

FAMILY CAREGIVER

HEALTH BULLETIN



AUGUST 2024

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THIS MONTH'S TOPIC

ADULT DAY CARE PROGRAMS OFFER DIVERSE OPPORTUNITIES FOR CAREGIVERS AND OLDER ADULTS



What is Adult Day Care? Adult day care programs serve adults with physical and/or cognitive disabilities who may need additional support and supervision during the day while still living at home. Adult day care programs differ from community or senior centers. Those are typically places where physically and cognitively able older adults take classes, visit with peers, and/or exercise.

Types of service offered

Adult day care centers vary in specific services. Most will provide some form of support, supervision, activities, and a variety of health and social engagement opportunities for older

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adults who live at home, often with a spouse and/or a family caregiver(s). Some adult day programs offer limited health and preventative services. They might offer basic routine health, vision, and hearing checks, a variety of therapies, support groups, and basic supervision for people living with dementia. Programs often provide meals and/or snacks and will help with basic activities of daily living, such as grooming and using the toilet.

Respite for caregivers

Adult day programs are often offered during business hours on weekdays. This gives caregivers a break and/or opportunity to work, study, or take care of other family matters. Some programs offer evening and weekend service. Families who rely on adult day care report feeling good about their loved one's safety, social well-being, and quality of life. The respite provided by adult day care can help relieve caregiver exhaustion, stress, and anxiety. Caregivers from a study at St. Catherine University in Minnesota reported that adult day care reduced their sense of "role overload."

Who qualifies?

Candidates for adult day care might include those who need social and emotional support, are at risk of daytime isolation and/or loneliness, do not have structured hobbies, have dementia or other medical conditions. According to the National Adult Day Services Association, approximately half of adult day care participants live with cognitive impairment. AARP reports that people who attend adult day care have better quality of life.

Benefits

Adult day care helps keep people engaged and cognitively stimulated. In addition to enhancing social and mental activity, programs also contribute to a sense of purpose and overall quality of life. According to a study in *Aging and Mental Health* (2021), both caregivers and participants living with dementia slept better on

nights before attending adult day care. Research also supports that adult day care positively impacts mood, health, and caregiver relationships.

Where to find adult day care

The National Center for Health Statistics reports that half of adult day care centers are nonprofit. Nonprofit operators may include the government, universities, national groups like the Alzheimer's Association, religious organizations, and Native American tribes. Services and certification are regulated by and vary from state to state.

Cost

Prices vary depending upon location, participant need, range of service, type of care, and insurance benefits. In general, SeniorLiving.org reports that adult day care costs approximately \$85 a day. The 2024 median monthly adult day health care (44 hours per week) estimate for Kentucky is \$1,852. Due to affordability, many families pay by the hour versus paying an all-day fee. Check your insurance coverage to see if services cover adult day care costs. Some families will pay privately. Keep in mind that many adult day care costs are tax deductible. Consult a financial advisor or tax professional to go over the most beneficial claim.

Call your Area Agency on Aging, local Senior Center, or the Kentucky Department for Aging and Independent Living (DAIL) to find an adult day care program near you.

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