

**THE STATE OF RESEARCH IN
ADULT DAY SERVICES:
FOCUS ON DIVERSITY**

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Adult Day Services Association*

AGENDA

- Introductions
- Definitions
 - Research
 - Diversity
- Diversity in Services, Participants, & Caregivers
- Diversity in Outcomes
- Ongoing Efforts & Future Directions
- Discussion

DEFINITIONS

- Research – The systematic investigation to test hypotheses, discover facts, and/or explain phenomena.
 - Descriptive (our focus today)
 - Outcome-Related (our focus today)
 - Process-Oriented (for another day)
- Diversity
 - What comes to mind when you think of the term “diversity”?
 - Diversity in Context of ADS

DIVERSITY IN PROVIDERS, SERVICES, PARTICIPANTS, & CAREGIVERS:
PRIMARY DATA SOURCE

- Descriptive Data
 - National Study of Long-Term Care Providers
 - Centers for Disease Control and Prevention (CDC)
 - National Center for Health Statistics
 - (Harris-Kojetin et al., 2016) – Friends of the Association
 - **Note: For all of the charts in my presentation at the NADSA Conference, please see the following report:**
https://www.cdc.gov/nchs/data/series/sr_03/sr03_038.pdf

DIVERSITY IN OUTCOMES:
PARTICIPANT WELL-BEING

- Early Research (1975-2000)
 - **Early indications that ADS may be effective in:**
 - Increasing positive mood and morale.
 - High levels of satisfaction with services.
 - **Early indications that ADS may not be effective in:**
 - Maintaining or improving physical functioning.
 - Reducing ADL dependency.
 - Addressing behavior problems (particularly in dementia)
 - (Gaugler & Zarit, 2001) – Friends of the Association

DIVERSITY IN OUTCOMES:
PARTICIPANT WELL-BEING

- Recent Research (2000-2011)
 - ADS Attendance
 - Positive effects on participants compared to non-participants.
 - Psychosocial well-being, social support, Q of L
 - ADS Specific Interventions
 - Specific Interventions in ADS
 - ADS may be an effective platform for specific interventions.
 - **Key: Effectiveness lies in the design and implementation of the interventions.**

• (Fields, Anderson, & Dabelko-Schoeny, 2014) – **Friends of the Association**

DIVERSITY IN OUTCOMES:
PARTICIPANT WELL-BEING

- Current Research (2012-Present)
 - Logsdon et al., 2016 – **Friend of Keith, ergo...**
 - Evaluation of a specialized memory care and wellness (MCW) program embedded in ADS.
 - Findings
 - Participants in MCW program experienced fewer depressive behaviors and a trend toward fewer behavior problems when compared to non-ADS MCW users.
 - **Importance**
 - **ADS can be an effective platform for delivering specialized care.**

DIVERSITY IN OUTCOMES:
PARTICIPANT WELL-BEING

- Focus on Diversity – Culturally Centered ADS
 - Qualitative study of an urban ADS center serving Cambodian and Cambodian-American older adults.
 - Findings (Themes)
 - Participants felt valued and respected; generational tensions; emerging role for ADS.
 - Center enhanced well-being by: (a) focusing on the needs and experiences of participants; (b) providing a culturally rich and respectful environment; (c) staff training and retraining; and (d) taking on the role of liaison between community medical providers and older adults.

• (Dubus, 2017)

DIVERSITY IN OUTCOMES:
CAREGIVER WELL-BEING

- Early Research (1975-2000)
 - Early indications that ADS may be effective:
 - “The literature suggests that with sustained and regular utilization, adult day services have a positive impact on caregivers’ stress and negative mental health.”
 - However...
 - Early studies were often small in scale and used quasi-experimental designs (lacked random assignment to control and treatment groups).
 - (Gaugler & Zarit, 2001) – Friends of the Association

DIVERSITY IN OUTCOMES: CAREGIVER WELL-BEING

- Recent Research (2000-2011)
 - ADS Attendance (Respite)
 - **Key: Evidence suggests that respite can lower CG burden and stress, particularly for dementia CG.**
 - Specific Interventions in ADS
 - Again, ADS may be an effective platform for specific interventions for CG (e.g., ADS Plus).
 - **Issues: Many CG don't have time or energy for support groups and other "extra-curricular" interventions.**
 - (Fields, Anderson, & Dabelko-Schoeny, 2014) – Friends of the Association

DIVERSITY IN OUTCOMES:
CAREGIVER WELL-BEING

- Current Research (2012-Present)
 - Daily Stress and Health Study (DaSH) Study
 - Penn State, Zarit & Colleagues – Friends of the Association
 - Dementia CG Well-Being and ADS Attendance
 - Findings
 - Better regulation of stress hormones (cortisol) and sleep on days that participants attended ADS
 - Importance
 - Cortisol health linked to depression, diabetes, cancer, and obesity.
 - Respite is and important benefit of ADS

DIVERSITY IN OUTCOMES:
CAREGIVER WELL-BEING

- Focus on Diversity – Diversity in Approaches
 - Green Care Farms
 - Working agricultural settings where older and younger adults engage in farm life and activities...a supplement to traditional ADS.
 - Indicated and anticipated benefits for CGs:
 - Respite
 - Decreased Problematic Behaviors
 - High Satisfaction with Care
 - Prolonged Ability to Care
 - (De Bruin et al., 2017; Anderson et al., 2017) – Friends of the Association

DIVERSITY IN OUTCOMES: HEALTHCARE UTILIZATION

- Early Research (1975-2000)
 - **Early indications suggest that...**
 - ADS do not serve as an alternative to nursing home care.
 - Some ADS centers may serve as “stepping stones” to NHP.
 - **However...**
 - All inclusive programs such as PACE programs may actually delay nursing home placement.
 - Programs of All-Inclusive Care for the Elderly (PACE) provide comprehensive services for dual-eligible frail older adults.
 - (Gaugler & Zarit, 2001) – **Friends of the Association**

DIVERSITY IN OUTCOMES: HEALTHCARE UTILIZATION

- Recent Research (2000-2011)
 - Medicare Alzheimer's Disease Demonstration Evaluation (MADDE) & Adult Day Collaborative Study (ADCCS)
 - Increased risk of NHP with high use of ADS.
 - Smaller Scale Studies
 - Mixed findings with regard to NHP.
 - Discharge to ADS for Post-Acute Services (one small study)
 - Less likely to be readmitted or have an ED visit.
 - **Conclusions: NHP is a complex decision and process, as are outcomes of post-acute care. More research warranted!**
 - (Fields, Anderson, & Dabelko-Schoeny, 2014) – Friends of the Association

DIVERSITY IN OUTCOMES:
HEALTHCARE UTILIZATION

- Current Research (2012-Present)
 - Research on ADS in Canada – **Friends to Everyone, ergo...**
 - Analyses of ADS use and healthcare utilization outcomes.
 - Findings
 - Moderate and high dosages of ADS were associated with greater delays to NHP.
 - ADS attendees had fewer ER visits, hospital stays, and days in hospital compared to matched samples of non-attendees.
 - **Importance**
 - **ADS attendance may reduce healthcare utilization and expenses.**
 - **Rigorous; large sample size (*thousands*); direct measures.**
- Kelly, et al., 2016; Kelly, 2017) – Friends of the Association

DIVERSITY IN OUTCOMES: HEALTHCARE UTILIZATION

- Focus on Diversity – Diversity in Race/Ethnicity
 - Race/Ethnicity
 - Greater racial diversity in ADS participants than general population.
 - However, there tends to be higher rates of disability, higher care needs, and fewer financial resources among racial/ethnic minorities.
 - Disparities between perceived need and use among minorities.
 - Unaware of ADS services or eligibility for benefits.
 - Formal services can be culturally less desirable.
 - **Keys: Outreach, education, support, cultural awareness/competence.**
 - (Brown et al., 2014; Kingsberry & Mindler, 2012; Ladika, et al., 2006; Miyawaki, 2016)

RECENT & ONGOING EFFORTS

- Daily Stress and Health Study Study (DaSH) (2009-2013)
 - Examination of the impact of ADS on stress and health of caregivers.
 - Principal Investigator Steve Zarit – **Friend of the Association**
 - Five year longitudinal study funded through a \$2.3 million NIA R01 grant.
- ADS Plus Initiative (2016-2020)
 - Comprehensive support program for dementia caregivers using ADS.
 - Principal Investigators Laura Gitlin & Joe Gaugler – **Friends of the Association**
 - Five-year longitudinal study funded through a \$3.9 million NIA R01 grant.
- **Importance**
 - **NIA and NIH continue to recognize the potential of ADS!!!**

SO WHERE DOES THE RESEARCH STAND?

- Participant Well-Being
 - Need for additional empirical “hard” data (e.g., disease management).
 - Need to emphasize the importance of “soft” measures (e.g., loneliness).
- Caregiver Well-Being
 - Beginning to amass a body of literature pointing toward the effectiveness of quality, reliable respite care.
 - Need additional data on impact of direct caregiver services.
- Healthcare Utilization
 - Finally establishing connections between ADS and healthcare utilization!
 - Need for additional and consistently more rigorous studies.

**MODERATION IS FOR CHUMPS:
WE NEED MORE & BETTER DATA!**

- Standardized Data Collection
 - NADSA Research Committee – **Members of the Association!**
 - Uniform Outcome Measures
 - Participant Well-Being
 - Caregiver Well-Being
 - Healthcare Utilization
 - **Beware of the hazards of uniformity and standardization!!!**
 - **Stay Diverse ADS!**
- (Anderson et al., under review) – **Members of the Association**

CONTACT INFORMATION

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References for this presentation are available upon request.