

What is Adult Day Care (ADC)?

ADC is a respite tool, meaning that caregivers can use ADC during the day to provide activities and care to their loved ones (client). Attentiveness to the health, safety, and welfare of clients is required of all ADC providers. Clients are never to be left unattended and staff members must be present at all times. ADC activities are those that allow clients to:

- Develop new skills, knowledge, and cultural enrichment;
- Encourage the potential of each client;
- Participate in interesting activities including activities and events in the community;
- Improve independent functioning; and
- Develop friends and have fun.

Services such as observing a client take medication can be provided under a board of pharmacy drug permit or other means such as having licensed nurses on staff.

Why use ADC?

While the client is at ADC, the caregiver can use that time for self-care, errands, and so forth.

ADC can also be a benefit to clients because services are required that support personal independence and promotes social, physical, and emotional well-being.

Where does ADC occur?

ADC takes place in a commercial facility or in a home and provides care, services and supervision to adults. ADC can also take place at a professional organization that sees a need for ADC in their community that is unique and not met by other providers. Transportation of the client to and from ADC may be provided. ADC providers must be licensed and certified under New Mexico law, including licensed by the New Mexico Department of Health.

Who is eligible for ADC?

Generally, ADC is provided to senior citizens who are at least 60 years old. Services are provided in a community setting to three (3) or more adults who are **unable**, due to limited

mental or physical abilities, to care for themselves in their home during the day. Clients must be able to either walk on their own or use a walker or wheelchair with minimal assistance.

Who pays for ADC?

There are several possible ways to pay for ADC such as private pay, sliding scale, and through the Medicaid Home and Community Based Services waivers.

Who provides transportation to ADC?

ADC providers who are licensed to provide transportation may do so under specific requirements for drivers, vehicles, scheduling, and supervision and care for the client.

When does ADC occur? Generally, ADC occurs during a weekday. Activities are scheduled in advance and should be posted in a visible area. The caregiver and client can plan around those posted activities.

How do I find out more about ADC?

Contact your health care provider, insurance company, an ADC provider you are interested in or the ADRC (Aging and Disability Resource Center) at 1-800-432-2080. If you are a tribal member, contact your tribe or pueblo for more information about elder care services.

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ADULT DAY CARE



Promoting health & socialization for seniors while providing respite for family caregivers.