BOLD PUBLIC HEALTH CENTER OF EXCELLENCE ON DEMENTIA CAREGIVING

Supporting Caregivers: Opportunities for Public Health to Support Adult Day Service Programs

September 16, 2025

Welcome from...

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BOLD Public Health Center of Excellence on

Dementia Caregiving (PHCOE-DC)

University of Minnesota

Land acknowledgement

The University of Minnesota Twin Cities is located on traditional, ancestral, and contemporary lands of Indigenous people. We acknowledge with gratitude the Land itself and the People. We take to heart and commit through action to learn and honor the traditional cultural Dakota Values: Courage, Wisdom, Respect and Generosity.

The BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC)

Designed to support state, tribal and local public health agencies nationwide in developing their dementia caregiving-focused programs and initiatives, by…

- **Improving access** to evidence-based programs and best practices.
- **Facilitating connections** and collaboration among public health agencies and a wide range of service organizations.
- **Providing technical assistance** for identifying, selecting implementing effective public health interventions and strategies.

Visit our website!

Reminders for the Presentation Session

- **Submit your questions for the speakers into the Q&A feature.**
- Use the **CHAT to share comments, resources, links, and ideas.**
- The recording, slides and resources will be shared after the event.
- **Please complete the survey at the end of this event** (will pop up in Zoom when you leave this webinar). We greatly appreciate your feedback!

Survey Link & QR Code:
https://z.umn.edu/ADSeval

Poll Question

In what capacity are you attending this event?

- BOLD Public Health Agency
- Non-BOLD Public Health Agency
- Community organization/service provider
- Person living with dementia
- Interested caregiver and/or community member
- Care/clinical professional
- Other

MEET THE SPEAKERS

Lauren Parker

Associate Scientist

Johns Hopkins Bloomberg School of Public Health

William Zagorski

C.E.O.

American Senior Care Centers, Inc.

Rochelle Roberts

State Dementia Director

Tennessee Department of Health - Office of Healthy Aging

Tia Sauceda

Executive Director

National Adult Day Services Association (NADSA)

Doris Karpeh-Diaz

Director

Centro de Amigos, Spanish-Language Social Adult Day Center

Anastasia Plyugina

Director, Adult Day Program

ONEgeneration Intergenerational Daycare Center

Adult Day Services

A Primer for Public Health Agencies

What Are Adult Day Services?

Not just a “senior center” — includes skilled care and clinical oversight – platform for chronic disease management

Community-Based Programs

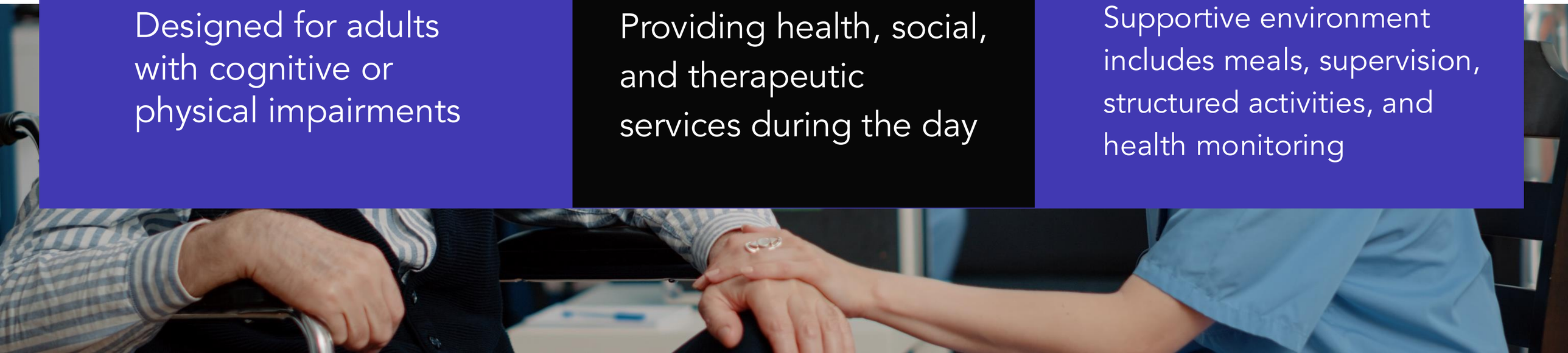
Designed for adults with cognitive or physical impairments

Aging in Place

Providing health, social, and therapeutic services during the day

Comprehensive Health and Social Care

Supportive environment includes meals, supervision, structured activities, and health monitoring



Why Adult Day Services Matter

- Evidence-based, community-based care for people living with dementia, cognitive, physical, intellectual, and developmental disabilities
- Supports **cognitive stimulation, socialization, and structured routine**
- Complements pharmacologic and non-pharmacologic therapies
- Improves **quality of life, slows functional decline, and reduces health care utilization**
- Offers **respite and peace of mind for caregivers**
- Interdisciplinary teams trained in dementia care and culturally responsive practices
- Continuum of Care: Respite>Social>Medical and Specialized

Adult Day Services: The Social Connection and Health

- Adult day offers **peer engagement, group activities, and purpose-driven routines**
- Fights **loneliness and social isolation**, a **public health threat, associated with**:
  - Increased risk of dementia (up to 40%)
  - Higher rates of depression, cardiovascular disease, and mortality
  - Greater functional decline and hospitalization
- Avoid and prevent functional decline and high-cost health care utilization
- Adult Day Services **monitor health, promote wellness, and restore connection** and thus directly intersect with the public health system

Challenges and Barriers

Fragmentation

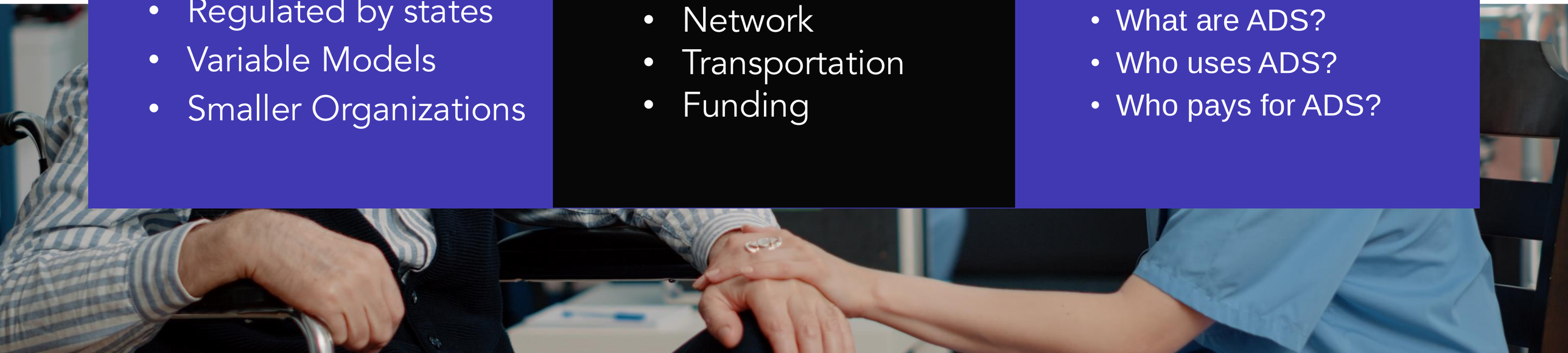
- Regulated by states
- Variable Models
- Smaller Organizations

Access

- Network
- Transportation
- Funding

Public Awareness

- What are ADS?
- Who uses ADS?
- Who pays for ADS?



Who pays for Adult Day Services?

- Historically Adult Day is a Medicaid Service, with 50% of national revenues.

Challenges with state budgets in coming years

Highly variable access, utilization and implementation

- Long Term Care Insurance

- Veteran's Affairs – Second largest payor of Adult Day nationally

Not a medical benefit, but a social work benefit.

Available to all veterans regardless of disability, service connection, or income. Up to 5 days/week of ADS.

- Family Caregiver Support Program funding through the Older Americans Act – administered by State Units on Aging and/or Area Agencies on Aging and Disability

- Private Pay – Average daily cost $100/day.

- GUIDE – Medicare: Guiding and Improved Dementia Experience – No cost program via traditional Medicare which includes $2500/year in Respite.

Genworth Cost of Care Survey: https://www.carescout.com/cost-of-care
National Adult Day Services Association: https://www.nadsa.org/

THANK YOU!

BOLD PUBLIC HEALTH CENTER OF EXCELLENCE ON DEMENTIA CAREGIVING

Partnerships between Public Health Agencies and Adult Day Services (ADS)

Lauren J. Parker, PhD, MPH

Johns Hopkins Bloomberg School of Public Health

September 16, 2025

Adult Day Services

- Adult Day Services are an essential—yet often under-recognized—part of our community health infrastructure
- Provide safe and stimulating environments
- Provide respite and support
- Public health agencies play a role in prevention, health promotion, and community-level interventions.
- Partnerships between ADS and public health can address needs, expand access to care, and reduce gaps and disparities in care

Health Promotion & Preventive Care

- **On-site health screenings and vaccinations** (e.g., flu, COVID-19, blood pressure checks, diabetes screening).
- **Health education sessions** tailored to older adults and caregivers on nutrition, brain health, fall prevention, or medication management.
- **Wellness programs** (e.g., exercise classes, stress reduction workshops) jointly led or co-funded by health departments.

Caregiver & Family Support

- **Respite resources:** Public health can provide funding or vouchers for families to access ADS.
- **Training and education:** Joint workshops for caregivers on managing dementia, stress, and navigating community resources.
- **Peer support groups:** Facilitate caregiver connections, reducing isolation and mental health strain.

Surveillance & Data Sharing

- **Public health surveillance:** ADS can serve as “sentinel sites” for monitoring community health trends (falls, cognitive decline, caregiver stress).

- **Program evaluation:** Collaborations can generate data on outcomes of ADS participation, feeding into broader aging and caregiver health strategies.

- **Emergency preparedness data:** ADS sites can help identify vulnerable older adults needing targeted outreach in disasters or pandemics.

Policy & Systems Integration

- **Embedding ADS into aging and dementia-friendly community initiatives.**
- **Collaborating on reimbursement models** (e.g., Medicaid waivers, caregiver support funds).
- **Joint advocacy** for legislation that strengthens family caregiving, dementia care, and respite infrastructure.

Research & Innovation

- **Pilot programs:** Co-develop and test new interventions (e.g., brain health programs, technology-assisted caregiving supports).
- **Implementation research:** Evaluate culturally tailored ADS models in real-world settings.
- **Knowledge exchange:** Public health agencies can help disseminate best practices from ADS innovations.

Conclusion

- **Adult Day Services are public health partners**: ADS programs go beyond social care—they advance health promotion, provide respite, and reduce health system burden.

- **Partnerships are essential**: Collaboration with public health agencies, community organizations, and federal initiatives can strengthen access, innovation, and sustainability.

- **The future is opportunity**: By addressing barriers to access and aligning with public health goals, ADS can shape healthier, more resilient communities for older adults and caregivers in the decade ahead.

Q&A

Please, submit your questions in the Q&A Zoom feature!

Connect with us!

Visit us online at https://bolddementiacaregiving.org to...

- ✓ Find today's slides and recording.
- ✓ Request Technical Assistance to support your public health work in dementia caregiving.
- ✓ Access resources and materials.
- ✓ Stay up to date with PHCOE-DC activities.

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