

**DUDLEY AND MARY EDELMAN  
ADULT DAY SERVICES INSTITUTE (ADSI)**

**TYPES OF ADULT DAY SERVICES**

In California, adult day care services are provided in two types of licensed facilities: adult day programs and adult day health care. In addition, each local area agency on aging designates at least one Alzheimer's Day Care Resource Center in its Planning and Service Area to provide specialized Alzheimer's care and community outreach and education.

➤ **Alzheimer's Day Care Resource Centers (ADCRC)** is a community-based day program that provides a positive experience and care for persons with moderate to advanced stages of Alzheimer's disease or a related dementia. These programs provide support and educational services for family caregivers and the community at large. ADCRCs identify the unique psychosocial, mental, functional, and cognitive needs of individuals, and assist each person to operate at their highest level. These centers are not-for-profit. Families pay privately and centers offer sliding fee scales. Most of these centers are licensed by the Department of Social Services, Community Care Licensing Division. These centers are supported in part by the Area Agency on Aging. Approximately one-third of these sites have an Adult Day Health Care license and certification, permitting them to accept Medi-Cal eligible persons. The dual licensed centers have a combination of Adult Day Health and Adult Day Program hence offering both social and health services.

➤ **Adult Day Health Care (ADHC)** is a community-based day care program that specializes in providing medical, rehabilitative, and social services to frail elderly persons and other adults with functional impairments, either physical or mental. The primary objectives of the program are to prevent or delay inappropriate institutionalization and restore or maintain optimal capacity for self-care. ADHC services are provided by nurses, physical, speech and occupational therapists, social workers, and other medical personnel. ADHC is a Medi-Cal benefit. In California, these centers are licensed by the Department of Health Services.

➤ **Adult Day Program (ADP)** is a community-based program that provide non-medical care to elderly persons and other adults with physical and/or cognitive impairments who require personal care services, protective supervision, assistance in activities of daily living, social services and structured activities. These centers are recreational in nature. Adult Day Care centers may accept someone with a dementia but they may not accept someone who has problems with wandering, incontinence or aggressive behaviors. Fees are not covered by Medicare or Medi-Cal. These centers are licensed by the Department of Social Services, Community Care Licensing Division.