Adult Day Health Care

What is Adult Day Health Care?
Adult Day Health Care is a program Veterans can go to during the day for social activities, peer support, companionship, and recreation.

The program is for Veterans who need skilled services, case management and help with activities of daily living. Examples include help with bathing, dressing, fixing meals or taking medicines. This program is also for Veterans who are isolated or their caregiver is experiencing burden. Adult Day Health Care can be used in combination with other Home and Community Based Services.

Health services such as care from nurses, therapists, social workers, and others may also be available. Adult Day Health Care can provide respite care for a family caregiver and can also help Veterans and their caregiver gain skills to manage the Veteran’s care at home.

The program may be provided at VA medical centers, State Veterans Homes, or community organizations. For a list of State Veterans Homes locations, visit www.nasvh.org.

Am I eligible for Adult Day Health Care?
Since Adult Day Health Care is part of the VHA Standard Medical Benefits Package, all enrolled Veterans are eligible IF they meet the clinical need for the service and it is available.

A copay for Adult Day Health Care may be charged based on your VA service-connected disability status and financial information. Contact your VA social worker/case manager to complete the Application for Extended Care Benefits (VA Form 10-10EC) to learn the amount of your copay.

Find out more by visiting the Paying for Long Term Care section at www.va.gov/Geriatrics.

What services can I get?
Adult Day Health Care can be a half-day or full-day program. Usually, you would go to an Adult Day Health Care center 2 to 3 times per week, but you may be able to go up to 5 times a week.
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Based on availability and need, you can create a regular schedule that works for you and your family caregiver. You may be able to get assistance with transportation to and from an Adult Day Health Care center.

**How do I decide if it is right for me?**

You can use a Shared Decision Making Worksheet to help you figure out what long term care services or settings may best meet your needs now or in the future.

There's also a Caregiver Self-Assessment. It can help your caregiver identify their own needs and decide how much support they can offer to you. Having this information from your caregiver, along with the involvement of your care team and social worker, will help you reach good long term care decisions.

Ask your social worker for these Worksheets or download copies from the Shared Decision Making section at www.va.gov/Geriatrics.

Your physician or other primary care provider can answer questions about your medical needs. Some important questions to talk about with your social worker and family include:

- How much assistance do I need for my activities of daily living (e.g., bathing and getting dressed)?
- What are my caregiver's needs?
- How much independence and privacy do I want?
- What sort of social interactions are important to me?
- How much can I afford to pay for care each month?

If Adult Day Health Care seems right for you, your VA social worker may be able to help you find an Adult Day Health Care center near your home and assist with making arrangements.