



Arizona Caregiver Coalition

— Serving the Needs of Arizona Caregivers —

What is an Adult Day Health Center (ADHC)?

Licensed by the Arizona Department of Health Services, ADHCs are non-residential facilities that support the health, nutritional, social, and daily living needs of adults in a professionally-staffed, medically-supervised group setting.

Other terms used for this type of care are: adult day care, adult day centers, adult day care center, adult day health, adult day services, adult day health services, adult day residential care, and medical adult day care services.

Adult day health centers have been around for about 30 years. The program provides a place where a care recipient can be nurtured, stimulated, and provided medical care.

What services are offered at Adult Day Health Centers?

- Therapeutic Activities
- Personal Assistance
- Meals
- Social Services
- Health-related Services
- Medication Management
- Personal Care Services
- Caregiver Support Groups
- Rehabilitation Therapy
- Transportation

What is the purpose of an Adult Day Health Center?

First, it helps the **care recipient improve in health and activity level**.

And second it provides **respite for the caregiver** at home.

Services are typically offered Monday through Friday and from morning to evening hours. Some providers will pick up and bring home the care recipient.

Some adult day health center providers can be eligible for Medicaid reimbursement. Long-term care insurance will also pay for adult day care. Adult day health centers are a valuable respite service.