

# Adult Day Health Care



## What is Adult Day Health Care?

Adult Day Health Care is a program Veterans can go to during the day for social activities, peer support, companionship, and recreation.

The program is for Veterans who need help with activities of daily living.

Examples include help with bathing, dressing, or fixing meals. This program is also for Veterans who are isolated, or their caregiver is experiencing burden. Adult Day Health Care can be used in combination with other Home and Community Based Services.

Health services such as care from nurses, therapists, social workers, and others may also be available. Adult Day Health Care can provide respite care for a family caregiver and can also help Veterans and their caregiver gain skills to manage the Veteran's care at home.

The program may be provided at VA medical centers, State Veterans Homes, or community organizations.

## Am I eligible for Adult Day Health Care?

Since Adult Day Health Care is part of the VHA Standard Medical Benefits Package, all enrolled Veterans are eligible **IF they meet the clinical need for the service and it is available.**

A copay for Adult Day Health Care may be charged based on your VA service-connected disability status and financial information.

Contact your VA social worker/case manager to complete the *Application for Extended Care Benefits* (VA Form 10-10EC) to learn the amount of your copay.

## What services can I get?

Adult Day Health Care can be a half-day or full-day program.

Usually, you would go to an Adult Day Health Care center several times a week.

Based on availability and need, you can create a regular schedule that works for you and your family caregiver.

You may be able to get assistance with transportation to and from an Adult Day Health Care center. Services may vary by location.



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## How do I decide if it is right for me?

You can use a [Veteran Decision Aid for Care at Home or in the Community](#) to help you figure out what home or community care services or long term care services may best meet your needs now or in the future.

There's also a [Caregiver Self-Assessment](#). It can help your caregiver identify their own needs and decide how much support they can offer. Having this information from your caregiver, along with the involvement of your care team and social worker, will help you reach good short-term and long-term care decisions.

Ask a social worker for these resources or download copies from the [Making Decisions and Advance Care Planning](#) section at [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics).

If Adult Day Health Care seems right for you, your VA social worker can help you find an Adult Day Health Care center near your home, if available, and assist with making arrangements.



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