



# ADHC



## What is Adult Day Health Care (ADHC)?

Many of our participants remain home alone during the day while caregivers work. While home alone, they receive little to no social interaction during the day, rarely exercise, and may not eat or take medications on time. As a long term care provider, we offer many different services to help our participants during the day, but a good alternative is ADHC.

## Benefits of ADHC

- ❖ Socialization with peer groups
- ❖ Activities designed to exercise the mind and body
- ❖ Meals and snacks through the day (including following special diets)
- ❖ Health monitoring for chronic conditions, including giving medications on time
- ❖ Health screenings
- ❖ Nursing services
- ❖ Local outings (including shopping)
- ❖ Social games, such as bingo
- ❖ Arts and crafts
- ❖ Music and other entertainment
- ❖ Holiday and birthday celebrations
- ❖ Book, film, or current event discussion groups
- ❖ Transportation to and from the ADHC
- ❖ Peace of mind for caregivers knowing their relative is being well cared for while they work



## Offering ADHC

Knowing when to select ADHC is a personal choice. However, as a case manager, you should offer ADHC whenever the participant is enrolled into the CLTC waiver program and:

- ❖ The participant or caregivers are requesting more hours of Personal Care I or II services.
- ❖ A participant is expressing depression related to little or no socialization.
- ❖ The caregiver is expressing concerns about their loved one being home alone during the day.
- ❖ The caregiver indicates stress related to the difficult task of caring for their loved one.

Discuss the benefits of ADHC with participants and their families, so they know they have more options to assist them in remaining as independent in their own homes as possible. (And don't forget to document!) ADHC is a good alternative: Laughter and companionship is the best medicine.

## How does a CM authorize Adult Day Health Care?

In order to authorize Adult Day Health Care, the case manager must:

1. Identify the need for the service. Discuss ADHC with the participant and/or caregivers, along with the number of days per week requested.
2. Ensure the service is in the service plan as an intervention and that prior approval has been received.
3. Mail the *Provider Choice Form* to the participant and recommend they call and/or visit the ADHCs they are interested in. Ask them to call the case manager with provider choices. Document their choices.
4. Refer the services to the providers the participant selected.
  - ❖ *Waiver Services* tab, click *New Referral*
  - ❖ Add a note to the referral stating: "Please contact CM with start date."
  - ❖ If the participant lives within a 15-mile radius of Adult Day Health Care, then add a comment to the referral stating that transportation will be provided round trip per day. Or, if transportation to or from ADHC is to be provided, specify that in the comments.
5. Check Notifications and emails daily to check on the status of the referral. An email will be sent to you from Phoenix when a provider accepts the referral, and a notification will be sent when a provider accepts the referral.
6. Accept the provider after hearing from the ADHC.
  - ❖ Once a referral is accepted by the provider, leave it alone until you hear from the provider that they have received the participant's health information from the doctor (physical) and that the participant has a start date.

- ❖ Use the start date specified by the provider when creating the authorization.
  - ❖ The ADHC is required to get this information and notify the case manager upon receipt of the information.
  - ❖ Do not forget to send the authorization to the provider.
7. Create a separate authorization for ADHC transportation and send it to the provider if the participant lives within a 15-mile radius of the ADHC.
- ❖ 2 units per day are allowed (round trip to and from ADHC).
  - ❖ If the participant will be picked up at one address and dropped off at another address, each address must be included in the comment section of the authorization. For example: "Participant will be picked up at 123 ABC Street, Greenville, SC in the morning and will be dropped off at 456 PQR Street, Greenville, SC in the evening."
  - ❖ The CM must verify, before authorizing, both addresses are within the 15-mile radius.
  - ❖ If only one address is within the 15-mile radius, then only one unit of ADHC Transportation can be authorized per day.
  - ❖ The ADHC will provide transportation for those participants who live *outside* the 15-mile radius.