

# ADULT DAY CARE

Nevada **State Health Division**

Bureau of Health Care Quality and Compliance



## Adult Day Care in Nevada

**Adult day care facility** is defined by NRS 449 as an establishment operated and maintained to provide temporary or permanent care during the day for aged or infirm persons but does not include halfway houses for recovering alcoholics or drug abusers.

There are approximately 20 licensed Adult Day Care facilities in Nevada, serving over 1100 clients.

Adult day care services are comprised of community-based group programs designed to meet the needs of functionally and/or cognitively impaired adults through individual plans of care. These structured, comprehensive programs provide related support services in a protective setting during any part of a day, but less than 24-hour care.

### Trained Staff

A client must be supervised by an employee of the facility at all times during the operating hours of the facility at least one employee trained to administer first aid and cardiopulmonary resuscitation (CPR) must be on premises at all times. Average ratio of direct care worker to participant 1:6 (MetLife National Study 2010)

Employees and volunteers must receive training at the facility on a regular basis, but not less than 12 hours per year (NAC 449.40725). All providers and their employees are trained in Elder Abuse Prevention and are mandated reporters.

## What is Adult Day Care (ADC)

If you are a caregiver of a person with a chronic condition, you know that you wear many hats: problem-solver, therapist, and time manager to name just a few. Many times all or some combination of these qualities is required when your immediate family needs you, or there might be other commitments that conflict with your obligation. You find yourself stretched to the max, overwhelmed, and frustrated. You may already have a team that includes, doctors, pharmacists, and home health professionals. Coordinating Adult Day Care with a team can give you the help you need in your unique situation.

**What can ADC do for you?** Have you reached the point in your caregiving experience where the days are long, the nights short, and your nerves are frayed? Maybe you find yourself in the middle of a storm with little help to be found. Perhaps a friend has advised you of the care options that adult day care provides, or you're just curious.

Adult Day Care is an affordable option in the field of long term care, one that provides many benefits for caregivers, and their loved ones. Let's take a closer look and see how Adult Day might help you.

## Adult Day Care - Cost effective alternative

The importance of ADC services is paramount not only to maintaining the independence of our elderly and disabled, as well as, keeping them close to their families, but also is a cost effective alternative level of care.

Programs can be for profit, not for profit and part of government agencies. Most Adult Day Care Programs in Nevada are privately operated and the cost of care varies. ADC rates are structured in a variety of ways: some charge by the hour, some by the half-day and others for the full day, regardless of utilization. Costs generally depend on the level of care required for a particular client and any additional services provided. The cost generally includes activities, 1 meal and snacks, assistance and supervision.

### Standard Services

- Social & recreational activities
- Personal care
- Meal(s) & healthy snacks
- Medication management
- Activities of Daily Living (ADL) assistance, such as grooming/hygiene, and eating.
- Respite care

### Additional Services

- Nursing Services
- Health Monitoring
- Social Services
- Transportation
- Physical, Occupational and Speech Therapy
- Licensed Music Therapists
- Podiatry Services
- Education, support groups and individual counseling
- Dietary Services
- Dental and Podiatry Services

## 2011 Genworth Annual Cost of Care survey illustrates the cost effectiveness of ADC services in Nevada.

Skilled Nursing Facility	\$76,650
Home Health Services	\$48,846
Assisted Living Facility	\$33,000
<b>Adult Day Care</b>	<b>\$16,770</b>

Average daily rate \$65

### Payment Sources Include

- Private Pay
- Respite grants
- Nevada Medicaid (1915i)
- Veteran's Administration
- Nevada Worker's Compensation
- Long-term care insurance
- Community Based Waiver Program
- Title IIIB grants from Aging & Disability Services Division (ADSD)

### Operational Hours:

Most facilities operate Monday through Friday from 8 to 12 hours daily. However, some programs have extended hours and weekend services. Please contact your area Adult Day Care provider to find out what services they can offer your loved one.

## Nevada State Health Division Bureau of Health Care Quality and Compliance

Health Facilities  
727 Fairview Dr., Suite E  
Carson City, Nevada 89701  
(775) 684-1030  
Fax (775) 684-1073

Health Facilities  
4220 S, Maryland Parkway  
Suite 810, Building D  
Las Vegas, Nevada 89119  
(702) 486-6515  
Fax (702) 486-6520

Developed in association with the Adult Day Care Advisory Council of Nevada

