

Assessment of Adult Day Programs In and Around New Brunswick, NJ

Student Interns: Jamie Moy (SOM) and Katie Weindler (RWJMS)

Community Preceptor: Lisa Slater, RN, BS and Anita Franzione, DrPH, MPA

Faculty Preceptors: Joshua Coren, DO, MBA, FACOFP, UMDNJ-School of Osteopathic Medicine and Sonia Garcia Laumbach, MD, UMDNJ-Robert Wood Johnson Medical School

Healthy People 2020

Bridging the Gaps Focus Areas
Adapted from HP2010 and HP2020

- Older Adults
- Dementia, including Alzheimer's Disease
- Access to Health Services

Important Note: All statistics are estimated values obtained through conversations with staff members at each facility. These are unofficial statistics gathered to provide us with an overview of the populations within each program.

COPSA Day Program – Piscataway, NJ

COPSA is a small five-hour social program found within Robert Wood Johnson University Behavioral Health Center in Piscataway, NJ. On most days there are ten participants out of the enrolled 20. All of them are brought to the program either by county or family transportation since COPSA does not have any buses of their own. County transportation requires a \$2 voucher to utilize their services. Their staff to participant ratio is one-to-four and most of the participants are Caucasian and pay privately or with county assistance. Also, in order for the participants to be enrolled in the program, they must have a formal diagnosis of Alzheimer's disease or Dementia. There is one nurse present who helps administer medication to 2 or 3 of the participants and assists 3 or 4 of them in the bathroom. The social program also has a number of daily physical, cognitive and social activities throughout the day and offers the participants opportunities to observe religious activities. The program no longer takes day trips, however they invite in performers such as a cowboy who teaches the participants how to lasso and several musicians. COPSA's program director truly believes that adult day programs are an important resource in the continuum of senior care and hopes that her program can continue to grow.

The Gallery at Buckingham Place Adult Medical Day Service Program – Princeton, NJ

Buckingham provides adult day care for Middlesex and Mercer county. They offer 2 sessions at their program, 9:30 to 2:30 or 10:30 to 4:30. Their total enrollment is about 100 people. The licensed capacity is 69 and daily census is about 35-50 participants. The ratio of staff to participants has been 1:5 or 6. Buckingham was unique compared to the other places I visited because they also provide home care health services. This is another service they can offer when participants are beyond the scope of adult day program care. The biggest challenge for Buckingham has been increasing their census. About 10% of the participants pay using Medicaid, about 25% pay privately and the rest receive state grants and county funding. 50% of participants require aid when using the bathroom and 6 out of the 100 require aid when eating. A majority of the participants utilize the transportation at no extra fee and day trips are rare at their site. When I asked the social worker anything she would change about the program she said, "Less paperwork, more hands on." She runs a caregiver support group for spouses of dementia patients, but she stressed the desire for more counseling services. Buckingham also has a social program that is 3 days a week for 4 hours. This social program is in a separate room and accommodates 6-10 clients a day. The programs are only joined for entertainment purposes.

Golden Era Medical Adult Day Care – Edison, NJ

Golden Era Medical Adult Day Care in Edison, NJ operates from 7:00am to 7:30pm, dividing that time into two, five-hour shifts. With the two shifts, Golden Era is licensed to care for 90 participants at a time and so they have a daily census of about 150 Asian-Indian participants, all of whom utilize Medicaid. Door to door transportation within a 15 mile radius is provided as well as transportation to the bank, store, and the temple among other locations. Exercise, cognitive and cultural activities such as trips to temple and screenings of Bollywood movies are also included in the program on a daily basis. Golden Era has a nursing staff that assists about 70% of the participants in the bathroom and with the administration of medication. Success at Golden Era is measured by the satisfaction of the participants and their families and through improved health of clients who have recently joined the program.

Graceland Adult Medical Day Care – Perth Amboy, NJ

Graceland Adult Medical Day Care is a five-hour daily program that cares for about 95 Medicaid participants and has a licensed capacity of 170. The majority of the program's activities and meals cater to their predominant Hispanic and Asian Indian populations. Transportation is provided for participants located within a 50 mile radius and is also used to travel to banks, doctor's offices, grocery stores and temples among other locations. A translator is provided at all doctors' appointments so that each participant can communicate with the physician for optimal care. On site, there are two registered nurses and a licensed practical nurse who help with the administration of medication to around 25 participants. There is also a dietician that visits weekly to design a specific food plan for each participant. Graceland has a one-to-four staff to participant ratio and provides assistance to 8 participants with eating and several of the participants who require aid in the bathroom. It was interesting to learn that the program also serves as a way for seniors undergoing physical therapy to recover at home instead of having to enroll in a nursing facility while they heal. The Graceland staff conducts a number of educational, cultural, cognitive, physical and religious activities and trips throughout the day for enrichment of both predominant cultures. Some of the staff members also run a hair and nail salon within the program to assist with grooming needs. Unlike many other facilities, Graceland also has two quiet rooms to accommodate for their large population. Another interesting point was that satisfaction at Graceland is measured not only by monthly surveys but also through participant discussion groups where participants speak their mind to the activity staff. No administrators are allowed on the floor to allow for a comfortable and safe environment for the participants to speak their mind. Graceland's director also mentioned that they are hoping to create a second shift of hours in the afternoon within the coming months to satisfy a need for longer hours.

The Francis E. Parker Memorial Home – Highland Park, NJ



The Adult Day Health and Social Program at the Francis E. Parker Memorial Home was our primary site. As the name suggests, the Adult Day Program is split into social and health components with different rooms and staff for each group. The total enrollment for the program is 105 with a daily census of 51 participants and a licensed capacity for 60 people at a time. Within the populations, 8 people pay with Medicaid while 40% pay privately. The rest of the population utilizes other sources of funding. In addition, the majority of the population is of Caucasian descent. Transportation in air-conditioned, handicap accessible busses and vans is provided for members within an 8-mile radius. The ratio of staff members to participants is 1 to 6 for the medical program and 1 to 10 for the social program. There are several health professionals on site including a nursing staff that provides 24% of the participants with medication and assists 74% of the population with bathroom needs and 43% with eating. Bathing, physical therapy, speech, counseling and podiatry services are also available as well as access to a hair and nail salon, a wellness center with exercise equipment and a pool. Activities in both programs can be categorized into 5 main groups: social, productive or purposeful, educational, leisure, independent activities, intergenerational opportunities, and cognitive. There is also a non-denominational chapel on-site to allow religious opportunities. Success at the Parker Home is measured through annual surveys, constant participant and family feedback, the professionalism of the staff and incidence of falls. The program director believes that the biggest challenge to the program is managing transportation and that the program could be further improved with the addition of more staff since "with more, you can do more."

JFK Adult Medical Day Program – Edison, NJ

JFK seemed to have the most compromised participants I saw on my visits. Their staff to participant ratio is 1:7. They accommodate participants from almost exclusively Middlesex county. Total enrollment of participants is 94 people, licensed capacity of their space is 90 and daily census is 50-60. The social worker I spoke with shared that they measured success at their site based on safety, monitoring medical needs and general happiness of the participants. 80-90% of participants require the administration of medication. There is a support group for caregivers monthly. About 50% of patients pay for the program using Medicaid and the rest receive various funding grants. Funding is a big challenge for the program. 80% of participants require aid when using the bathroom and 25% require aid when eating. Bathing services are not provided at the JFK site. At least 90% of participants utilize the transportation with no extra fee and day trips are rare. The program accommodates many people in wheelchairs as well as amputees. Their wheelchair lift was a unique commodity compared to other programs, which helps them accommodate a more compromised population. JFK runs a 10-hour program, but most participants are there for 5 to 6 hours a day.

Just Like Home – Sayreville, NJ

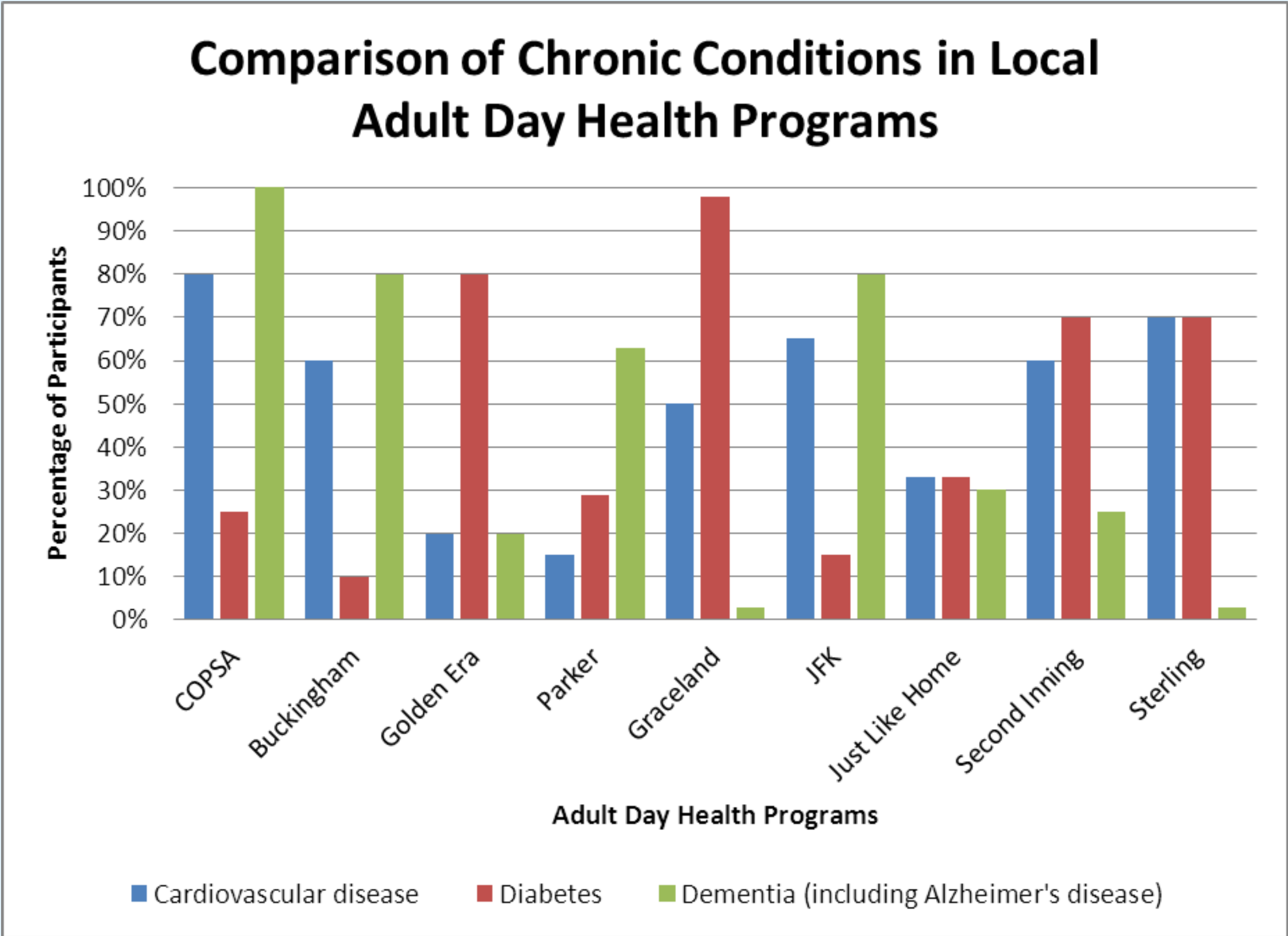
Just Like Home is a five-hour adult day medical program with a licensed capacity and daily census of 110 participants, the majority of which are Asian Indian and pay for the program through Medicaid. Transportation is provided both to and from the program for participants within a 25 mile radius. The program also takes participants to doctor's appointments, grocery stores, Walmart, and temple visits among other locations. Among a number of cognitive and physical activities, Just Like Home also gives participants the chance to observe religious traditions such as the maintenance of a shrine within the building. At Just Like Home, the staff to participant ratio is one-to-nine and there are two nurses on site who maintain an organized record of each participant's health information and run educational programs. 12 of the participants require assistance with administration of medication, several require aid in the bathroom and only 2 or 3 require aid when eating. Bathroom, bathing and feeding services are at no extra charge with Medicaid. Podiatrists and physical therapists also visit on a weekly basis and a dietician and social worker are part of the regular staff. Success at this site is based on survey results and overall participant and family satisfaction. According to the Activities Coordinator, one of the biggest challenges for the staff is a lack of space and trying to educate seniors on how to maintain good health at home as well as at the program.

Second Inning Adult Day Care Center – North Brunswick, NJ

Second Inning is a primarily Indian and Chinese program, with separate staff members that speak the native language of most of the participants. Their licensed capacity is 106 and their total enrollment is at 106. Their daily census is 100-106 participants per day, and having 90% or more of their enrollment everyday is how they measure their success. The staff to participant ratio is 1:9 and the transportation radius is 25 miles. Twice a week the staff members take the Chinese participants to a grocery store. There is a trip to temple once a week and religious activities are often celebrated at the center. Staff members do not meet with families unless there is an issue, which is what I found at most of the sites I visited. 100% of the participants pay for the program using Medicaid. Half of the participants require aid when using the bathroom and 3 require aid while eating. About 40% of participants require the administration of medication. Second Inning provides bathing services, but no participants use this service at the moment. All of the participants utilize the center's transportation. Day trips to religious temples, shopping malls, flea markets and movies are taken once or twice a week. When I asked the staff what they would change about the program, they answered, "more capacity." The program currently runs for 5 hours, but they have applied to accommodate for a second 5-hour shift.

Sterling Adult Day Services - North Brunswick, NJ

Sterling is a program of 60% Indian participants, with the rest of the population of mixed race. The transportation radius is 16 miles and staff to participant ratio is 1:6. The total enrollment is 70 people, licensed capacity is 60 for the building and daily census is about 50 people. Sterling differed from most of the other programs in that the participants and family members usually discuss feedback directly with the owners of the program, and no annual survey is conducted. I observed that almost all of the programs provide just about the same services, but Sterling had a unique prescription delivery service for their site for participant convenience. The program also pays the co-pay for the prescriptions. There are 2 social participants who pay privately for the program and are not separate from the medical day care. About 30% of patients require the administration of medication. They have not begun any support groups or counseling services. All participants pay using Medicaid aside from the 2 social clients. 10 participants require aid when using the bathroom and 2 require aid when eating. Bathing services are offered at Sterling, but usually only if there is an immediate hygiene issue. Sterling is a 5-hour program.



Staff to Participant Ratio

1:4	1:5	1:6	1:7	1:8	1:9
COPSA	Buckingham	Sterling	JFK		Golden Era
Graceland		Parker			Just Like Home
					Second Inning