

Adult Day Health Times

SMART MONEY INVESTED
IN THE FUTURE OF AGING

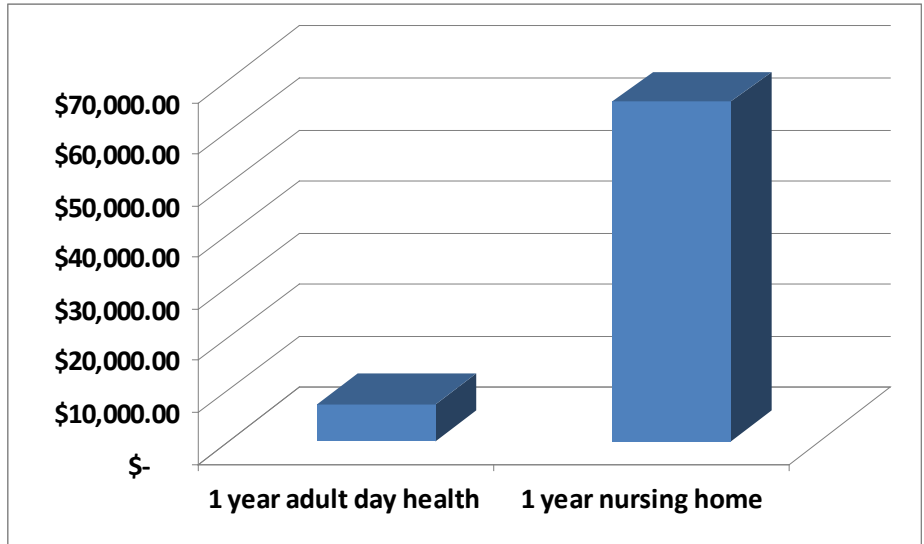
LEGISLATIVE ISSUE NO. 1

Adult Day Health Saves Money

Landmark study shows savings when families use adult day services

A recent study showed that adults caring for elder parents who use adult day services delayed institutional placement by 55 days, compared to those not using adult day services.¹ One day in a nursing home costs Medicaid about \$180.00; a day of adult day health costs \$55.00. An entire year of adult day health care costs an average \$7,000. The cost of a nursing home is \$65,700 per year or more.

Additional savings are found in reductions in re-hospitalizations² and emergency room care. Skilled nursing and rehabilitation therapies at adult day health reduce the likelihood that a nascent illness will develop into one requiring expensive emergency room care or hospitalization.



Adult Day Health Saves Lives

An Oregon experience demonstrates the potential result of eliminating adult day health care in Washington. In 2000, the Portland Veterans Hospital closed its adult day health program. A year later, 50% of its former participants had moved to a higher level of care such as a nursing home

and 25% of its former participants had died.³

Adult day health provides a package of skilled nursing, rehabilitative therapy and case management to ensure optimal health for frail elders and adults with disabilities.

¹ Cho, S., Zarit, S. H., & Chiriboga, D. A. (in press 2009). Wives and daughters: Differential risk factors in the nursing home placement of cognitively impaired family members. *The Gerontologist*.

² Medicare Home Health/Adult Day Health Demonstration Project, VNA, Milwaukee, WI.

³ Karen McWhorter, RN



A CONSERVATIVE ESTIMATE

If Medicaid funding is cut, and just 10% of adult day health clients move into a nursing home, the additional cost to the State will be \$12,483,000. That amount is larger than the entire State contribution to adult day health (roughly \$10 million).