

# Adult Day Health Times

SMART MONEY INVESTED  
IN THE FUTURE OF AGING

LEGISLATIVE ISSUE NO. 3

## Adult Day Health Reduces Nursing Home Admits

### ADH Reduces SNF Admissions by 86%

Adult day health treatments are effective in improving physical and cognitive functioning. Data from 2008 demonstrate that clients using adult day health have strong outcomes on physical and cognitive indicators. In addition, their admissions into emergency rooms, hospitals, and skilled nursing facilities are greatly reduced (see sidebar).

The average adult day health client has three different diagnoses, sometimes paired with depression or some other mental illness.<sup>1</sup> Complex chronic disease management has become a central function of adult day health, making it uniquely poised to handle Washington's growing population of frail elders and adults with disabilities.

In Washington State the population of residents 85 years-

old and over is rising quickly and will double by the year 2030. The State will also see a rise in those living with disabilities:

- Among those 75 and over, 57% have one or more disabilities.
- By age 85, half will have Alzheimer's disease or some form of dementia.

## AARP: Federal Medicaid Dollars Fully Restore Adult Day Health

According to a new analysis completed for AARP by Health Management Associates, Washington State will receive at least \$1.34 billion in federal Medicaid matching funds (FMAP), October 2008 – December 2010. The Center on Budget and Policy Priorities estimates Washington will receive \$1.99 billion. Both of these estimates are significantly higher than the approximately \$800 million assumed in the Governor's budget. Any incoming federal Medicaid funds should stay within health and long term care and not be dispersed to other areas of the budget.

### Adult Day Health Client Data

#### REDUCTION IN HEALTH CARE UTILIZATION<sup>2</sup>

SNF ADMISSIONS

**86%**

ER VISITS

**73%**

HOSPITAL ADMISSIONS

**70%**

#### IMPROVED OR MAINTAINED<sup>3</sup>

SKIN/WOUNDS

**93%**

FALLS AT HOME OR AT ADULT DAY HEALTH CENTER

**88%**

<sup>1</sup> ElderHealth Northwest

<sup>2</sup> Northshore Adult Day Health, 2008 data

<sup>3</sup> ElderHealth Northwest, 2008 data

## ADULT DAY HEALTH INTEGRAL TO NURSING HOME RELOCATION PROJECT

ElderHealth Northwest is relocating people from skilled nursing facilities and adult family homes into a Seattle Housing Authority building with adult day health and home care support.

Steven is a man in his late fifties who was hit by a car, spent a year rehabilitating, and continued residing in a nursing home for an additional two years while he waited for placement in the community. Although he lived independently prior

to his accident, complications related to diabetes (and his inability to ambulate without a wheelchair) impeded his ability to find a new place to live.

Steven is joining nine other residents in the Nursing Home Relocation Project, and six more are in the pipeline. Without the support of adult day health, Steven – and many others like him – would be stuck in a nursing home at considerable expense to the State.