<td>6.2%</td>
<td>18.6%</td>
</tr>
</tbody>
</table>

https://www.longtermscorecard.org/
Prolonged closure

• Senior adult day and senior centers closed
  • March 24 - September 21, 2020

• LeadingAge Ohio survey, June 2021
  • 103 PASSPORT ADS providers
  • 75 responses
    • 25 permanent closures
    • 34 reopened
    • 16 still working to reopen
What we’ve tried

• Funding support:
  • CARES Provider relief funds - Sept-Oct 2020
  • Phase II, III, IV HRSA funds
  • >$10 million - March-April 2021
  • PASSPORT rate increase (25%)
  • $5.3 million – Sept-Oct 2021 (meals)
  • HB169 provider relief funds (HCBS eFMAP)
Joint proposal for Ohio ADS

• OADHA & LeadingAge Ohio

• Legislative priority: capital investment
  • ARPA HCBS funds
  • $6 million (est. $300,000 x 20 sites)

• Regulatory/ reimbursement changes
  • Pay for call-offs / cancellations
Joint proposal for Ohio ADS

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Call to action:

Strengthen referral streams
Call to action: legislative advocacy

• “Lame duck” session
  • November – December 2022
  • Healthcare omnibus bill
  • Language drafted

• SFY 2024-2025 Budget
  • Executive budget
  • June 30, 2023 deadline
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