



Adult Day Services in Iowa: A Valuable Option in Aging Services

Adult day services are a community-based option where older adults and people with disabilities can receive the long-term services and supports (LTSS) they need while staying at home and in their communities.

This fact sheet provides important information about adult day services, why they are important to Iowa and data specific to the state about adult day services providers.

How Adult Day Services Operate

While each adult day services center is unique, adult day services centers typically provide meals, social activities and a range of services, including dietary, social work, transportation and therapeutic services (e.g., physical therapy). Many adult day services centers also provide access to health care, including skilled nursing, mental health and dental care.

People served by adult day services providers generally can go to adult day services centers up to five days per week during business hours. Some providers also offer services during evenings and weekends.

In Iowa, there are about 30 adult day services providers, who serve an average up to 35 people. More than 90% are not-for-profit and/or government providers.ⁱ

Adult Day Services Provide Care to Older Adults and People with Chronic Conditions

Most people receiving adult day services in Iowa are older adults ages 65+ (54%).

Adult day services centers support people with all sorts of health conditions, including dementia/Alzheimer's, heart disease, and depression.ⁱⁱ

People who go to adult day services centers often need help performing functional and personal tasks, including bathing (29%), eating (21%), using the restroom (25%) and transferring in and out of chairs (20%). Adult day services centers are equipped to help people with each of these basic tasks.

Diagnosis	Percent of Adult Day Services Participants with Diagnosis
Dementia, including Alzheimer's	31%
Heart Disease	24%
Depression	29%
Diabetes	21%
Intellectual or developmental disability	40%

Adult Day Services Are Cost-Effective

Adult day services offer the care people need at a cost lower than other settings. In 2018, the annual average cost of adult day services in Iowa was 35% of the cost for assisted living care and 22% of the annual cost for nursing home care.^{iii,iv}

Medicaid is an Important Payer for Adult Day Services

- Close to half of adult day services participants in Iowa have some or all of their care paid for by Medicaid (61%).^v
- More than half (57%) of adult day services providers nationally get more than 50% of their revenue from Medicaid dollars.^{vi}
- In the state's Elderly Waiver documents, the state estimates that more than 200 older adults receive Medicaid-funded adult day services, with an average cost of \$2,990 to Medicaid.^{vii}

Iowa's Aging Population is Growing- and Itself Getting Older

- By 2030, the Boomer generation will be 65 years of age or older, and many Boomers will be in their 80s. In Iowa, the 65+ population is projected to grow by **62% from 2010 to 2030**, and the **85+ population** is expected to grow by **30%**.^{viii}
- Demand for aging services across the continuum will increase significantly to meet the needs of our changing population – and **adult day services are in position to be a cost-effective, high-quality provider of this care.**

About LeadingAge

The mission of LeadingAge is to be the trusted voice for aging. Our 6,000+ members and partners include nonprofit organizations representing the entire field of aging services, 38 state associations, hundreds of businesses, consumer groups, foundations and research centers. LeadingAge is also a part of the Global Ageing Network, whose membership spans 30 countries. LeadingAge is a 501(c)(3) tax-exempt charitable organization focused on education, advocacy and applied research.

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ⁱ Long-Term Care Providers and Services Users in the United States—State Estimates Supplement: National Study of Long-Term Care Providers, 2013–2014, https://www.cdc.gov/nchs/data/nsltcp/2014_nsltcp_state_tables.pdf

ⁱⁱ 2016 National Study of Long-Term Care Providers, Web Tables of State Estimates on Adult Day Services Center Participants https://www.cdc.gov/nchs/data/nsltcp/State_estimates_for_NCHS_Data_Brief_296.pdf

ⁱⁱⁱ Cost comparison assumes full-day adult day services five days per week, and year-long residencies at assisted living sites and/or nursing homes.

^{iv} Cost of Care Survey 2018, <https://www.genworth.com/aging-and-you/finances/cost-of-care.html>

^v 2016 National Study of Long-Term Care Providers, Web Tables of State Estimates on Adult Day Services Center Participants https://www.cdc.gov/nchs/data/nsltcp/State_estimates_for_NCHS_Data_Brief_296.pdf

^{vi} National Study of Long-Term Care Providers, 2015–2016, Weighted National Estimates and Standard Errors, https://www.cdc.gov/nchs/data/nsltcp/2016_NSLTCP_ADSC_Weighted_Estimates.pdf

^{vii} Waiver Approved Application, <https://www.medicaid.gov/medicaid/section-1115-demo/demonstration-and-waiver-list/?entry=8422>

^{viii} AARP Data Explorer, <https://dataexplorer.aarp.org/indicator/155/percent-increase-in-population-since-2010-projected-by-age-sex-and-raceethnicity#>