

Adult Day Health Times

SMART MONEY INVESTED
IN THE FUTURE OF AGING

LEGISLATIVE ISSUE NO. 2

Innovation the Hallmark of Cost-Effective Medical Adult Day Services

Traumatic Brain Injury Resource Coordination Services

In November 2008, four adult day health centers in Spokane, Vancouver, Tacoma and Seattle established a pilot project for TBI clients and their families. Services include assessment, education, training, resource development, emotional support and advocacy.¹

Home Health Partners with Adult Day Health

Home health agencies are partnering with adult day health centers to provide medical adult day services to Medicare beneficiaries as a substitute for a portion of home health services.² Four years into the five-year demonstration, costs are coming in well below targeted expenses and project participants report positive clinical outcomes.

Specialized Dementia Adult Day Services

An AOA funded grant increases and integrates community-based

services for those living with dementia and establishes evidence-based dementia adult day services, aka *Memory Care & Wellness Services* (MCWS). Early findings indicate that on every outcome measure, participants with dementia receiving MCWS are doing better than the comparison group.³ On all memory/behavior measures, the participants in the MCWS group show improvement

Specialized dementia adult day services improve behavior problems in persons with Alzheimer's.

or stability in the frequency of behavior problems. And family caregivers using MCWS show less decline in emotional functioning over time.

Falls Prevention

All adult day health centers offer exercise programs to improve strength, balance, mobility and mood. WA Department of Health developed the evidence-based SAIL fall risk reduction and exercise program to target "more able" seniors. Elder and Adult Day Services in King and Kitsap Counties is working with DOH to modify the SAIL program to prove its results for a more frail population.

End-of-Life Hospice & Palliative Care

National Easter Seals recently received a large grant to determine the barriers and benefits for bringing adult day services and hospice and palliative care closer together. Easter Seals operates 88 adult day centers throughout the U.S., serving adults of all ages. WA State has been selected to serve as the model to determine the optimal relationship between Medicare-funded hospice and adult day health, regardless of a participant's funding.

¹ Funds from the Washington State Traumatic Brain Injury Advisory Council

² CMS Medical Adult Day Services Demonstration, Medicare Modernization Act of 2003, Section 703

³ University of Washington Northwest Research Group on Aging



FROM WHEELCHAIR TO WALKER AT ADULT DAY HEALTH

A survivor of an accident in which a car struck him while he was in a pedestrian crosswalk, Doyal used a wheelchair when he arrived at an adult day health program specializing in acquired brain injury. **Within months he left his wheelchair behind** and celebrated his independence. He continues to make rehabilitative progress.