

# Caregiver Respite through Adult Day Programs

## *Overview and Benefits of Adult Day Care*

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*Maluhia*



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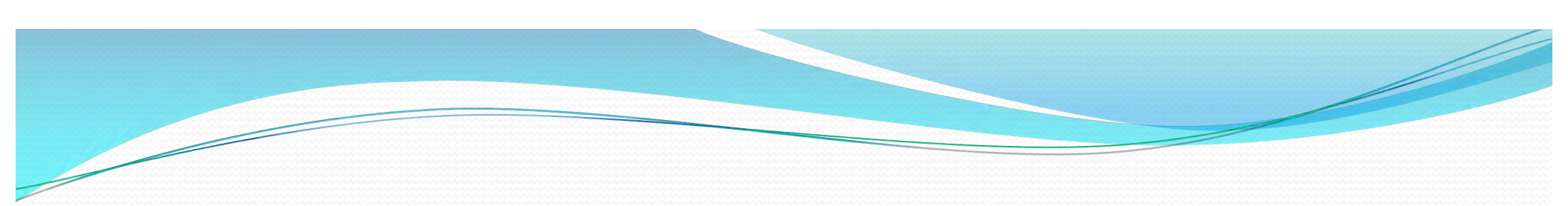
# Adult Day Care

- Adult Day Care is often overlooked as to its importance in the overall long term care industry.
- In a culture of keeping Mom and Dad at home to age in place, adult day care is an affordable solution for working caregivers.



Adult Day Care programs in Hawai`i are licensed by the State of Hawai`i and annual inspections by the Department of Health ensure that the highest standards of care are being met.



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- There are 31 licensed Adult Day Care/Day Health Centers in Hawai`i.
  - According to the National Adult Day Services Association, there are approximately 5,000 adult day care centers nationwide.
  - The proliferation of centers over the past two decades corresponds to the mushrooming demand for home and community based services to meet the needs of a rapidly escalating elder population.



# An Overview of Adult Day Care

- Non-residential facilities that support health, nutrition, physical exercise, entertainment and socialization
- Activities stimulate both mind and body
- Helps delay the progression of dementia and depression by keeping the participants busy and stimulated
- Helps delay admission to expensive residential long term care facilities
- Gives needed structure to the participant's daily activities

# Overview, cont.

- Provides urgently needed respite for caregivers
- Even caregivers that don't work outside of the home need respite from their caregiving responsibilities
- Adult Day Care is one of the most important resources for families and caregivers.
- *It is the most economical answer to care needs.*



# Services and Activities that are Offered at Adult Day Care

- Assistance with eating, taking medications, toileting and walking
- Educational programs and mental stimulation
- Health monitoring (Vital signs, meal and fluid intake)
- Arts and Crafts
- Field Trips
- Holiday and Birthday parties
- Music Therapy



- Social Activities
- Relaxation Techniques
- Exercise Programs
- Cooking demonstrations
- Games
- Pet Therapy
- AND LOTS OF LOVE!



# So What Does Adult Day Care Look Like?







# ***Myths About Adult Day Care***

# Myth 1: Adult Day Care is Only for Old People

- **Reality:** While adult day care centers primarily serve older adults, they cater to a wide range of ages and needs. Many attendees are younger seniors who benefit from the social and health services offered. It's a misconception that these centers are only for the elderly; they're for anyone who needs daytime support and engagement.

# Myth 2: My Loved One Isn't Social, So They Wouldn't Benefit

**Reality:** Adult day care isn't just for extroverts. These centers offer a variety of activities to suit different personalities, including quiet spaces for reading or solo activities. Even for less social individuals, the mere presence in a different environment can provide mental stimulation and a subtle sense of community. At the end of the day, we all crave connection regardless of how social we may be.

# Myth 3: My Loved One Won't Leave My Side

**Reality:** Transitioning to adult day care can be challenging, especially for those who are accustomed to being with family all the time. However, most centers have experienced staff trained to help new attendees adjust. Gradual introduction and consistent routines can help your loved one become more comfortable with spending time away from you.

# Myth 4: Adult Day Care Centers are Depressing Places

**Reality:** Far from being gloomy, modern adult day care centers are vibrant and engaging. They offer a variety of activities like group exercise programs, live music, arts and crafts all aimed at enhancing the member's quality of life.







# Myth 5: It's Too Expensive

**Reality:** When compared to other forms of long-term care, adult day care is the only affordable option left. It is significantly less expensive than in home care and assisted living. Many centers offer memberships, flexibility and some of the costs might be covered by long term care insurance or veteran's benefits.

# Adult Day Care is the Economic Choice

	Daily Rate
Homemaker Services	\$147
Homemaker Health Aide	\$150
Adult Day Care/Day Health	\$ 75
Assisted Living Private one bedroom	\$141
Nursing Home Care Semi-private room Private room	\$255 \$290

Hawaii - State

Annual Cost

	2020	Change Since 2019
<b>Home Health Care</b>		
Homemaker Services	\$64,064	4.67%
Homemaker Health Aide <i>Based on 44 hours per week by 52 weeks.</i>	\$68,640	9.57%
<b>Adult Day Health Care</b>		
Adult Day Health Care <i>Based on 5 days per week by 52 weeks.</i>	\$18,980	No Change
<b>Assisted Living Facility</b>		
Private, One Bedroom <i>Based on 12 months of care, private, one bedroom.</i>	\$60,000	14.29%
<b>Nursing Home Care</b>		
Semi-Private Room	\$144,175	3.13%
Private Room	\$165,619	3.24%

*Based on 365 days of care.*

# Payment Sources for Adult Day Care

- LTC Insurance
- Medicaid
- Kupuna Care Programs
- Private Pay

There is a current National campaign to get Medicare to include Adult Day Care as a benefit




# Statistics on our Caregivers

- In 2020, there were approximately 157,000 caregivers in Hawaii
- They put in 81,000,000 hours of unpaid care valued at \$1.6 billion
- The majority of caregivers work outside of the home
- The stress of caregiving can have a huge impact on the health of the caregiver
- Caregiver support groups are extremely important

# When to Opt for an Adult Day Care Center

It's usually challenging to admit you need help, especially if you've been a highly independent person used to caring for others all your life. And if you're the caregiver, it may be equally difficult to consider allowing a "stranger" to care for your beloved family member.



As with any service, the best time to start exploring what's available is before you actually need it. According to ElderCare Online, you should seriously consider adult day care when a senior:

- Can no longer structure his or her own daily activities
- Is isolated and desires companionship
- Can't be safely left alone at home
- Lives with someone who works outside the home or who is frequently away from home for other reasons





# Benefits of Adult Day Care for Family Caregivers

As a family caregiver, you dedicate yourself to the well-being of your aging loved one. While this role is incredibly rewarding, it can also be demanding and exhausting. Adult Day Care provides a supportive solution.

The following are the top five benefits that Adult Day Care offers family caregivers, helping them find balance and support in their caregiving journey.



# 1. Much-needed personal time

- Adult day care centers give caregivers the gift of personal time. This break is essential for attending to personal needs, running errands, or simply resting. It's an opportunity to recharge, which is crucial for maintaining your own health and well-being. Knowing your loved one is safe and engaged allows you to take this time guilt-free.

## 2. Reduced Caregiver Stress and Burnout

Caring for an aging loved one can be stressful, leading to caregiver burnout. However, adult day services alleviate this by sharing the caregiving responsibilities. The professional care provided to your loved one reduces the physical and emotional strain on you, helping prevent burnout and making caregiving more sustainable in the long run.

## 3. Enhanced Social Connections for Caregivers

Adult day centers often provide support groups and networks for family caregivers. This is a valuable benefit, as it connects you with others in similar situations. These connections offer emotional support, practical advice, and a sense of community, reminding you that you're not alone in your caregiving journey.

## 4. Enjoying the Solitude of Home

- A distinct advantage of adult day care is that it offers family caregivers the unique opportunity to have the house to themselves. Unlike in-home care services, where family caregivers often need to leave their home to find solitude or relaxation, adult day services provide care for their loved one in a different location.
- This arrangement means caregivers can enjoy their home environment in complete solitude, providing a peaceful and private space to unwind, focus on personal projects, or simply enjoy the quiet.
- This aspect of adult day care is invaluable, as it allows caregivers to rejuvenate in their own space, surrounded by their personal comforts, without the need to physically remove themselves from their home to get a break.



## 5. Improved Family Dynamics

Utilizing adult day care can positively impact family dynamics. It can reduce the tension and fatigue often associated with full-time caregiving, allowing you to spend more quality, stress-free time with your loved one. This shift can strengthen your relationship, as interactions become more about companionship and less about caregiving duties.



# Adult Day Care is a Win-Win

- Ultimately, adult day services offer more than just care for seniors; they provide family caregivers with invaluable support, resources, and time to maintain their own lives.
- Embracing these services can transform your caregiving experience, making it more sustainable, enjoyable, and fulfilling. Remember, taking care of yourself is just as important as caring for your loved one.



**I've decided to be happy,  
because it is good  
for my health.  
~Voltaire**



# CAREGIVER RESPITE

Through Adult Day Programs

*For Catholic Charities Hawaii  
February 22, 2024*



Stacy Honma, Program Manager  
Maluhia Adult Day Health Center  
Hawaii Health Systems Corporation

# GENERAL INFO

## LOCATION

Maluhia Hospital  
Basement Level  
1027 Hala Drive

Near Lanakila  
Health Center.

## HOURS

Monday to Friday  
7:30 am to 5:30 pm

Saturday Program  
Temporarily closed

Closed all State  
Holidays




# MEDICAL MODEL OF CARE



Adult Day Health offers the same social benefits as ADC, but provides more hands-on medical care by licensed & professional staff including (RN, LPN, CNA, Dietitian, Social Worker)

The medical model also provides on-site therapies such as physical, occupational, and speech therapy. Daily activities are also planned and overseen by a Certified Recreation Therapist.

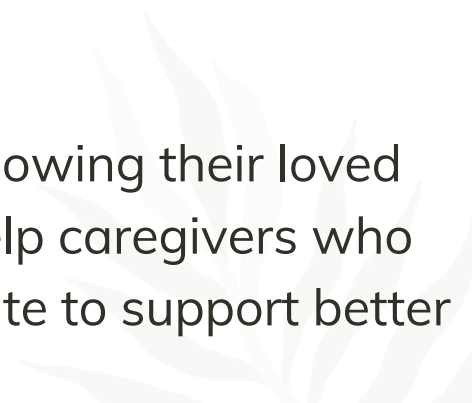
This model of care includes more assistance with ADLs and nursing services that may include medication management, tube feedings, Diabetes & insulin management, G-tube, wound care, pain management, and ostomy care.





# WHO WE HELP

*“Together We Touch Lives”*

- Participants who can benefit from a social program and who also has chronic health conditions that may require or can benefit from more medical oversight. Chronic conditions include Alzheimer’s Disease and other Dementias, Diabetes, Depression, Heart Disease, Cancer, and Arthritis.
  - Families and Caregivers who need peace of mind knowing their loved one is safe and cared for during the day. We also help caregivers who need support, education, and most importantly respite to support better care at home and avoid caregiver burnout.
- 




# ELIGIBILITY

The Participant must possess strength & endurance to participate in the program and the willingness to strive for a higher level of independence.

The Participant must have actively involved family members and/or caregivers. It is also beneficial if the participant has a good relationship with their PCP.

The Participant must have behavior that is acceptable to the functioning of the program and does not compromise or pose risks for self and others.

The Participant must be able to bear some weight and offer some assistance on transferring to a chair or toilet. Staff are not allowed to lift or carry participants.





# BENEFITS OF ADH



**Monitoring, observations, and early detection**

Case 1 - Presentation



**Interdisciplinary team approach to care**

Case 2 - Dealing with challenging behaviors





# HOW ADH SUPPORTS PERSONS WITH DEMENTIA & THOSE WITH MEMORY LOSS



**Challenging behaviors**



**Changes in health & behaviors**



# HOW ADH SUPPORTS CAREGIVERS



**Time for yourself**



**Reassurance & Support**

## Challenges for Caregivers

Culture, guilt, inconvenience, senior says they don't want to go to a program, financial strain, unaware of resources, caregiver believes they can do a better job.



# THANK YOU!

For more information:

Maluhia Adult Day Health Center

(808)-832-5659

Email: [shonma@hhsc.org](mailto:shonma@hhsc.org)

Leahi Adult Day Health Center

(808)-733-7955

Central Union Adult Day Care & Day Health

(808)-983-5910



# Elderly Affairs Division Adult Day Care Services

Joel Nakamura  
Grants Manager

For Catholic Charities Hawaii, February 22, 2024

# Adult Day Care through Kupuna Care Program

- Intent of Kupuna Care
- Not entitlement, welfare, or insurance program
- Cannot overlap or duplicate other programs
- Limited funding & services
- EAD is required to prioritize services to neediest elders
- Contracts with limited providers
- Thorough assessment required yearly

# Adult Day Care through Kupuna Care Program

## Screening Factors

- High LOC.
- Elder is appropriate for a day program.
- Willing to go through EAD assessment.
- Demonstrate financial hardship or difficulty paying for service.
- Less than \$1000/m available after paying for required expenses (discretionary income).
- Accessible assets under \$100k.

## Prioritization Factors

- Lives alone or lives with only one informal caregiver.
- Primary caregiver is a senior, disabled, and/or employed full-time.
- Receives SNAP, LIS, MSP, or other means-tested benefit.

# Examples of Prioritized Cases

## Example 1

- 77 y/o, LOC: 6 ADLs/8 IADLs
- Assets: \$1,600 in savings
- \$1,200/m SS only; spouse: \$3,000/m SS+VA; \$4,200/m total
- Rent: \$1,800/m (includes utilities)
- Insurance premiums: \$200/m
- Medications: \$150/m
- Car payment/insurance: \$575/m
- Gas/groceries: \$450/m
- Loans \$1,500/m
- Discretionary income of -\$475/m

## Example 2

- 80 y/o, LOC: 1 ADLs/8 IADLs
- Assets: \$26,000 in savings
- \$1200/m SS only, spouse's income part-time job: \$1,200/m; \$2,400/m total
- Rent: \$1,350/m
- Utilities: \$350/m
- Insurance premiums: \$150/m
- Medications: \$150/m
- Car payment/insurance: \$250/m
- Gas/groceries: \$500/m
- Discretionary income of -\$350/m

# More information

- Office of Healthcare Assurance:  
[health.hawaii.gov/ohca/state-licensing-section/](http://health.hawaii.gov/ohca/state-licensing-section/)
- Elderly Affairs  
[www.elderlyaffairs.com](http://www.elderlyaffairs.com)
- Kupuna Care Pair  
[www.kupunacarepair.com/adult-day-care-programs](http://www.kupunacarepair.com/adult-day-care-programs)
- Senior Helpline (Oahu) – 808-768-7700

