

Do you know about Adult Day Health Care?

(It's the best kept secret in long term care.)

Adult Day Health Care (ADHC) is a community-based, long term care program that provides comprehensive health care to individuals in a group day setting.

Who is eligible?

ADHC is designed to meet the needs of chronically ill, frail elderly and disabled adults who require primary, preventive, diagnostic, therapeutic, rehabilitative or palliative services.

What services are provided?

Skilled nursing care	Social, therapeutic and recreational programs
Pharmaceutical services	Dietary, nutrition and health education
Clinical and case management	Rehabilitative and maintenance therapies (PT, OT, speech and more)
Medical and diagnostic care	
Transportation to and from the program	Personal care (feeding, toileting, bathing)

What is the benefit of attending ADHC?

Participants have all of their health care needs assessed and met or arranged for, by the program. This comprehensive, integrated care leads to stabilization of chronic health conditions and reduced incidence of physician and emergency room visits.

A personalized plan of care for each individual is developed and delivered by an interdisciplinary team of medical professionals, including the individual's personal community physician. Care ranges from monitoring, observing and maintaining an individual's health status to aggressive interventions and utilization of resources.



Quality health care and socialization during the day ... so they can be home at night.



Changing how you live, not where you live.

How do you enroll?

Contact an ADHC program near you. The ADHC program nurse will assess the individual's health care needs to identify the type and intensity of services required. The individual will be admitted if it's determined that his/her assessed needs can be met by the ADHC program. If an individual is enrolled in managed care, approval and authorization of the service must also be obtained.

How do you pay?

An individual must be Medicaid eligible, willing to pay privately or have a private insurance source that will pay for the service. Medicare does not pay for ADHC. Most Medicaid/managed care plans cover ADHC.

When would a person consider ADHC?

An individual might seek adult day health services:

- If existing and necessary caregiver support is eliminated or compromised;
- When a medical condition develops or new diagnosis requires acute or chronic medical care;
- Following an accident or acute episode if an existing condition is exacerbated;
- If restorative therapy is needed following an acute episode;
- When hospice care is required;
- During the end-stage disease process.

Is transportation available?

Door-to-door transportation to and from the center is available. This permits individuals who need physical assistance and who may be wheelchair-bound to leave the isolation of their home and join a group setting.

How do I find a program in my area?

Call 1-877-LTC-BOOK or search our program locator on the Adult Day Health Care Council's website at www.adhcc.org.



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Health Care
Council**

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Founded in 1995, the ADHCC represents more than 130 medical model adult day health care programs, more than 90 percent of the programs operating in NYS. The ADHCC is an affiliate of LeadingAge New York.