



Resource Guide

for Adult Day Services Referrals



This guide is available at
www.AdultDayOhio.org.

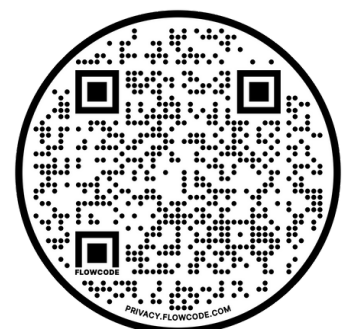


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This guide is designed to help referral sources and their staff understand the value and benefits of ADS, as well as provide practical tools like a newsletter article, social media graphic, and flyer to educate caregivers and potential participants.

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With your support, we can raise public awareness of ADS and ensure that more older adults and their caregivers benefit from these essential services.

Why ADS?

These talking points can help you describe Adult Day Services to caregivers and clients.

Supportive Daytime Care in a Community Setting

Adult Day Services (ADS) offer a structured and secure environment for older adults, helping them stay engaged, active, and socially connected. This allows caregivers peace of mind while managing their own work or personal obligations, especially with flexible scheduling.

Promotes Independence

ADS enables older adults maintain their independence by providing necessary care during the day, allowing them to continue living at home longer, avoiding or delaying the need for long-term care.

Person-Centered Care

Each participant receives individualized attention, with services designed to meet their mental, physical, and social strengths. These programs provide activities designed to meet the specific needs of each person, fostering engagement and well-being.

Socialization and Companionship

ADS helps reduce isolation by offering enriching social interactions with peers and a sense of belonging, which can improve mental and emotional health. This socialization is crucial for older adults' overall quality of life.

Health and Wellness Support

Many ADS programs provide healthcare services such as medication management, wellness checks, and visits from specialists. This holistic approach to care helps participants manage their health while reducing the number of external appointments.

Affordable Alternative to Long-Term Care

ADS offers a more cost-effective solution compared to full-time residential care, with flexible pricing models, including sliding-scale fees. Some participants may qualify for subsidies, such as PASSPORT or VA benefits.

Respite for Caregivers

ADS provides essential respite, allowing caregivers time to recharge, attend to personal tasks, or work, knowing their loved ones are receiving attentive care and engagement.

Nutritional Support

Many programs include nutritious meals and snacks tailored to older adults' dietary needs, ensuring they receive proper nourishment during their time at the center.

Supervised, Safe Environment

ADS offers a supervised setting where trained staff can address participants' ongoing health, social, and care needs, providing a safe "home away from home."



“Adult Day is like a hidden gem; it’s the kind of support that families only discover by chance or when they’re in crisis.”

Misconceptions

Use the talking points below with caregivers and clients to address common misconceptions.

“ADS is just ‘daycare for old people’.”

Adult Day Services (ADS) provide a homelike, supportive environment where older adults engage in age-appropriate activities that promote social connections, mental engagement, and physical well-being.

“My loved one is too high-functioning.”

ADS programs for older adults are different from adult day programs that serve individuals with intellectual and developmental disabilities. Encourage caregivers to visit or try a day at the center to see how their loved ones can benefit from socializing and participating in an ADS program.

“Using ADS means I’m failing as a caregiver.”

ADS supports the caregiver’s health as much as the participant’s, as it gives caregivers time to keep appointments, run errands, or invest in self-care. Many ADS programs offer skilled nursing services, providing participants with the opportunity to receive specialized care.

“I don’t want my independence taken away.”

ADS supports independence by enabling participants to stay active, engaged, and connected with their communities in a home-away-from-home environment. ADS allows older adults to continue living at home while receiving the care and support they need to thrive.

“ADS is only for people with severe limitations.”

ADS programs are designed for inclusivity and most are equipped to provide care to older adults living with dementia or limited mobility. Whether someone is highly active or requires more assistance, ADS offers activities and care that are customized to meet individual needs, ensuring all participants benefit.

“The staff at ADS won’t understand my loved one’s specific needs.”

ADS staff are trained professionals with experience in managing a wide range of care needs, including specialized care for individuals with dementia or mobility issues. Many programs offer skilled nursing care and medication management, as well as visits from specialists like podiatrists.

“Attending ADS means losing privacy or control.”

ADS programs respect participants’ privacy and dignity, providing a safe, supportive environment where older adults can enjoy social interaction and engagement without feeling like their independence is being compromised. By staying involved in decisions about their care, participants can maintain control over their day-to-day lives.



“Some caregivers feel guilty about sending their loved one to a ‘babysitter’.”

Financial Assistance

Adult Day Services are generally affordable, and there are several different financial assistance options accepted by ADS providers, including insurance and public assistance programs.

Medicaid Waiver Programs

These programs help older adults pay for the care they need, while living where they feel most comfortable. These programs are funded by the state, your county, and the federal government, through programs like the Older Americans Act and Medicaid.

Learn more about Medicaid Waiver programs at www.aging.ohio.gov/care-and-living/get-help/home-and-community-care.

PASSPORT Program

This is a Medicaid waiver program specifically for older adults in Ohio, which may cover the cost of ADS for those who qualify.

Long-Term Care Insurance

Some long-term care insurance policies cover ADS, but coverage depends on the specific policy.

Other Financial Assistance Options

ADS providers may have financial assistance available from local funding sources such as foundations or levees.

Veterans Affairs (VA) Benefits

Older veterans may qualify for ADS through the Department of Veterans Affairs. VA benefits can provide funding as part of long-term care services.

MyCare Ohio

This program coordinates care for individuals eligible for both Medicaid and Medicare (dual eligibility). It includes ADS as a service for those who qualify.

Private Pay

Participants or their families may pay out-of-pocket for ADS. Costs may vary by center, but this option is typically used when other financial assistance or insurance is not available.



“A lot of times the concern is cost, if that’s something that they can really afford or not, even though they may understand that they need the respite and that that’s best for them as a care partner.”

ADS Needs Assessment Checklist

Use this guide to help determine if a client would be a good fit for ADS. If you have multiple checkmarks, ADS could be a great option for your client.

1. Social Engagement and Companionship

- Are they at risk for isolation or loneliness?
- Would they benefit from social activities and peer interactions?
- Do they need help fostering friendships or feeling connected?

2. Structured Routine and Purpose

- Do they thrive with a consistent daily routine?
- Are they prone to confusion without structure (e.g., dementia)?
- Would they enjoy participating in activities like art, music, or gardening?

3. Health Monitoring and Medical Support

- Do they need regular monitoring of medications or vital signs?
- Would they benefit from health screenings or wellness programs?
- Are there chronic conditions that require early detection of symptoms?

4. Physical Activity and Mobility Support

- Are they at risk for falls or mobility issues?
- Would they benefit from supervised exercise (e.g., stretching, chair yoga)?
- Do they need physical or occupational therapy to maintain independence?

5. Mental Stimulation and Cognitive Health

- Do they show signs of cognitive decline or memory loss?
- Would they benefit from memory-enhancing activities (e.g., puzzles, trivia)?
- Do they enjoy creative outlets like arts, crafts, or music therapy?

6. Respite for Family Caregivers

- Do their caregivers need a break to manage stress or avoid burnout?
- Do caregivers need time to maintain employment or other commitments?
- Would caregivers benefit from emotional support or support groups?

7. Nutritional Support

- Do they struggle with eating regularly or maintaining proper nutrition?
- Do they need assistance with feeding or special dietary requirements?
- Would monitoring of dietary needs (e.g., for diabetes) be helpful?

8. Safety and Security

- Are they at risk for wandering or getting lost?
- Do they need a supervised, safe environment to reduce fall risks?
- Would they benefit from having trained staff available for emergencies?

Newsletter Article

Use this news article to share about AdultDayOhio.org in your newsletter or in the news section of your website.

Adult Day Services Revitalization Project Expands Access to Crucial Care for Older Adults Across Ohio

Statewide Initiative Helps Older Adults Stay Independent and Engaged, Providing Critical Support for Caregivers

[COLUMBUS, OH] – Adult day services (ADS) in Ohio are advancing through the Adult Day Revitalization Initiative, a statewide effort funded by the Ohio Department of Aging and led by LeadingAge Ohio. With research support from Miami University's Scripps Gerontology Center, this initiative shines a light on the significant benefits of ADS, which provide daytime care, social connection, and health monitoring for older adults while giving caregivers time to focus on work, personal responsibilities, or self-care.

ADS offers flexible, person-centered programming that supports older adults in remaining active, socially connected, and independent. Participants benefit from meaningful interaction, tailored activities, and a safe, engaging environment that reduces feelings of social isolation. For caregivers, ADS provides a home-away-from-home solution that fosters peace of mind, knowing their loved ones are thriving.

“Adult day services are an invaluable resource for families across Ohio,” said Susan Wallace, President and CEO of LeadingAge Ohio. “These programs empower older adults to live well while offering caregivers the flexibility they need to maintain balance in their lives.”

The initiative addresses challenges ADS programs faced during the COVID-19 pandemic, which led to declines in participation and the closure of many centers. By spotlighting these services as a vital part of Ohio’s care continuum, the effort underscores how ADS enhances quality of life, helps older adults age in place, and provides caregivers with much-needed support.

Health and wellness are integral to ADS, with many programs offering services such as medication management, wellness checks, and visits from specialists. These offerings promote participants’ overall well-being, ensuring they receive care tailored to their unique needs while engaging in a vibrant community setting. Nutritious meals and snacks tailored to dietary needs also contribute to a holistic approach to supporting participants’ health.

The initiative’s hub, AdultDayOhio.org, developed by LeadingAge Ohio, offers comprehensive resources, including research from Scripps Gerontology Center, tools for ADS providers, and a statewide directory to help families find local programs.

For more information or to find a local ADS provider, visit AdultDayOhio.org.

Social Graphic and Flyer

Share the graphic below on your social media to share about ADS online. Print the flyer on the next page to share about ADS in-person.



Adult Day Services



Affordable care, engaging activities, social connection, & health support **for participants.**

Peace of mind **for care partners.**

Find Adult Day Services:
www.AdultDayOhio.org



Adult Day Services

Adult Day Services (ADS) provide daytime care, social engagement, and health support for older adults, helping them maintain independence and offering caregivers essential respite and peace of mind.

**PERSONAL &
MEDICATION
ASSISTANCE**

**MEALS &
SNACKS**

**MEMORY
CARE**

**FLEXIBLE &
AFFORDABLE**

**PERSON-CENTERED,
DAY-TIME CARE**



**FUN, FIT, &
SOCIAL
ACTIVITIES**

TRANSPORTATION

**CAREGIVER
RELIEF &
SUPPORT**



**FIND ADULT DAY SERVICES:
WWW.ADULTDAYOHIO.ORG**



Ohio ADS Directory

A list of Ohio's Adult Day Services.

Adams

- Adams-Brown Counties Economic Opportunities Inc.
- Everyday Homecare – West Union

Athens

- Daybreak Adult Day Services
- United Seniors of Athens County

Brown

- Adams-Brown Counties Economic Opportunities Inc.

Butler

- Oxford Seniors
- Restoration Adult Day Services

Carroll

- Belle's Adult Day Center

Champaign

- Active Day Champaign

Clermont

- Clermont Senior Services

Cuyahoga

- Acacia Place Adult Day Center
- Active Day of Warrensville Heights
- Comforting Hands Ministry Adult Day Care
- Jennings Adult Day Services
- King David Adult Day Care Center
- Ru-Clare Adult Day Care
- SarahCare of Strongsville

Delaware

- Willow Brook Christian Village

Erie

- Compass Point Senior Enrichment Center
- Mill Manor Care Center

Fairfield

- Samaritan Center for Adult Day services

Franklin

- Columbus Adult Daycare
- Complete Adult Day Service
- Empowered Health Adult Day Services
- Forest Hills Adult Day Service
- Freedom Home and Day Healthcare
- Himalayan Care Center
- James LJ Center
- Quality Adult Daycare Center

Fulton

- CHP Adult Day Center

Gallia

- Gallia Senior Resource Center

Greene

- Acclaim Senior Activities Center
- Goodwill Easterseals Miami Valley - Beaver creek

Hamilton

- Active Day of Cincinnati
- Active Day of Kidd
- Bayley Adult Day Program
- Day Share Senior Services
- Jewish Family Services Cincinnati
- Lincoln Heights Outreach Inc.
- Restoration Adult Day Services

Hancock

- Julien A. Faisant Adult Day Center

Highland

- Everyday Homecare

Lake

- Abundance Day Center and Services

Licking

- Licking County Aging Partners

Logan

- DayBreak Adult Day Services -
at Green Hills Community

Lucas

- MemoryLane Care Services

Madison

- Madison County Senior Center

Mahoning

- Active Day of Mahoning
- Antonine Sisters Adult Day Care
- Family First ADS
- Heritage Manor

Mercer

- CHP Adult Day Center

Montgomery

- Goodwill Easterseals Miami Valley
- St. Leonard's Dayaway Adult Day Center
- Wings of Love

Muskingum

- The Carr Center

Pickaway

- Pickaway County Senior Center

Portage

- Coleman Adult Day Services

Scioto

- USSA Incorporated Adult Day Center

Stark

- JRC Adult Day Center
- SarahCare of Belden Village

Summit

- Another Place to Call Home
- Jin Huo Community
- Summit Adult Day Services

Tuscarawas

- Active Day of Tuscarawas

Van Wert

- CHP Adult Day Center

Vinton

- Daybreak Transportation and Adult Day
Care

Warren

- Otterbein Lebanon Adult Day Care
- Restoration Adult Day Services

Washington

- O'Neill Senior Center

Wayne

- Gilcrest Center

Wood

- MemoryLane Care Services

**ARE WE MISSING A
PROGRAM?**

Contact LeadingAge Ohio at
info@leadingageohio.org.