

O4A Conference

October 21, 2022

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

Identify	Identify benefits of adult day center services for family caregivers.
Increase	Increase awareness of how adult day center programs enhance quality of life.
Recognize	Recognize barriers to accessing adult day services and how to overcome them.
Gain	Gain knowledge of research findings related to adult day services and respite care.
Discuss	Discuss ways to advocate for adult day services.

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

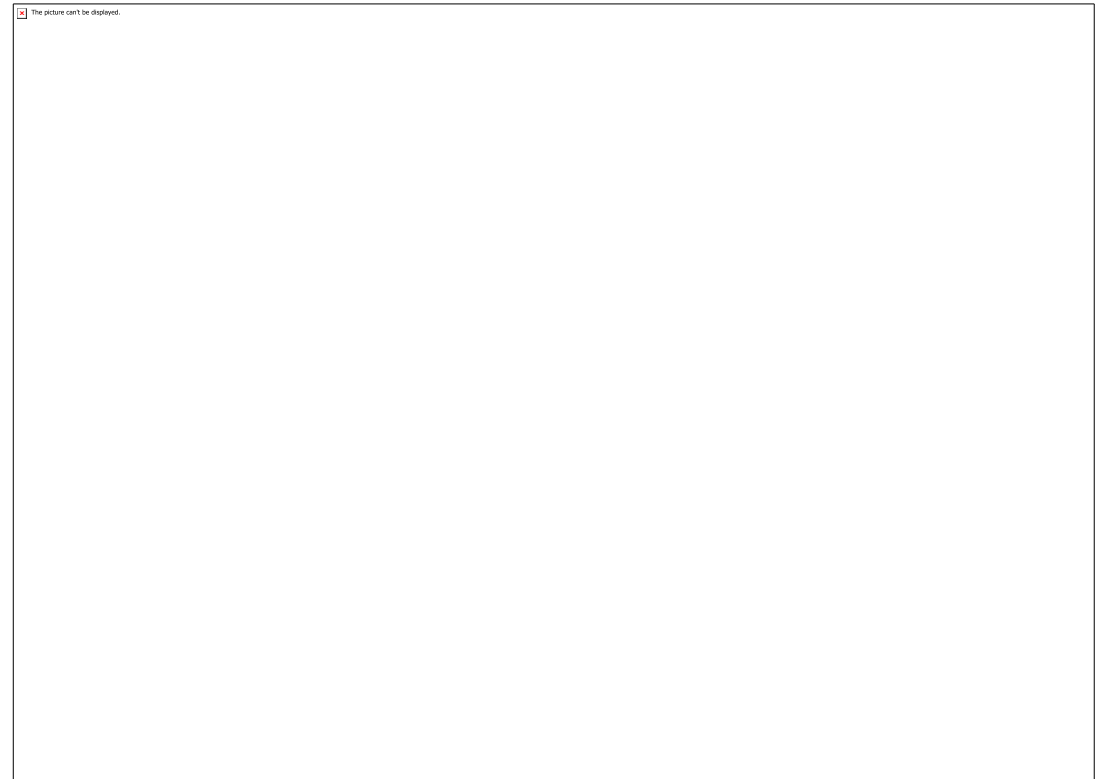
- Caregivers report more health problems and dementia caregivers have poorer physical health
- Caregivers show higher levels of depression.
- Caregivers suffer from high levels of stress and frustration.
- Caregivers have lower levels of self-care.
- Caregivers have increased mortality.
- Stressful caregiving 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

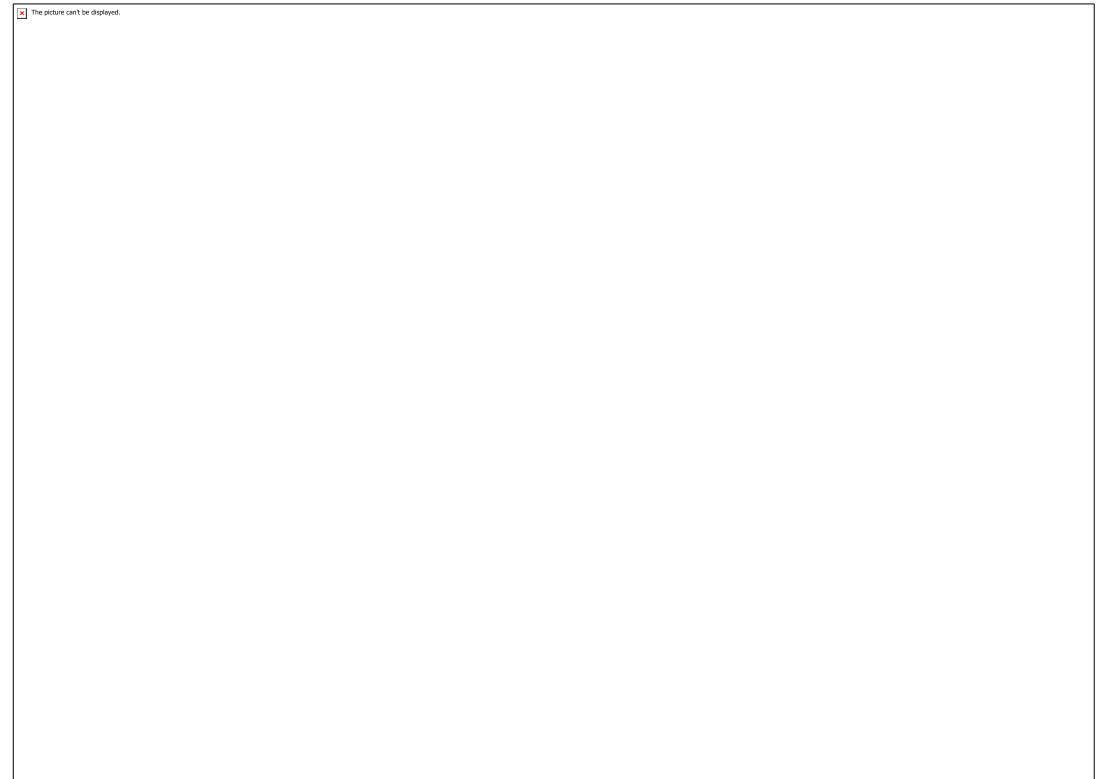
- African American and Latino/Hispanic caregivers tend to be younger than Caucasian caregivers, tend to be adult children rather than spouses who are still employed
 - spousal caregivers tend to have higher levels of burden and depression than adult children caregivers, thus, lower rates of burden and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

A form of respite

Adult Day Services

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

Designed to provide caregivers temporary relief from caregiving responsibilities.

It can be planned or drop-in care

Designed to relieve caregiver stress and reduce demands of caregiving

For some caregiver groups, it is a “cornerstone service”

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.”

“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!”

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

“Keep up the good work!”

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

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

Limited services

Poor reimbursement

Financial burden

Lack of knowledge about availability of adult day services

Misinformation about adult day services

Inability to recognize need for adult day services

Inability to permit oneself to temporarily leave caregiving responsibilities

Addressing Barriers

Identify	Identify barriers that are prohibiting families to use respite care
Examine	Examine community programs
Ask	Ask if support is available
Advocate	Advocate with elected officials for better resources being directed to direct, hands-on respite care
Stress	Stress benefits to care recipient
Start	Start small - "try it for a month"
Focus	Focus on the benefit to the person attending rather than the caregiver
Other ideas?	What other ideas have you found effective?

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Contact Information



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CARE SERVICES

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A decorative graphic on the left side of the slide consisting of white and light blue lines and circles, resembling a circuit board or a stylized tree structure.

ADULT DAY SERVICES

AN ANSWER TO SOME CURRENT CHALLENGES

The background is a solid blue gradient. In the corners, there are white, stylized circuit-like lines with small circles at the ends, resembling a network or data flow diagram.

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

The background is a solid blue gradient. In the corners, there are white line art elements resembling circuit boards or neural networks, with lines and small circles connecting them.

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

Dimension and Indicator (Current Data Year)	Current Rate	Baseline Rate	Rank	Change	National Average	Top State Rate
OVERALL RANK	19					
Affordability and Access	10					
Nursing Home Cost (2018-19)	234%	237%	27	▬	245%	168%
Home Care Cost (2018-19)	82%	83%	25	▬	80%	51%
Long-Term Care Insurance (2018)	41	45	27	▬	43	138
Low-Income PWD with Medicaid (2016-18)	56.6%	55.0%	24	▬	56.7%	79.2%
PWD with Medicaid LTSS (2017)	45	45	18	▬	46	100
ADRC/NWD Functions (2019)	96%	86%	1	✓	66%	96%
Choice of Setting and Provider	29					
Medicaid LTSS Balance: Spending (2016)	37.1%	33.3%	25	✓	45.1%	73.5%
Medicaid LTSS Balance: Users (2017)	49.3%	48.3%	36	▬	64.2%	83.9%
Self-Direction (2019)	1.5	*	50	*	30.4	149.1
Home Health Aide Supply (2016-18)	20	21	23	▬	22	47
Assisted Living Supply (2016)	59	54	13	▬	49	102
Adult Day Services Supply (2016)	26	30	31	▬	61	171
Subsidized Housing Opportunities (2017-18)	6.9%	6.7%	11	▬	6.2%	18.6%

<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

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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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