

Quick Reference: Adult Day Health Programs (ADHP)

Many seniors and adults with disabilities prefer to stay in familiar surroundings and access health services and long-term care in their homes or their local community. Qualified older adults and persons with disabilities in the District may be eligible for Adult Day Health Programs (ADHP), community-based supports that promote community inclusion and offer services in a non-residential group setting, through the District's 1915(i) program. ADHP services are also available in the District's EPD waiver program. If you think you may meet the criteria described below (or you have already had an assessment completed and know you are eligible for ADHP services), contact the Aging and Disability Resource Center (ADRC) at the number below.



ADHP services offer a range of supports and services that may be right for you.

ADHP services are designed to encourage older adults to live in the community by offering non-residential medical supports and supervised, therapeutic activities in an integrated community setting. ADHPs also foster opportunities for community inclusion. Services provided at ADHPs may include:

- Nursing services
- Individual and group therapeutic activities
- Socialization
- Individual and group counseling
- Personal care services
- Medication administration
- Meals, snacks and nutritional supports
- Art and music therapies
- Barber and beauty services
- Transportation for off-site services

To be eligible to use ADHP services, you must

- Meet the following criteria to enroll in the District's 1915(i) ADHP program:
 - Be a resident of the District of Columbia
 - Be a U.S. citizen or hold legal immigration status
 - Be eligible to receive DC Medicaid, with an income of less than 150% FPL
 - Have chronic conditions as certified by a licensed physician or APRN and meet the "level of care" established for ADHP services
- **OR** be eligible for and enrolled in the District's EPD waiver program

Are ADHP services right for you?

ADHP services, like all Medicaid home and community based long-term services and supports, are a choice program. You have the right to choose whether or not to participate and to choose the provider of your services. Participants may attend ADHP up to five days per week and up to eight hours a day, and you may still have access to other long-term services and supports if you choose to use ADHP. An ADHP may be a good fit for you if you feel the services described above will meet your needs.

Have you already completed an in-home visit and an assessment? Look at the assessment score in the letter you received after your assessment.

If your total assessment score listed is 4 or higher, you meet the functional eligibility criteria for ADHP in the 1915(i) program, and if you meet other criteria for the program you may enroll in that program.



For more information, for help understanding your options, or to find out how you can enroll in ADHP, contact the Aging and Disability Resource Center (ADRC) at 202-724-5626 or via email at Ask.ADRC@dc.gov.

You may also call the Department of Health Care Finance (DHCF) Long Term Care Administration at 202-442-5988.