

National Study of Long-Term Care Providers

Adult Day Services Centers



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Centers for Disease Control and Prevention
National Center for Health Statistics

Introduction

The National Study of Long-Term Care Providers (NSLTCP) is a new data collection effort to gather ongoing information about the characteristics of adult day services centers and other long-term care providers. Also included are assisted living and other residential care communities, nursing homes, home health care agencies, and hospice agencies. The Centers for Disease Control and Prevention's (CDC) National Center for Health Statistics (NCHS) sponsors NSLTCP. This brochure describes the adult day services component of this groundbreaking study.

Importance

In 2010, there were an estimated 4,600 adult day services centers in the United States that served about 260,000 older persons and younger adults with disabilities on any given day.¹ Adult day services centers are an important and growing segment of the long-term care provider industry, serving community-based individuals who need supportive services to enable them to continue to reside at home. Adult day services centers also afford family caregivers respite from the demanding responsibilities of caregiving.

NSLTCP will be conducted every 2 years to provide an up-to-date profile of adult day services centers and the participants who rely on their services. The information collected will provide national- and **state-level estimates**, where possible. The ability to provide state-level estimates will depend on achieving high response rates for each state. These data will help characterize how adult day services centers meet the needs of elders and younger adults with disabilities and will help shape future long-term care policies.

Goals

NSLTCP is designed to provide information about the characteristics of adult day services centers and other long-term care providers, the services they offer, payment for these services, staffing, and the demographics and health of the people they serve. The main goals of the study—which will benefit providers, consumers, policymakers, and researchers—are to:

- Estimate the national supply of adult day services centers and other types of paid, regulated long-term care providers;
- Estimate key policy-relevant characteristics and practices of these long-term care providers;
- Estimate the national use of these providers;
- Estimate key policy-relevant characteristics of these users;
- Produce estimates for as many states as feasible within NCHS' confidentiality and reliability standards; and
- Compare among different types of long-term care providers at a similar time and monitor trends over time.

¹2010 MetLife, Inc., Ohio State University College of Social Work, National Adult Day Services Association (NADSA) National Study of Adult Day Services.

Questionnaire Content

Data collection is scheduled to begin in September 2012. Approximately 5,000 adult day services centers throughout the United States are included in NSLTCP. RTI International is collecting the data for NCHS. Directors of adult day services centers will be contacted by mail and asked to complete the questionnaire. No information about individual adult day services center participants will be collected. Information will be collected on a variety of topic areas, shown below.

About adult day services centers:

- Basic characteristics (e.g., ownership, average daily attendance, years in operation)
- Services provided (e.g., social work, case management, therapeutic, transportation)
- Staffing (e.g., types and numbers of employees and staff through contractual arrangement)
- Practices (e.g., depression screening, use of electronic health records, chronic disease management, person-centered care)

About participants in a center—overall distributions across all participants:

- Demographics (e.g., age, sex, race, ethnicity)
- Physical functioning (e.g., need for assistance with activities of daily living)
- Cognitive functioning (e.g., diagnosis of Alzheimer's disease or other dementias)
- Health care use (e.g., assistance with medications, rehospitalizations, emergency department use)

Confidentiality

CDC's NCHS is required by law to maintain the confidentiality of all data collected. All data provided by adult day services directors will be kept in strict confidence and used only for statistical purposes. All information, publications, and public-use data files will be released in such a way that no individual provider, staff, or participant can be identified. Any NCHS staff, contractor, or agent who willfully discloses confidential information may be subject to a jail term or a \$250,000 fine.

Intended Uses of the Data

NCHS will produce overview reports for each data year on the supply and use of the major types of paid, regulated long-term care providers in the United States. These reports will include the data collected from adult day services centers using the NSLTCP questionnaire. NCHS also plans to produce a public-use data file with data collected from adult day services centers that participated in NSLTCP. Data included in the report and the public-use data file will be released in such a way that no individual adult day services center, staff, or participant can be identified.

The first overview report and the public-use data file are planned for release in late 2013 and will be available on the NSLTCP website: <http://www.cdc.gov/nchs/nsltcp.htm>



NSLTCP Supporters

- National Adult Day Services Association (NADSA)
- LeadingAge
- American Health Care Association (AHCA)
- American Seniors Housing Association (ASHA)
- Assisted Living Federation of America (ALFA)
- Center for Excellence in Assisted Living (CEAL)
- National Association for Home Care and Hospice (NAHC)
- National Center for Assisted Living (NCAL)
- National Hospice and Palliative Care Organization (NHPCO)

For additional information contact:

Long-Term Care Statistics Branch
Division of Health Care Statistics
National Center for Health Statistics
3311 Toledo Road, Room 3419
Hyattsville, MD 20782

Phone: 301-458-4747

Internet: <http://www.cdc.gov/nchs/nsltcp.htm>