



New York State Adult Day Services Association Inc.

**TESTIMONY
NYS ASSEMBLY COMMITTEE ON AGING
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NYS Adult Day Services Association (NYSADSA)**

INTRODUCTION

Good morning. My name is Amy Davis. I serve as the President of the New York State Adult Day Services Association (NYSADSA) and run a social adult day program in Syracuse, Nascentia Health's Eldercare Social Day Program. I am joined today by Malik Abid, 1st President of NYSADSA. On behalf of the New York State Adult Day Services Association, thank you for the opportunity to address the Committee, and a special thank you to Committee Chair Donna Lupardo for considering the crucial role Adult Day Services play in each of our communities.

Adult Day Services (ADS) provide non-medical services and programs for Seniors, preventing or delaying costly institutionalization for this growing population. It is the mission of NYSADSA to provide resources, information, and support to the public and the adult day services industry. We work to ensure the highest standards of quality and responsiveness to the individuals we serve, and our communities' needs.

VALUE OF ADULT DAY SERVICES

Adult Day Services are integral to the continuum of care for our aging population, while allowing Seniors to stay in the home. ADS enable frail, older adults with multiple and diverse disabilities to be safe, socially connected and therapeutically supported.

Participants in ADS cover a wide range of diagnoses, including Dementia and Alzheimer's, but as the age of participants increases, other diseases such as depression, asthma, coronary artery disease, diabetes, high blood pressure and macular degeneration, are often present. Other

examples of participants include those with blindness, and intellectual or neurological disorders. Adult Day Programs provide participants with assistance toileting, eating, mobility and even costly transportation.

The average age of participants in our programs is approximately 80 years of age, however, participants range in age from 50 to 100, and we are seeing younger and younger participants in programs across the State. You can imagine the wide variety of needs that must be met based on the age of the participants alone, on top of a broad range of diagnoses that are also participant-specific. Additionally, each program is tailored to meet the needs of participants and the community it serves.

Adult Day Service Programs not only ensure that our Senior population is cared for in a tailored, safe, and meaningful way, but they also ensure respite for family caregivers, which is essential.

In New York State, there are over 2.2 million family caregivers providing care at an estimated value of \$25 billion dollars.

It is crucial that family caregivers are supported as much as possible so that they may continue to provide a level of care, thus preventing or prolonging institutionalization. If not for ADS, the burden would fall on family caregivers and on costly institutions with taxpayers footing the bill. Adult Day Programs provide cost-effective quality care and service to participants, but also provide respite to family caregivers who need to work a full-time job, while caring for Seniors in their homes. The physical, psychological and emotional impact of caring for loved ones suffering

with multiple and diverse disabilities is tremendous and even debilitating. As a result, family caregiver support in conjunction with the services provided through Adult Day Programs play a pivotal role in keeping our Seniors and their families healthy and reduce the financial and emotional impacts on family caregiving.

COST SAVINGS

Aside from the numerous and invaluable benefits ADS provide to participants and caregivers alike, the cost savings to New York State taxpayers is tremendous.

On average, an eight hour day of ADS care, including two meals and a snack, costs \$80 or less. Statewide, the average cost of a comparable amount of homecare is \$160 per day. Most ADS participants would qualify for nursing home placement if they did not have the family caregiver. It is reasonable to compare this rate with the daily nursing home rate of \$264 - \$390 per day, on average. If an individual attended an ADS program 365 days a year, the cost would be \$29,200. When you add round trip transportation for 365 days and the bill increases to \$40,150 per year. However, if that same individual were institutionalized in a nursing home, based on the daily average cost, the bill would be \$112,292. That difference is over \$72,000. If you multiply this by the number of New York State residents who could be effectively served at this level of care, the savings quickly increases to millions of dollars a year. Also, keep in mind that the average length of time a participant serves in a program is generally 41 months.

Not only do Adult Day Services effectively serve program participants and provide respite to family caregivers, two huge demographics in NYS, they also save NYS millions of dollars per year while contributing to a healthier New York. Additionally, apart from the direct cost savings of nursing home placement, ADS save taxpayers millions of dollars on hospital visits and emergency visits alone, while enabling hospitals to save beds and resources for the critically ill. The constant monitoring of our members keeps our emergency rooms less crowded, leaving coveted, open beds to properly care for the critically ill. Monitoring is one of four key components of an Adult Social Day Program. Providers are uniquely equipped with the knowledge, training and tools to monitor program participants closely and effectively, resulting in the avoidance of costly emergency room visits.

CURRENT PROGRAMS & TRAININGS

In collaboration with the NYS Office for the Aging, NYSADSA offers training focused on the NYS Standards and Regulations for Social Adult Day Care Programs (SADC) throughout New York State. Since November 2012, NYSADSA has trained approximately 1,500 individuals representing SADC providers, prospective SADC providers, representatives of Medicaid Managed Long Term Care Plans, representatives of Area Agencies on Aging, as well as state agencies. Since 2014, NYSADSA has received \$442,153 in funding from the NYSOFA to deliver trainings.

NYSADSA trainings are held at least monthly throughout the year, as well as webinar trainings on a variety of topics including enhancing the quality and safety of care for our aging population. Providers who participate in trainings then train their colleagues at their respective programs, which creates an invaluable domino effect.

SPECIFIC RECOMMENDATIONS

There is a tremendous need for adult day care in New York State; a growing aging population equals growing demand, and this cannot be underestimated. Without access to services, the physical and mental health of many adults and their caregivers will deteriorate. An increase in funding is needed to support additional ADS programs to ensure Seniors and their caregivers have access to social model programs in every region of the State, as well as to increase the capacity at existing programs to handle the increasing population of Seniors.

NYSADSA believes State funding is needed for the following:

- **Social Adult Day Care Funding** –NYSADSA is seeking a total of \$3 million for social adult day care programs. The current appropriation allows the State Office for the Aging to invest in only 17 programs across the State.
- **Social Adult Day Care Training and Technical Assistance** – We strongly support the continued allocation of \$122,500 to provide training and technical assistance to social adult day care providers in regard to the SOFA rules and regulations which govern social model programs in New York State. The ability to conduct more thorough and specific trainings for both participants and caregivers is essential to ensure continuous quality care. Additionally, it is imperative that we help our programs become more technically ready and available for receiving Alzheimer’s patients, as this population is growing at an unprecedented rate. Training and orientation from NYSADSA on how to handle this growing population in our Programs is becoming a necessity. Unfortunately, many of the current programs are not equipped to handle an Alzheimer’s specific population.

- **Caregiver Programs**— Specifically, NYSADSA supports having respite programs available in every region of the State for our caregivers to utilize. These programs have experienced tremendous success in those areas of the State where they are currently being offered. Based on the success of the current programs, funding for respite programs should be expanded to the rest of the State.
- **Long Term Care and managed long term care (MLTC) Provisions** – NYSADSA opposes the proposals to limit MLTC eligibility to those who require nursing home level of care. We are concerned that this higher and more restricting criteria will result in seniors losing access to MLTCs and community based services such as adult day care.
- **Financial Exploitation of Vulnerable Adults** – In 2017-18, NYSADSA supported the Executive’s proposal to address financial exploitation of vulnerable adults. However, we believe that additional funding is needed for elder abuse victim’s services and Enhanced Multi-Disciplinary Teams (EMDTs).

We also wanted to provide you with additional information on Social Adult Day programs operating in New York State. Currently there are 494 SADS Certified with the Office of the Medicaid Inspector General (OMIG) who are billing to a managed long-term care provider. Social Adult Day Centers not receiving \$500,000 or more in funding through Medicaid are not required to register with OMIG. Programs that are not registered through OMIG may not be in compliance with NYSOFA regulations, which could present a variety of dangers to participants. NYSADSA recommends that private pay and self-funded programs be monitored.

Lastly, social adult day is often overlooked as a significant component on the continuum of long term care because adult day services are not a required component of long term care. The CMS website clearly indicates that Adult Day Care provides families and caregivers a respite during the day to work, run errands, meet friends, or rest while their family member is in a safe and secure environment, therefore we must work to educate and spread the word out about the critical role ADS play in long term care. NYSADSA recommends that Adult Day Services be a required component on the continuum of long term care. Many studies have proven that socialization decreases the severity of depression and the need for costly medications and medical interventions. Adult Day Programs give life back to caregivers, while providing a high quality of care for our Seniors. Adult Day Services are not only the solution to managing our aging population, they are essential to the fabric of so many of our communities across the New York State.

We are happy to answer any questions you have. Thank you for the opportunity to present this testimony today.