

Adult Day Services



We are entitled to health and wellness regardless of age or ability. Yet, achieving both can be difficult when navigating fractured health services that fail to meet the needs of the whole person.

Adult Day Services focuses on both health and wellness, benefitting participants and their family caregivers.

LeadingAge[™]
Minnesota

Purposeful Living. Healthy Aging.



What is Adult Day Services

Adult Day Services support older adults and people with disabilities to help them maintain independence while experiencing meaningful connections, a sense of belonging and an enhanced quality of life.

Adult Day Services is unique as participants typically attend one to five days a week and then return home each evening. They can participate in social and wellness activities as well as receive health care support.

While services may vary, Adult Day Services excels at providing support for the whole person – designing individualized care plans that best meet the needs of each participant.

Adult Day Services also supports the family caregiver, working with them to support their loved one, connect them to necessary resources, and ensure they do not lose their identity or independence in their role as a caregiver.

Individualized Service. Preventative Care. Enhanced Quality of Life. Adult Day Services supports healthy aging and purposeful living.

Individualized Service

- **Care Plans:** Developed through a series of conversations and interactions with program staff, care plans ensure that the physical, emotional and mental health needs of the participant are met. This information helps develop an individual's daily schedule while at the program. For example, a care plan may note a history of falls so staff can plan for strength and balance exercises; or identify an interest in the arts so staff can schedule guest artists to lead art studios.
- **Case Management:** Professional staff work collaboratively with participants and family caregivers to assess any unmet needs and offer support in arranging services to maintain independence.

Preventative Care

- **Health Monitoring:** Vital signs and close relationships with staff help identify small changes before they turn into large health issues.
- **Food and Exercise:** Daily meals and snacks meet USDA nutritional guidelines, while individualized exercise programs strengthen balance and mobility.
- **Personal Care Assistance:** Trained staff assist with bathing and managing incontinence.
- **Medication Assistance:** Trained staff ensure daily medications and dosing are correct and timely.
- **Therapeutic Services:** Programs may offer physical, occupational and speech therapy onsite to support wellness, regain strength and stability, and support healthy recovery from surgery.

Enhanced Quality of Life

- **Improved Emotional and Mental Health:** Participation reduces social isolation which is a leading cause of depression, while also providing a sense of belonging and purpose.
- **Get Involved:** Classes, events, volunteer opportunities and activities greet participants daily and offer cognitive and intellectual stimulation.

Serve People

Support Caregivers

Adult Day Services enrich the lives of older adults, people with disabilities, and those who need assistance managing chronic conditions.

Family caregivers also benefit from Adult Day Services, where they are connected to resources, provided support and given a break from demanding caregiving responsibilities.

Maintain Independence

Adult Day Services serve the whole person, merging physical and emotional health needs to help individuals maintain their independence and remain in their homes, connected to their families and communities.

High Value

Affordable Services

The most cost-effective option for older adults and people with disabilities, Adult Day Services cost substantially less than home care, assisted living or nursing home care. Program fees vary; some participants maybe eligible for financial assistance through Medicaid, Department of Veteran's Affairs and Long Term Care Insurance.

Benefits

Relationships. In the world of what can feel like impersonal health care systems, Adult Day Services staff work in partnership with program participants and their family caregivers to deliver relationship-based care.

- Promote independence
- Manage chronic conditions
- Reduce social isolation
- Foster peer interaction
- Strengthen relationships
- Reduce hospital readmissions
- Navigate the complex health care system, connecting participants and family caregivers to resources and support
- Provide support for family caregivers

Quote from Family Member:

*"I never knew how much I needed **Adult Day Services** until my mom started to attend the program a few days a week. Her health has improved, she has more energy and it's great to see her socializing with new friends. I now have more information on other services that can help her stay at home. With **Adult Day Services**, I worry less about my mom and know that I have support in helping her as she ages."*



Quote from
Participant:

“Adult Day Services keeps me engaged and active. I have made so many new friends and the staff help me take care of my health. I like coming to here because I know they are looking forward to seeing me and will have something fun to keep us busy throughout the day.”



Would You Benefit from Adult Day Services?

Adult Day Services are a good choice for individuals with significant care needs, difficulty managing care at home or for those facing social isolation. The questions below can help guide decision-making when determining if Adult Day Services is right for you:

- Do you have difficulty managing your care at home?
- Do you find yourself socially isolated or feeling depressed?
- Are you bored? Do you miss participating in hobbies and activities?
- Do you enjoy spending time with other people?
- Would you like to improve your strength, mobility and balance?
- Are you having difficulty getting proper nutrition?
- Do you need therapy assistance to help you recover from a surgery?
- Do you need support to remain independent and in your own home?

Is Adult Day Services right for your loved one?

Adult Day Services can help caregivers balance the demands of work, family and caregiving. Caregivers can consider these questions when determining whether Adult Day Services may be right for them and their loved one:

- Do you need help caring for a loved one?
- Is your loved one feeling isolated not having the company of other people?
- Do you feel that she or he would benefit by more social activity during the day?
- Are you worried about your loved one's safety when you are not around?
- Do you find that you are taking more time off from work to care for your loved one?
- Do you have difficulty balancing the needs of your family, work and loved one?
- Do you lack time and energy to take care of your own needs?
- Are you spending a lot of time providing routine care for your loved one, such as cooking, dressing and other personal cares?
- Has your relationship with your loved one become strained as care requirements have increased?
- Are you struggling to find information about services and supports that can help your loved one?

Visit www.leadingagemn.org/familyresources