Adult Day Care: Will It Work For Your Community?

Supplement to GH 6748, Adult Day Care
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Before a community establishes an adult day care program, they should conduct a feasibility study to determine need for such a program. Investment of money and time are involved in developing an adult day care center and many centers have failed for lack of sufficient prior information.

Besides determining need, a feasibility study can disclose what type of adult day care service would be acceptable to professionals, families and elderly residing in the community. A feasibility study is comprised of two steps.

Step 1. Determine Elderly Population

To discover how large the target population is in your community, find the population figures for persons 65 years and older living in your county. Such information usually can be received through the office of the State Cooperative Extension Service or the Division of Aging.

Once you have this number, multiply it by five (5) percent. The resulting figure will be a conservative estimate of the target population. This five-percent figure parallels the national figure for those elderly persons who are at risk of being institutionalized.

Another method of estimating the number of potential clients for adult day care in your county is to determine how many older people in the community are restricted in their activities of daily living. We know that ten (10) percent of the elderly in the United States are partially restricted to their homes. Multiply the 65 + population in your county by 10 percent and add it to the five (5) percent answer. (see example, p. 2) This will give you a more liberal number for the target population. The 5 and 10 percent figures are based on national data. Figures for specific communities may vary.

Step 2. Determine Who Will Be Surveyed

A survey of the community’s elderly, families and professionals is the second step. This survey will publicize the fact that adult day care services may become available within the county. It also will determine and create need for such services. Each group needs to be asked somewhat different questions. Use worksheets provided on pages six through 10.

- **Professionals**: All professionals caring for the elderly in the community should be surveyed. Professionals also can help identify other persons who should be contacted.

- **Families**: Identifying families to be surveyed is more difficult, because such names are not available on county lists. There are, however, several ways you can find these families. Names can be acquired from professionals being surveyed by specifically asking them to identify families caring for elderly persons. Or, contact the professionals by telephone and ask them for lists of such families. Families initially surveyed can then provide names of other families. The feasibility survey committee also can identify families caring for elderly persons.

- **Elderly**: Professionals who work with the elderly can identify potential clients to be surveyed. These will be elderly persons who are somewhat restricted to their homes, are presently receiving in-home care services, are showing signs of becoming incapacitated, or are presently living in nursing homes because of no suitable alternative.

Families and the elderly who are surveyed initially can then identify other persons who could benefit from adult day care services.
It is important that the people surveyed be located within the geographic boundaries the adult day care center will be able to serve. This is especially important in large urban areas or in large counties where transportation of the elderly would be a major consideration.

Survey Sample

It is important that the number of families and elderly interviewed is large enough to give a valid assessment of the need for and probable use of an adult day care facility. In small rural communities, it might be possible to survey the entire population of families caring for elderly persons, as well as the elderly themselves. In larger, more populated counties this might be impossible, because of cost and time involved.

In this situation, try to estimate the total population of families and elderly living within specified geographical boundaries. Once this is accomplished, draw a 10-percent sample of each group. (Example - 3,000 elderly in your county x 10 percent = 300 elderly persons to be interviewed.) Remember, the larger the sample the greater the accuracy of the information.

A second factor in guaranteeing a valid assessment is the type of people in your sample group. The sample should come as close as possible to representing the total population of families and elderly who will be using an adult day care center. This is known as drawing a “representative sample.”

For example, if there are more elderly females than males living in the county, the percentage difference of females to males in your sample group should equal that existent within the total population. Let’s say there are a total of 500 males and 1,000 females living in the county. Take each total and multiply it by the minimum sample size percentage (10 percent). Thus, the final sample should include 50 males and 100 females, or the same 2-to-1 ratio which exists in the total population.

In summation, to derive names of families and elderly to be surveyed, the feasibility survey committee will need to use a number of different sources. They are: professionals, families, elderly, senior centers, retirement residences, volunteer organizations, mail carriers, meter readers, etc.

Your State Cooperative Extension Service, through its affiliation with survey experts at the State University, can provide further information on 1) how to conduct such a feasibility survey; 2) how to identify people to be surveyed; 3) what constitutes an appropriate sample size; and 4) how to insure that the sample is representative of the total population to be studied.

<table>
<thead>
<tr>
<th>Example</th>
<th>“X” County</th>
<th>Your County</th>
</tr>
</thead>
<tbody>
<tr>
<td>A) 65+ years population</td>
<td>2000</td>
<td>_______</td>
</tr>
<tr>
<td>B) Institutional Risks Target Population (A x .05)</td>
<td>100</td>
<td>_______</td>
</tr>
<tr>
<td>C) Restricted in Daily Activities Population (A x .10)</td>
<td>200</td>
<td>_______</td>
</tr>
<tr>
<td>D) Target Population (add B and C)</td>
<td>300</td>
<td>_______</td>
</tr>
</tbody>
</table>

Is this target population large enough to begin an adult day care program in your county? Discuss it with concerned citizens in your community.
The Survey

A feasibility survey should contain the following items: 1) a brief introduction; 2) a definition of what is meant by adult day care; 3) survey questions; 4) a concluding question allowing the respondents to express their feelings, attitudes and thoughts not touched upon by other questions; 5) a note of appreciation for participating in the survey. (Sample surveys are included in this publication)

- Introduction
  The introduction should include the following: your name, name of the organization you are representing, purpose of the survey, why you are contacting this particular group and a declaration of confidentiality.

- Definition of Adult Day Care
  An example of a definition that could be used is:
  
  Adult day care shall mean a health-related and/or social-related program maintained and operated during specific hours of the day. The purpose is to provide care and/or treatment for adults whose conditions are such that they can benefit from the program. This would include adults who do not require 24-hour nursing care or hospitalization, but need more than occasional home services or recreational activities.

- Survey Questions:
  Survey questions should attempt to elicit the following pieces of information from respondents:
  1. Name, address, telephone number and professional background (provides information on potential clients and referees).
  2. Type and length of care being provided (direct measure of supportive services which can complement adult day care in the community and an indirect measure of need).
  3. The extent to which elderly and families use outside resources in their homes (an important consideration, since use of outside resources in the home is one indication of the need for adult day care services).
  4. The level of interest in an adult day care program (interest and use may not coincide, thus #5).
  5. The number of people who would use adult day care services (indicates whether the community has enough members to warrant investments of time and money).
  6. The extent to which professionals would refer clients to an adult day care program (indicates level of interest and future involvement by professionals).
  7. The extent to which families and older adults are willing and/or able to afford to pay for adult day care services (will determine to what extent public funding will be necessary, sliding fee schedule, etc.).
  8. The extent to which transportation is a major concern and a possible prohibiting factor in using an adult day care program (will determine level of need for public transportation and possible site location of the facility).
  9. Type of clientele who should and would be served (age range, level of physical and mental incapacitation, geographical location, etc.).
10. Structure and content of desired adult day care program staff, services, scheduled activities, charges, etc.

11. Why an adult day care program would not be used (important data for future marketing and publicity programs).

12. Names of other elderly persons and families to interview (part of “snow-ball” method of interviewing).

**Concluding Question:** An example of a concluding question used to elicit responses about areas not touched upon by the survey is:

> Is there anything else you might like to add that would help us ensure your needs will be met as we determine the need and plan for the development of an adult day care program in our community?

**Note of Appreciation:** It is important to build a bridge for possible future involvement. Therefore at the conclusion of the survey, there should be a statement like the following:

> Thank you for your assistance and participation in completing this survey. We are looking forward to the possibility of establishing an adult day care program in our community and developing a successful working relationship with you and your organization.

In conclusion, a feasibility survey does not have to be lengthy. The number of questions need not exceed 17 or 20 concisely stated items. It can be structured so the total interview can be completed in no more than 30 minutes.
WORKSHEET A
Feasibility Strategies for Adult Day Care

County or area: ________________________________

Step 1. Determine Elderly Population In Your County

1. Elderly Population (65 + years) __________
2. Institutional Risk Target Population
   (elderly population x .05) __________
3. Restricted Daily Activities Population
   (elderly population x .10) __________
4. Target Population
   (add #2 and #3) __________

Your county (check one that is most appropriate to your county):
- a) □ has adequate target population
- b) □ does not have adequate target population
- c) □ more information is needed

If you checked a or c, complete Step 2.

Step 2. Determine Who Will Be Surveyed

1. Professionals. On another sheet, list name and addresses of professionals to be surveyed. Include:
   - physicians
   - County health nurses/administrators
   - home health professionals
   - nursing home administrators
   - psychiatrists
   - Meals on Wheels volunteers
   - nutrition site coordinator
   - nurse practitioners
   - family/social service workers
   - hospital administrators
   - clergy
   - counselors
   - senior centers staff
   - others

2. Families. Check methods you will use to identify families caring for an elderly person:
   - □ Professionals identify families by:
     - □ survey  □ telephone  □ both
   - □ Families identify other families. If checked, list key places to find families that will provide needed information.

□ Other: (Specify, e.g. mail carriers, meter persons, voluntary organizations, etc.)
3. Elderly: Check methods you will use to identify elderly.
   Are you going to survey
   ☐ entire elderly population?
   ☐ sample of elderly population? _____ Size?
   ☐ Professionals identify elderly by:
   ☐ survey ☐ telephone ☐ other
   ☐ Families identify other elderly persons. If checked, list key places to find such families
to begin this process.
   ☐ Elderly people identify other elderly persons. If checked, list some key ways to find elderly
   who can give this type information.
   ☐ Other: (Specify, e.g. mail carriers, meter persons, voluntary organizations, etc.)

WORKSHEET B
Feasibility Survey of Professionals

Introduction
I am contacting you as a member of the Adult Day Care Advisory Committee for (name of county,
town or community) __________________________ to determine the need
for an adult day care program in our community.

We are presently in the process of surveying the citizens of (name of county, town or community)
___________________________ to determine the needs of our senior citizens
for adult day care and the services and programs that might be offered within this setting. We are
contacting you because of your interest with the senior citizens and your knowledge and expertise in the
area of providing services to this segment of the population.

Definition of Adult Day Care
Adult day care shall mean a health-related and/or social-related program maintained and operated
during specific hours of the day. The purpose is to provide care and/or treatment to adults whose health or
mental conditions are such that they can benefit from the program. This would include adults who do not
require 24-hour nursing care, boarding care or hospitalization, but need more than occasional home service
or recreational activities.

We would very much appreciate your response and participation in the following questions:
1. Name and title:
2. Professional organization:
3. What type of services do you provide to the elderly?
4. How long have you been caring for elderly persons?
5. Do you feel there is a need for adult day care services within our community? (Please explain your answer.)

6. Please indicate your recommendations as to the type of clientele to be served.

7. What age range should the program include?

8. From which geographical area(s) should the program draw participants?

9. What do you think should be the days and hours of an adult day care program?

10. What ideas do you have regarding charges for services, should they be:
    - Free
    - Sliding scale
    - Fixed charge

11. Which of these charges would be best?
    - Free
    - Sliding scale
    - Fixed charge

12. What types of services should be emphasized (please prioritize your answer with the number (1) being highest):
    - respite care for families
    - rehabilitation activities (to include physical therapy, occupational therapy, speech therapy)
    - health services
    - socialization
    - transportation
    - educational
    - counseling
    - nutrition
    - recreation
    - spiritual
    - other (Please indicate any other kind of special service needs you might foresee.)

13. (a) How many individuals, 60 or 65 years and older, within your caseload during the past year, would have availed themselves of services offered within an adult day care program (if available)? ____________

   (b) How many families caring for elderly persons, within your caseload during the past year, would have availed themselves of services offered within an adult day care program (if available)? ____________

14. Would you refer elderly persons and/or families caring for elderly, in your caseload, to an adult day care program if it were available in our community? (Please explain your answer.)
15. (a) What could possibly prevent individuals within your caseload from using adult day care service?

(b) What could possibly prevent families caring for elderly persons, within your caseload, from using adult day care services?

16. (a) Would you please list the names, addresses and telephone numbers of elderly persons who might benefit from an adult day care program. (Use a separate sheet.)

(b) Would you please list the names, addresses and telephone numbers of families caring for elderly persons who might benefit from an adult day care program. (Use a separate sheet.)

17. Do you have any ideas for funding of this program?

18. Is there anything else that you might like to add that would be of assistance to us as we consider the development of an adult day care program?

Thank you for your assistance and participation in completing this survey. We are looking forward to the possibility of establishing an adult day care program in our community and developing a successful working relationship with you and your organization.

WORKSHEET C
Feasibility Survey of Families

Introduction

I am contacting you as a member of the Adult Day Care Advisory Committee for (name of county, town or community) _______ to determine the need for an adult day care program in our community.

We are presently in the process of surveying the citizens of (name of county, town or community) _______ to determine the needs of families caring for elderly persons in their homes, and to see if adult day care and the services and programs that might be offered within this setting would be a viable alternative.

Definition of Adult Day Care

Adult day care shall mean a health-related and/or social-related program maintained and operated during specific hours of the day. The purpose is to provide care and/or treatment to adults whose health or mental conditions are such that they can benefit from the program. This would include adults who do not require 24-hour nursing care, boarding care or hospitalization, but need more than occasional home service or recreational activities.
We would appreciate your response and participation in the following questions:

1. Name:

2. Address and telephone number:

3. How long have you been caring for the elderly person in your home?

4. How old is the elderly person?

5. (a) Have you received help (in your home) in taking care of your elderly person in the past 12 months?  yes  no

   (b) If yes, please indicate the different types of help received.
   - sitter service
   - home health services, e.g. personal care
   - homemaker - chore services
   - County health nurse services
   - Other (Please specify.)

6. Do you feel there is a need for adult day care services within our community?  yes  no (Please explain your answer.)

7. What age range should the program include?

8. Would you take advantage of an adult day care program if our community were to make it available?  yes  no (Please explain your answer.)

9. What do you think should be the days and hours of an adult day care program?

10. If your answer to question number 8 was yes, which days and hours would be best for you?

11. What ideas do you have regarding charges for services, should they be:
   - Free
   - Sliding scale
   - Fixed charge

12. Which of these charges would be best for you?
   - Free
   - Sliding scale
   - Fixed charge

13. What types of services should be emphasized (please prioritize your answer with number (1) being highest).
   - respite care for families (respite care means giving family a rest and time to do other things)
   - rehabilitation services (to include physical therapy, occupational therapy, speech therapy)
   - health services
   - socialization, safety, health monitoring
   - transportation
   - educational
   - counseling
   - nutrition
   - recreation
   - spiritual
   - other (Please indicate any other kind of special service needs your elderly person might need.)

14. If transportation were not provided by the community, would you still take advantage of an adult day care program?  yes  no (Please explain your answer.)
15. Is there anything which might prevent you from taking advantage of an adult day care program?

16. Would you please list the names, addresses and telephone numbers of other families who are caring for an elderly person in their home who might benefit from an adult day care program? (on back)

17. Is there anything else you might like to add that would help us ensure your needs will be met as we consider the development of an adult day care program?

Thank you for your assistance and participation in completing this survey. We are looking forward to the possibility of establishing an adult day care program in our community.
5. Do you feel there is a need for adult day care services within our community?
   □ yes  □ no (Please explain your answer.)

6. What age range should the program include? Check age ranges below:
   □ Any age adult
   □ Only adults over 50
   □ Only adults over 60
   □ Only adults over 75

7. Would you take advantage of an adult day care program if our community were to make it available?
   □ yes  □ no. If yes, please check below to indicate when or under what conditions you most likely
   would use adult day care:
   □ Immediately
   □ In the next two years
   □ Possibly 5 years from now
   □ Possibly 10 years from now
   □ If my health fails
   □ If my mate’s health fails
   □ If my children move away

8. What do you think should be the days and hours of an adult day care program?
   a) Check the number of days per week below:
      □ 5 days  □ 3 days  □ 1 or 2 days
   b) Check number of hours per day:
      □ 8 hours  □ 6 hours  □ 4 hours  □ drop in for 2 hours
      □ any combination of hours
   c) Check opening hour desired:
      □ 6:30 a.m. □ 7:00 a.m. □ 7:30 a.m. □ 8:00 a.m.
      □ 8:30 a.m. □ 9:00 a.m. □ 11:00 a.m. □ 12:00 a.m. □ 1:00 p.m.
   d) Check closing time desired:
      □ 1:00 p.m. □ 2:00 p.m. □ 3:00 p.m. □ 4:00 p.m.
      □ 5:00 p.m. □ 6:00 p.m. □ 7:00 p.m.

9. If your answer to question number 7 was yes, which days and hours would be best for you?
   a) Check days: □ Monday, □ Tuesday, □ Wednesday, □ Thursday,
      □ Friday, □ Saturday, □ Sunday
   b) Write in the best hours for you:
      Best opening hour __________________
      Best closing time __________________

10. What ideas do you have regarding charges for services, should they be:
    □ Free
    □ Sliding scale
    □ Fixed charge

11. Which of these charges would be best for you?
    □ Free
    □ Sliding scale
    □ Fixed charge
12. What types of services should be emphasized in an adult day care program? (Please prioritize your answers with number (1) being highest).

☐ respite care for families caring for older adults (respite care means giving the family a rest and opportunity to do other things)
☐ rehabilitation services (to include physical therapy, occupational therapy, speech therapy)
☐ health services
☐ safety, socialization opportunities and health monitoring
☐ transportation
☐ educational
☐ counseling
☐ nutrition
☐ recreation
☐ spiritual
☐ other (Please indicate any other kind of special services you might need.)

13. If transportation were not provided by the community, would you still be able to take advantage of an adult day care program? Yes ☐  No ☐ If no, please explain your answer.

14. Is there anything which might prevent you from taking advantage of an adult day care program? Check below:

☐ transportation  ☐ finances  ☐ need to know more about the program
☐ other: (please describe)

For us to determine the need for and the willingness of older adults to use adult day care services, we need your help in identifying other older adults for whom an adult day care program would be helpful.

15. Would you please list names, addresses and telephone numbers of other older adults who might benefit from an adult day care program?

16. Is there anything else you might like to add that you think we should consider in the development of an adult day care program?

Thank you for your assistance and participation in completing this survey. We are looking forward to the possibility of establishing an adult day care program in our community.

Form developed by Burton Halpert, State Gerontology Specialist, University of Missouri, Kansas City and Lou Isbell, State Child and Family Development Specialist, University of Missouri-Columbia.