

Key Facts About Adult Day Services

Medicaid provides essential health services to millions of individuals living with disabilities, people with complex behavioral health needs, and older adults, including home and community-based Adult Day Services (ADS).

Below are some key facts about [ADS](#), a system of support that ensures seniors and people with disabilities receive the care they need.

1. ADS cover a wide range of supports for patients, from personal care needs, such as bathing and eating, to daily life needs such as transportation, diet, and specialized supports.
2. There are currently [over 4,000](#) adult day service centers in the United States, with more than 230,000 participants in any given day. These centers serve as the heart of programming and service assistance for those who rely on adult day care.
3. ADS are classified as a long-term service and support (LTSS) under Medicaid. Specifically, ADS are a type of LTSS provided in the home or community (known as “home and community-based services” or “HCBS”). Medicaid [funds](#) more than two-thirds (66%) of total spending on HCBS.
4. All [50 states and Washington D.C.](#) cover some form of adult day care through their Medicaid programs.
5. ADS have been shown to improve health outcomes for older adults and people with disabilities, such as [delaying institutionalization](#), as well as [social and behavioral outcomes](#) like increased patient independence.
6. ADS can provide welcome support to the [53 million people](#) in the United States who are working as unpaid caregivers. Research shows that ADS uptake is associated with [reduced caregiver burden and better quality of life](#).
7. ADS are designed specifically with patient and caregiver empowerment in mind.

“Adult day care has been a lifesaver for us. I know I could not do this myself.”

– [Betty](#), Caregiver of an ADS participant

To learn more about the value of ADS and how Modern Medicaid Alliance partner National Adult Day Services Association (NADSA) is working to improve ADS quality and access, check out our recent Spotlight piece.