

R.D. NETWORK NEWS

Spring, 2001

VOLUME 5, ISSUE 1

INTERNATIONAL REGISTRY
OF CONSULTANT DIETITIANS
FOR BUSINESS,
COMMUNICATIONS,
EDUCATION & HEALTHCARE

ADULT DAY CARE

Adult Day Care (ADC) services are community-based group programs designed to meet the needs of functionally and/or cognitively impaired adults through an individual plan of care. These structured, comprehensive programs offer physical and social activities, meals, and other care/support services to meet the individual needs of adults with some of the following conditions/problems:

- ♦ Alzheimer's disease or other dementia
- ♦ Parkinson's disease
- ♦ Stroke
- ♦ Developmental disabilities
- ♦ Visual problems
- ♦ Mental illness
- ♦ Living alone and in need of social outlets
- ♦ Have caregivers who work outside the home

Typically, people can attend adult day care programs from 1 to 5 days per week. Some programs offer extended options from services starting at 6:30 a.m. to an occasional overnight stay and up to 7 days a week of service. Lunch and snacks are served each day; some programs also serve breakfast; dinner is offered for overnight stays. Most activities occur between 8 a.m. and 4 p.m. There are two distinct types of adult day care programs. One is a social program the primary goal of which is to provide a variety of activities throughout

the day. The second type offers mostly medical treatments with a goal of rehabilitation for the people who attend. Some adult day care programs offer both social and medical programs. Sometimes the programs are specialized, offering care only to certain types of clients. An example of a specialized adult day care program is one that only cares for people who have Alzheimer's disease.

It is estimated that more than 4,000 adult centers are operating in the United States. Most, 90%, are operated on a non-profit or public basis, and many are affiliated with larger organizations such as home care, skilled nursing facilities, medical centers, or multi-purpose senior organizations.

Regulation of adult day care programs varies from state to state. Some states do not have any regulations unless the program accepts people with Medicaid insurance. If state regulations are in place, the state usually has assigned this duty to the State Department of Health or the Department of Social Services.

A FEW NEW NATIONWIDE CLIENTS:

- ♦ Kingman Kidney Clinic, AZ
- ♦ St. Stephen's School, VA
- ♦ Paoli Memorial, PA
- ♦ Un. Of Brooklyn, NY
- ♦ Med. Ctr Hospital, TX
- ♦ Children's Nat'l Med. Ctr, Washington, DC
- ♦ Williamsburg Village, IN
- ♦ Wesbury CCRC, PA
- ♦ Powhatan Lenape Nation Indian Reservation, NJ
- ♦ Doctor's Medical Ctr. CA
- ♦ St Francis Medical Ctr., NJ
- ♦ Washington Med. Ctr. Washington, DC
- ♦ Columbia Univ., NY
- ♦ Asbury Solomons Island NH, MD
- ♦ Carestone ALF, GA
- ♦ Grace Hospital, NC
- ♦ Canterbury Village, IN
- ♦ Onslow Memorial Hospital, NC
- ♦ St. Agnes School, VA
- ♦ Silvercrest ECF, NY
- ♦ Masonic Home, DE
- ♦ Franklin Sq. Hospital, MD
- ♦ Rolling Hills NH, IN
- ♦ New Hope Adult Day Care, PA

Wise Words

By believing passionately in something that still does not exist, we create it. The non-existent is whatever we have not sufficiently desired

Nikos Kazantzakis

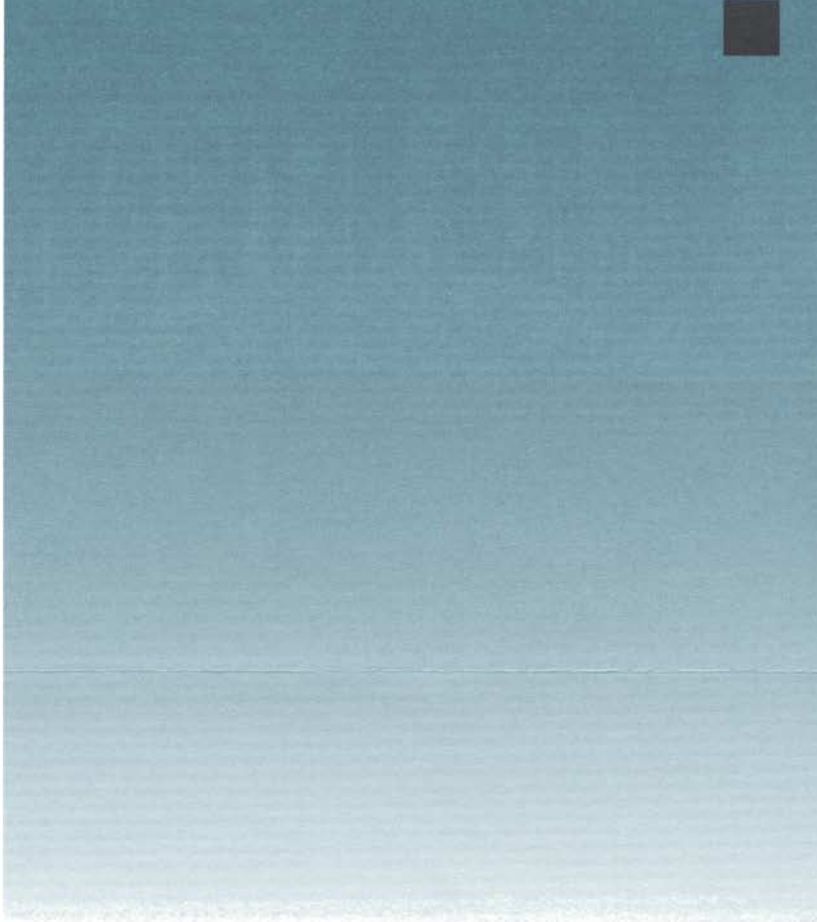
FOOD & NUTRITION SERVICES IN ADC

The Child and Adult Care Food Program (CACFP) is administered at the federal level by the USDA and frequently at the state level by the Department of Education, Division of Food and Nutrition. The CACFP provides reimbursement for meals served to enrolled participants in non-residential child or adult care facilities. The primary intent of the program is to improve the diets of children and adults and to develop healthful eating habits through the service of nutritious meals and the provision of nutrition education activities.

Meals must minimally meet USDA meal pattern requirements (over). Depending on individual states, counties or the reimbursing agency, additional nutrient requirements may be dictated. If the participants are of a specific religious/ethnic group the meals should be reflective of that culture. Special diets will be followed as noted in the ADC's admission policy. An RD will assist in the menu development, nutritional analysis, special diets and education. Meals may be prepared on/off site by an approved provider.



R.D. NETWORK, INC.
303-D SHAWMONT AVENUE
PHILADELPHIA, PA. 19128
(215) 482-4461 OR (877) 482-4991
FAX: (215) 482-9947
e-mail: rd-network@msn.com
Web site: www.rdnetwork.com



ADULT DAY CARE continued

BREAKFAST

- MILK
- JUICE, FRUIT, AND/OR VEGETABLE
- BREAD OR CEREAL

LUNCH OR SUPPER

- MILK
- MEAT/MEAT ALTERNATE
- 2 SERVINGS OF FRUIT AND/OR VEGETABLE
- BREAD/BREAD ALTERNATE

SNACK (CHOOSE 2 OF THE 4)

- MILK
- BREAD/BREAD ALTERNATE
- FRUIT AND/OR VEGETABLE
- MEAT/MEAT ALTERNATE

FOR ASSISTANCE CALL US

AT 877-482-4991. WE HAVE

A DIETITIAN FOR YOU!

