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How Adult Day Services Can Support People Living with Dementia and their Care Partners


Carol Ashwood & Terri Joski-Lang
Open Circle Adult Day Services







Host - Christine Drasher
Emerald Crest Memory Care

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Senior Housing Options

- Independent Living
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Cassia's Mission:
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SPEAKERS



Carol Ashwood



Terri Joski-Lang



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Today's Objectives & Agenda

- To learn about the history & background of Adult Day Services
- To explore the benefits of Day Programs
- To look at a typical day at Open Circle
- To gain a basic understanding of funding sources that pay for Adult Day Services
- To look at the benefits and support that caregivers receive
- To determine when to consider adult day services
- To hear about the impact of Open Circle on specific members (their stories)



History of Adult Day Services

- Adult Day Centers were first opened in the 1940s starting in psychiatric hospitals then in geriatric day hospitals.
- In the 1960s, day programs opened throughout the United States with a focus of serving older adults.
- In the 1980s, the first National Adult Day Center Week was recognized by the congress and received a presidential proclamation.
- Open Circle Adult Day Center in Hopkins opened in 1982
- In the 1990s, national standards and guidelines were updated and published including training materials for adult day staff.
- The National Association of Adult Day Services (NADSA) was founded in 1996.



(NADSA, 2022)

The Benefits of Adult Day Participation



Members...

- develop new friendships
- use their skills consistently
- strengthen their ability to remain vital in the larger community
- participate in stimulating social, recreational and exercise programs
- are supervised and surrounded by nurturing, encouraging, fun-loving and empathetic staff



The Benefits of Adult Day Participation (from research)

Participants of day programs participated a 2010 qualitative research study that explored perceptions on the impact of day services on their lives. Results from this study are as follows:

- Increased social connections with peers
- Empowering relationships with adult day center staff
- Enjoyment of the activities in eliciting participation
- Perceived improvements in psychosocial well-being
- Decreased burden or dependence on caregivers

"If a person comes and sits down at the table you become friends." Terry, age 89
"I am getting to know people. It has given me a better outlook. I was very down, and I am not now." Gary, age 76
"Something special to do here each day...activities and things. I like the arts and crafts and the different games that we play." Emma, age 81



(Dabelko & King, 2010, pp.185-7)

A Day at Open Circle Adult Day Services

Members have a structured day featuring...

- Purposeful social connection
- Engaging activities
- Purposeful pursuits
- The opportunity to celebrate their identities in a safe, welcoming, person centered environment.



A Daily Schedule

Open Circle Hopkins Daily Schedule

- 9:30 Coffee Talk
- 10:15 Morning Greetings
- 10:30 Exercise
- 11:00 Morning Program Breakouts
- 12:00 Lunch
- 12:45 Live Music or Trivia Group
- 1:30 Afternoon Program Breakouts
- 2:30 Afternoon Snack
- 2:45 Afternoon Stretch
- 3:00 The Good News
- 3:30 Departure/Pick Up



Morning Welcome & Late Afternoon Farewell

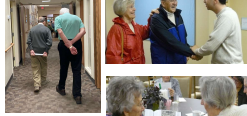
Setting Up The Day For Success And Concluding it with A Desire To Return

Enter As Strangers - Leave As Friends

Members and Care Partners are warmly greeted upon entering the center, promoting a sense of welcome and security and setting a positive tone for the day ahead. An equally warm farewell is provided upon departure.

Staff person is assigned to take member coats and accessories, provide member with name tag

Staff or volunteer assigned to direct member from hall to main activity room for socializing with peers and refreshments



Daily Programming

Parallel Activities Allowing for *Choice*, Designed to Promote the *Strengths* and Engage the *Interests* of our Diverse Membership, and Developed within a *Holistic* Framework offered at 11:00, 12:45 and 1:30



Areas of Wellness Featured on Monthly Activity Calendars Include:
Physical
Spiritual
Life Celebration
Community
Intellectual
Creative Expressions



Some Members are Offered "Roles" at the Program Day to Recognize Facets of Identity, Promote Purpose, and Independence

Typical Member Roles

- New Member Ambassador
- Greeter
- Dining Room Assist (Setting, Clearing Tables)
- Musical Support
- Good News Content Provider



Daily Rate Includes:

- Open Daily Mon – Fri (excludes holidays)
- Safe environment with supervision
- Social and recreational programs (adult education, music, creative arts, crafts, pet therapy, and community based intergenerational programs)
- Daily exercise program designed by physical therapist
- Nursing oversight provided daily health monitoring, med admin, assessments, and liaison with health care providers
- Noon meal and snacks
- Assistance with personal cares (showers, foot care, oral care, shaving assistance, nail care)*
- Transportation assistance*



* Additional Fees may apply

Funding Sources for Adult Day Services

Accepted Forms of Payment:

- Private pay
- Minnesota State Waivered Programs (Elderly Waiver/EW, Community Alternatives for Disabled Individuals/CADI)
- MSHO programs such as Health Partners, Medica, etc.
- Alternative Care Program
- Long Term Care insurance
- Veteran's Administration (VA) Home & Community Based Services
- Financial Assistance may be available for those who qualify. Contact the Sr. Linkage Line at 1-800-333-2433 for information or contact your County's Human Services or Social Service Center.



The Importance of Caregiver Respite

The Family Caregiver Alliance and AARP (2020) report...

- Nearly 4 in 10 caregivers consider their caregiving situation to be highly stressful.
- 23% of Americans say that caregiving has made their health worse.
- 21% of Family Caregivers report health that is fair to poor.



Photo by David Krudsen on Unsplash



The Importance of Caregiver Respite (cont.)

Common caregiving mental health concerns:

- Depression
- Anxiety
- Subclinical stress
- High rates of negative affect including guilt, sadness, dread, worry
- Ambivalence about care
- Witnessing the suffering of relatives
- Becoming easily irritated or upset
- Feeling isolated or abandoned by others
- Anticipatory grief

(APA, 2020)

What is Caregiver Burden?

The negative reaction to the caregiver's social, occupational, and personal roles (Campbell et al., 2014)



The Benefits & Support that Care Partners Receive



- "Time off" or respite during the day time hours
- A support network
- Health management & education from the Open Circle nurse
- Counseling and education from the Open Circle Social Worker and/or Staff Case Managers
- Access to the virtual support group hosted by Open Circle
- The ability to schedule a private Care Consultation with the Open Circle Social Worker



The Effects of Adult Day Services on Family Caregivers (from research)

According to a 2014 study, the following benefits were received for family caregivers of someone enrolled in an adult day program:

- Lower exposure to "care-related stressors" on ADS days
- More positive experiences
- Lowered anger
- Reduced the impact of "non-care" stressors on depressive symptoms
- Improved affect on ADS days
- Possible protection against the effects of chronic stress associated with caregiving



(Zarit et al., 2014, p. 570)

Caregiver Resource: Care Consultation

Open Circle Support Services offers care consultation for caregivers. Care Consultation is a service that assists caregivers to gain knowledge, skills, and tools that are tailored to each caregiver's situation.

Care Consultation is available on a fee-for-service basis, based on a sliding scale. Family meetings, for three or more people, can also be scheduled. Alternative Care (AC) and Elderly Waiver (EW) accepted upon authorization.

For more information, please call Carol Ashwood, MSW, LICSW, at (952) 697-5370 or email at Carol.Ashwood@cassialife.org

Sessions can be held in-person, on Zoom, or by phone.



When to Consider Adult Day Services:

- **Is unable to structure** his or her daily activities.
- **Feels isolated and lonely** and wishes for interaction with other people.
- **Experiences anxiety** or depression and needs social and emotional support.
- **Has difficulty starting and focusing** on an activity, whether it's conversation, reading or watching TV.
- **Seems not to be safe** on his or her own or feels uncertain and anxious about being alone.



Recommendations from the National Adult Day Services Association (NADSA) and AARP



When to Consider Adult Day Services:

Family caregivers should also consider adult day services when they need to work or be away from home for most of the day or if they are experiencing negative effects like anxiety, frustration, depression or other health problems.



Recommendations from the National Adult Day Services Association (NADSA) and AARP



When to Consider Adult Day Services:



Residents living in IL/AL/MC can benefit from additional support, supervision and structure by attending an Adult Day Program.

Housing communities can benefit from increased length of stay when including Adult Day Services in the resident's care plan.



Member Stories



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Questions?



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Open Circle is just what our name says: adult day services that encircle you with care and love, where hearts and minds can flourish.


Open Circle is designed to provide support to individuals with changing physical, cognitive and/or social abilities and them achieve their goals by attending to mind, body and spirit in a supervised and nurturing setting.

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Locations

Apple Valley Cora Cromer 952-236-2524 Cora.Cromer@cassialife.org Licensed for 31 \$100/day		Hopkins Terri Joski-Lang 952-935-8143 Terri.Joski-Lang@cassialife.org Licensed for 55 \$110/day
Minneapolis Jalove Tillis-Hall 612-843-4940 Jalove.Tillis-Hall@cassialife.org Licensed for 32 \$100/day	Buffalo Mary Rodeski 952-236-2524 Mary.Rodeski@cassialife.org Licensed for 31 \$100/day	Princeton Mary Martin 952-236-2524 Mary.Martin@cassialife.org Licensed for 31 \$100/day



Thank You!

Up Next:

◆ PART III
Wednesday,
Nov. 16, 2022
10 am


Practical Tips for Caregivers

Our speaker will help us understand the changes caused by dementia related to communication, participation in self-care or activities and behavior. Become familiar with common approaches used to provide care to individuals with dementia. The session will also help you understand how behavior can change due to dementia, and how to differentiate misconceptions from reality.

To Register Online: [EmeraldCrest.com/zoom3](https://emeraldcrest.com/zoom3)

Link to participate in Zoom available after registration is complete. A reminder email will be sent within 24 hours of session.

Questions? Contact Christine Drasher at 952-856-7521 or Christine.Drasher@CassiaLife.org



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