

Key Message and Tips for Beneficiaries: Adult Day Care



Message

Adult day care provides day time programs for adults who need supervision when their caregivers are not available. There are two basic types of adult day care programs:

- Social adult day care; and
- Adult day health care.[1, 2]

In general, social adult day care provides recreational programs, activities, and meals. Adult day health care provides more structured services for people who are elderly or have a disability. These services can include:

- Physical therapy;
- Occupational therapy;
- Speech therapy;
- Assistance with daily living activities; and
- Help taking medication.[3]

Adult Day Care services are usually paid through a Medicaid Waiver. In order to be paid, adult day care must be written in the beneficiary's service plan.[4]

Follow these tips to ensure the best care and to make sure you follow Medicaid guidelines.

TIPS

- Make sure your service plan is current; and reviewed at least once a year;
- Know the different types of day care available and what services you or your family member needs;
- Call your case manager or doctor if you need more services; and
- Report any changes in your circumstances.

For more information about programs and services available in your area, visit <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-State/By-State.html> for a link to your State Medicaid agency.

For more information about Medicaid Program Integrity, visit <https://www.cms.gov/Medicare-Medicaid-Coordination/Fraud-Prevention/Medicaid-Integrity-Education/edmic-landing.html> on the CMS Medicaid Program Integrity Education website.

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November 2015

1 Paying for Senior Care. Understanding Your Financial Options for Long Term Care. Retrieved July 16, 2015 from <http://www.payingforseniorcare.com/medicaid-waivers/adult-day-care.html>

2 Social Security Act § 1915(c)(4)(B). Provisions Respecting Inapplicability and Waiver of Certain Requirements of This Title. Retrieved June 15, 2015, from http://www.ssa.gov/OP_Home/ssact/title19/1915.htm

3 Paying for Senior Care. Understanding Your Financial Options for Long Term Care. Retrieved July 16, 2015 from <http://www.payingforseniorcare.com/medicaid-waivers/adult-day-care.html>

4 42 C.F.R. § 440.180. Home and Community-Based Waiver Services. Retrieved July 16, 2015, from <http://www.ecfr.gov/cgi-bin/retrieveECFR?gp=1&SID=5a82825d72560cad86b35c935ce7fb6d&ty=HTML&h=L&r=SECTION&n=42y4.0.1.1.9.1.112.26>

