

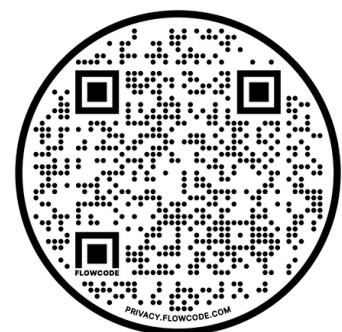


# Resource Guide

*for Caregivers & Participants*



This guide is available at  
[www.AdultDayOhio.org](http://www.AdultDayOhio.org).



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This guide is designed to help caregivers and potential ADS participants understand the value and benefits of ADS, as well as help with ADS selection assistance.

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# What are 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.

**Health Monitoring**  
of blood pressure,  
food/liquid intake,  
and weight.

**Personal Care Assistance**  
with eating, using  
the restroom, and  
bathing.

**Memory Care**  
in a safe and  
supervised  
environment with  
kind and trained  
staff.

**Door-to-Door  
Transportation**  
to and from the  
center.

**Nutritious Meals  
and Snacks**  
catering to  
special diets and  
preferences.

**Fun Activities**  
like arts and  
fitness classes,  
community outings,  
and discussion  
groups.



ADS programs can help people remain in the community and their home, promote their well-being, and provide essential respite for caregivers.

# What Services are Included?

In Ohio, Adult Day Service (ADS) centers provide three service models to help identify the services they provide.

## Enhanced Model

- ✓ Structured activities and programs
- ✓ Health assessments and monitoring
- ✓ Supervision and assistance with personal care needs
- ✓ Medication administration

## Intensive Model

All that is offered with the Enhanced Model and...

- ✓ Social work and case management services
- ✓ Skilled nursing services from a registered nurse
- ✓ Rehabilitation and therapy services

## Social Model

This type of center will usually offer fewer healthcare options and focuses on community and peer engagement and...

- ✓ Supervision
- ✓ Social interaction
- ✓ Recreational activities



**When evaluating an ADS center, it's important to understand which model they follow to ensure the services align with your specific needs. Discussing these models with the center's staff can provide clarity on the level of care and support available.**

# Is ADS Right for Us?

Use this checklist to help determine if an Adult Day Center is right for your loved one.

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## **Daily Living Activities**

Does your loved one need help with eating or using the restroom?

Are they able to manage their medications independently?

Do they require assistance with mobility, such as using a walker or wheelchair?

## **Social Interaction**

Does your loved one seem disinterested in hobbies or activities they once enjoyed?

Do they frequently express feelings of loneliness or depression?

Are they reluctant to leave the house or engage in community activities?

## **Mental Function**

Does your loved one frequently forget appointments or important dates?

Are they easily confused or disoriented, especially in familiar environments?

Do they show signs of difficulty with problem-solving or decision-making?

Have you noticed changes in their personality or behavior?

## **Safety Concerns**

Have there been any recent falls or accidents at home?

Does your loved one have trouble using appliances safely, such as the stove or oven?

Are they able to respond appropriately in emergency situations?

Do they exhibit behaviors that could be dangerous, such as leaving the house and getting lost?

## **Caregiver Well-being**

Do you feel that your caregiving responsibilities are affecting your own health?

Are you finding it difficult to balance caregiving with other family or work obligations?

Would you benefit from having more time to yourself to recharge and manage stress?

# How Do I Choose a Center?

We encourage you to schedule a tour or a trial day at an ADS center to get a feel for what the center has to offer. Observing the environment, staff, and activities using the questions below can help you determine if the center is a good fit.



## Warm, Respectful Interactions

- ✔ Does staff communicate in a respectful and encouraging manner?
- ✔ Are they patient and avoid rushing or completing tasks for participants?
- ✔ Do staff avoid ageist language, such as "baby talk" or oversimplified phrases?
- ✔ Do they speak politely, in a clear tone, and make eye contact?

## Age-Appropriate Activities

- ✔ Are the activities stimulating, enjoyable, and designed with older adults' interests and abilities in mind?
- ✔ Are the activities appropriate for adults?

## Clean, Safe and Secure Environment

- ✔ Does the center appear clean, well-organized, and compliant with state safety and accessibility standards?
- ✔ Are there non-slip mats, handrails, and clear walkways?

## Security and Navigation

- ✔ Are entrances, exits, and stairways secured to prevent wandering?
- ✔ Does the layout allow participants to navigate the space safely and independently?

## Transportation Services

- ✔ Does the center provide transportation? If yes, is it one-way, round-trip, or both?
- ✔ Ask about the frequency and flexibility of transportation schedules (e.g., fixed or adaptable times).

# How Do I Choose a Center?

We encourage you to schedule a tour or a trial day at an ADS center to get a feel for what the center has to offer. Observing the environment, staff, and activities using the questions below can help you determine if the center is a good fit.

## Quality Health, Wellness Support, & Privacy

- ✔ Does the center offer medication management?
- ✔ Can they offer meds directly or only provide reminders?
- ✔ Is personal care (e.g., toileting or dressing) handled with respect and dignity?
- ✔ Does the staff prioritize participant comfort, privacy, and boundaries?



## Nutritious Meal and Snack Options

- ✔ Are meals and snacks balanced, nutritious, and appealing?
- ✔ Does the center offer choices and accommodate dietary restrictions (e.g., low-sodium, diabetic-friendly)?
- ✔ Are participants' health, preferences, and dignity respected in meal planning?

## Caregiver Support

- ✔ Are there resources for caregivers, such as support groups or educational sessions?
- ✔ Does the center provide regular updates about the participant's activities, mood, and health?
- ✔ Is there a focus on partnership and communication with caregivers?

## Special Services

- ✔ Does the center offer any specialized services like salon/haircuts, podiatry, eye or dental checks, special outings, or other unique services?

# Setting the Record Straight

Check out some of the most common misconceptions about Adult Day Services below.

Misconception	Reality
ADS will take away independence.	ADS promotes independence by keeping participants active, engaged, and connected while supporting them to continue living at home.
ADS is only for people with severe limitations.	ADS serves individuals at all ability levels, offering personalized activities and care to meet diverse needs and help everyone thrive.
ADS staff won't understand my loved one's needs.	ADS staff are trained professionals skilled in providing personalized care, including support for dementia and mobility challenges.
Attending an ADS Center means losing privacy and control.	ADS respects privacy and dignity, offering a supportive space where participants stay in control of their care and enjoy meaningful engagement.
ADS is just "daycare for old people."	ADS offers engaging, age-appropriate activities like music therapy and outings, enhancing quality of life through social, mental, and personalized care.
My loved one won't fit in because they are too high functioning.	ADS serves all ability levels with inclusive programs. Visit or try a day to see how socializing and tailored activities can benefit your loved one.
Using ADS means I'm failing as a caregiver.	ADS supports caregivers by offering respite and professional care, helping families thrive while keeping loved ones at home longer.



# 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.

## 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 [aging.ohio.gov/homecommunitycare](http://aging.ohio.gov/homecommunitycare)

## 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.”

# Where Can I Go for Help?

Help with home and community-based services, insurance benefits, and service selection.

## Area Agencies on Aging (AAA)

Your one-stop-shop for finding information on Adult Day Centers and many other services to benefit you and your loved one.

Find which AAA represents your area at

<http://ohioaging.org/area-agencies/>



## Additional Resources

Ohio Department of Aging Services Search

<https://aging.ohio.gov/find-services>

Ohio Senior Health Insurance Information Program

<https://insurance.ohio.gov/about-us/divisions/oshiip>

Long-Term Care Ombudsman

<https://aging.ohio.gov/ombudsman>

Alzheimer's Association

<https://www.alz.org/help-support/resources>

AARP Ohio

<https://states.aarp.org/ohio/caregiver-resources>



# Ohio ADS Directory

A list of Ohio's Adult Day Services.

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## 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](mailto:info@leadingageohio.org).