

What Are Adult Day Services?

Adult day services are designed to meet the individual needs of frail adults that have some type of physical or cognitive impairment to remain in the community rather than move to a personal care home or enter a nursing facility. These programs can also provide respite to caregivers who prefer to continue caring for their loved one at home.

Adult day services offer a structured, comprehensive program with a variety of health, social, and related support services in a protective setting for part of the day. Individuals attend the program on pre-arranged days and for prearranged hours.

Adult day centers operate with varying levels of professional services and staffing. Some accept only adults with physical limitations, not those with cognitive (memory, reasoning) impairments or vice versa.

Most programs feature:

- a dedicated space for the program;
- standard hours of operation;
- availability of a midday meal and snacks;
- core services that include socialization, nutrition, supervision, and monitoring;
- optional services such as personal care services and physical or other therapies.

In most cases, any service that is delivered to a person's home can be delivered to the adult day service setting.

How Much Do Adult Day Services Cost?

Although several centers in the Atlanta region have public funding for their programs and can serve many individuals without cost or on a sliding fee scale, others may charge between \$35 and \$85 per day. Some may provide transportation to and from the program site for an additional cost.

Does Georgia License Adult Day Services?

Effective January 7, 2015, Adult Day Programs that provide services through a social or medical model of service to three or more adults are subject to licensure by the State of Georgia. The Programs must operate according to the state's regulations that set minimum standards and staffing. Core services provided by all centers shall include appropriate supervision, social, and leisure activities, both individual and group, which considers individual differences in health and functioning, lifestyle, ethnicity, religious affiliation, values, experiences, needs, interests, abilities and skills, and nutrition services (breakfast, lunch, snacks, dinner as appropriate for the hours of operation) for all centers open for more than four (4) hours per day. In addition to the above core services, centers that provide Adult Day Health Services (medical model) shall provide an ongoing program of therapeutic activities, according to participant needs, including nursing services, health monitoring, medication administration, physical therapy, occupational therapy, and speech therapy. For questions about quality of care issues or to report suspected abuse or mistreatment by a licensed facility or service, or to make a formal complaint, contact the Healthcare Facility Regulation Complaint Unit at one of the following numbers: 404.657.5700 or toll free at 1.800.878.6442. Complaints may also be faxed to 404.657.5731 or emailed to HFRDComplaintsIntake@dch.ga.gov.

Empowerline: Your source for information about services for older persons, individuals with disabilities, and caregivers.

Call empowerline at **(404) 463-3333** whenever you need help finding services for older persons, individuals with disabilities, and caregivers in metro Atlanta, 24 hours a day, seven days a week, or visit **www.empowerline.org**.

Empowerline is a program of the Atlanta Regional Commission, the designated Area Agency on Aging for the 10-county Atlanta region.

Please note that any and all information provided about service providers is intended for referral purposes only. Empowerline of the Atlanta Regional Commission does not license service providers nor guarantee the quality of service they will provide. Therefore, the staff does not endorse or recommend any provider versus another. The decision to use any service provider is the responsibility of the person needing the service or the individual that is authorized to make decisions on their behalf.

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