

Adult Day Health Program

Empowering Independence Through Comprehensive Daytime Services

What is the Adult Day Health Program?

Adult Day Health (ADH) programs are licensed by the Department of Public Health as health care facilities. ADH programs provide nursing care, supervision, and health related support services in a structured group setting to individuals who are 18 or older who have physical, cognitive, or behavioral health impairments. ADH is a community-based, nonresidential program that allows participants to attend during the day while still living at home. Most ADH programs are open five days a week, so participants can attend the number of days that best meet their needs. The ADH program enhances participants' quality of life by offering structured health services, therapeutic activities, and social engagement in a safe and supportive environment.

Who is Eligible?

Adults (18 or older) who:

- Have MassHealth Standard or CommonHealth or be authorized for ADH services through MassHealth's One Care, Senior Care Options (SCO), or PACE
- Have ADH services ordered by their primary care provider (MD, PA, NP)
- Have a chronic or post-acute medical, cognitive, or mental health condition that requires supervision and support by a nurse.
- Have at least one skilled nursing service need or require assistance with one or more activity of daily living, including: bathing, toileting, transferring, mobility, and eating. The full eligibility requirements can be found at 130 CMR 404.000.

Program Benefits

- **Comprehensive Health Services.** These include nursing care, medication management, and monitoring chronic conditions.
- **Personalized Assistance.** Help with Activities of Daily Living (ADLs), such as toileting, transferring, mobility, and eating.
- **Therapeutic & Recreational Activities.** Engaging programs that help members stay active and promote physical, mental, and emotional well-being.
- **Socialization & Community Engagement.** Activities and social programs offered at the ADH Center and opportunities to connect with peers and reduce isolation.
- **Nutritional Support.** A light breakfast, hot lunch and snacks are provided. ADHs also provide dietary monitoring to meet individual needs.

- **Respite for Caregivers.** Provides relief for family members and caregivers, allowing many to remain in the workforce, while ensuring their loved one receives quality care during the day
- **Transportation Services.** Participants may receive transportation services to and from the program coordinated by the ADH program.

Why Choose ADH?

- **Maintains Independence.** ADH supports individuals in staying at home while receiving needed care.
- **Prevents Hospitalizations.** ADH helps manage health conditions. This reduces emergency visits and need for acute hospital care or care in a facility-based setting, like a nursing home.
- **Enhances Quality of Life** – Encourages active participation in a supportive and engaging community environment.

Get Involved!

If you or a loved one may benefit from the Adult Day Health program, or if you are a provider interested in partnering, contact us today to learn more.