

# **Background on Adult Medical Day Care (AMDC) Services &**

**How providing Insurance Coverage for  
this service will help  
Reduce the Overall Cost of Care &  
Improve Quality of Health for  
Marylanders**



# What is AMDC in Maryland?

**ADULT**

**16 Years and Older (no upper limit on age)**

**MEDICAL**

**Nursing Level of Care, Medications Management, Doctor's Orders, Plan of Care, Allergies, Diet, Vitals, Health Monitoring, ...**

**DAY**

**Morning to Afternoon  
Participants return to FAMILY as opposed to being Institutionalized**

**CARE**

**Transportation:**

**Home <-> Center, Dr's Offices,  
Groceries, Outings, Shopping, ...**

**~ 3,700,000 Round  
Trip Services / Yr**

**Nutrition:**

**Breakfast, Lunch, Snack**

**> 3 Million Meals / Yr**

**Activities:**

**Physical, Cognitive, Mental, Social, ...**

**> 8 Million Hours of  
Supervised Care / Yr**

**Rehabilitation:**

**Physical and/or Occupational Therapy**

**AMDCs provide a Safety Net for Better Care to Maryland's Most Vulnerable Populations.**



# Adult Medical Day Care - Overview

- Adult Medical Day Cares (AMDC) are a significant part of Maryland's "Continuum of Care", currently providing daily services to about 6,000 of the most vulnerable members of our population.
- AMDCs serve frail elderly and also disabled adults with physical and/or mental conditions that prevent them from independently attending to their Activities of Daily Life (ADLs). By providing regular monitoring of individual's conditions AMDCs can help Prevent and Reduce Hospital Visits and Re-Visits, and help maintain a higher quality of life for participants throughout the year.
- AMDCs are working testaments to the viability of the forward-thinking concept of providing comprehensive and continual care to individuals as opposed to fee-for-service model. The objective of the program is to help maintain or improve the overall quality of life of the individual. That's why AMDC services encompass Medical, Social, Mental, Physical, Nutritional, and other aspects of participant's life in a culturally appropriate manner tailored to each individual.
- AMDCs are licensed and regulated by the State of Maryland to provide Nursing Level of Care, making them the **ONLY** Alternative to Nursing Home Placement or Institutionalization for disabled and needy Marylanders.
- The program costs much less than nursing homes and brings significant savings to the State while improving the quality of life of the patients.



# Cost of Care



Maryland - State

## Annual Cost

2020

2021

### Home Health Care

Homemaker Services

\$54,912

\$56,559

Homemaker Health Aide

\$57,200

\$58,916

*Based on 44 hours per week by 52 weeks.*

### Adult Day Health Care

Adult Day Health Care

\$22,100

\$22,763

*Based on 5 days per week by 52 weeks.*

### Assisted Living Facility

Private, One Bedroom

\$60,000

\$61,800

*Based on 12 months of care, private, one bedroom.*

### Nursing Home Care

Semi-Private Room

\$122,275

\$125,943

Private Room

\$127,750

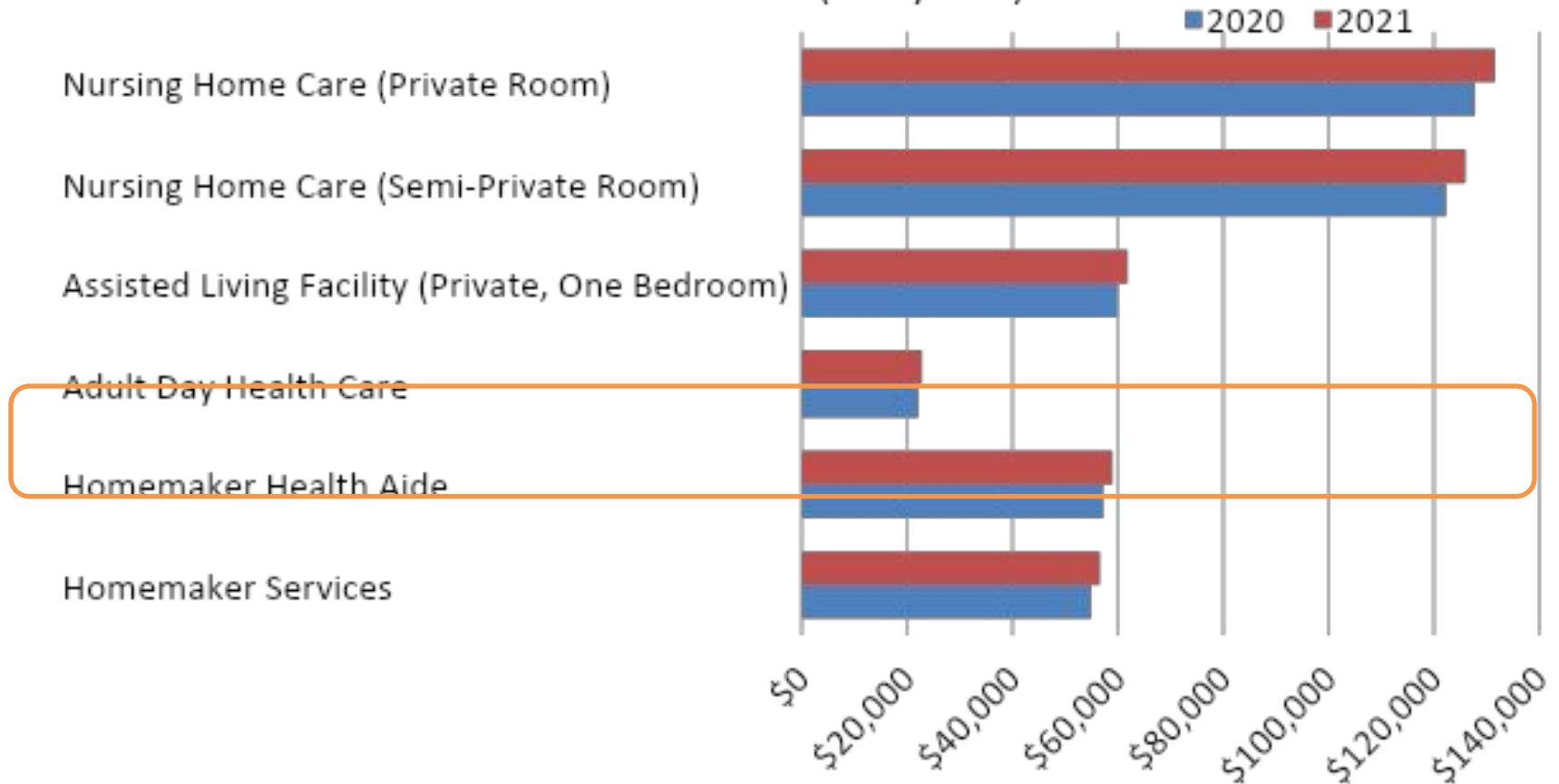
\$131,583

*Based on 365 days of care.*

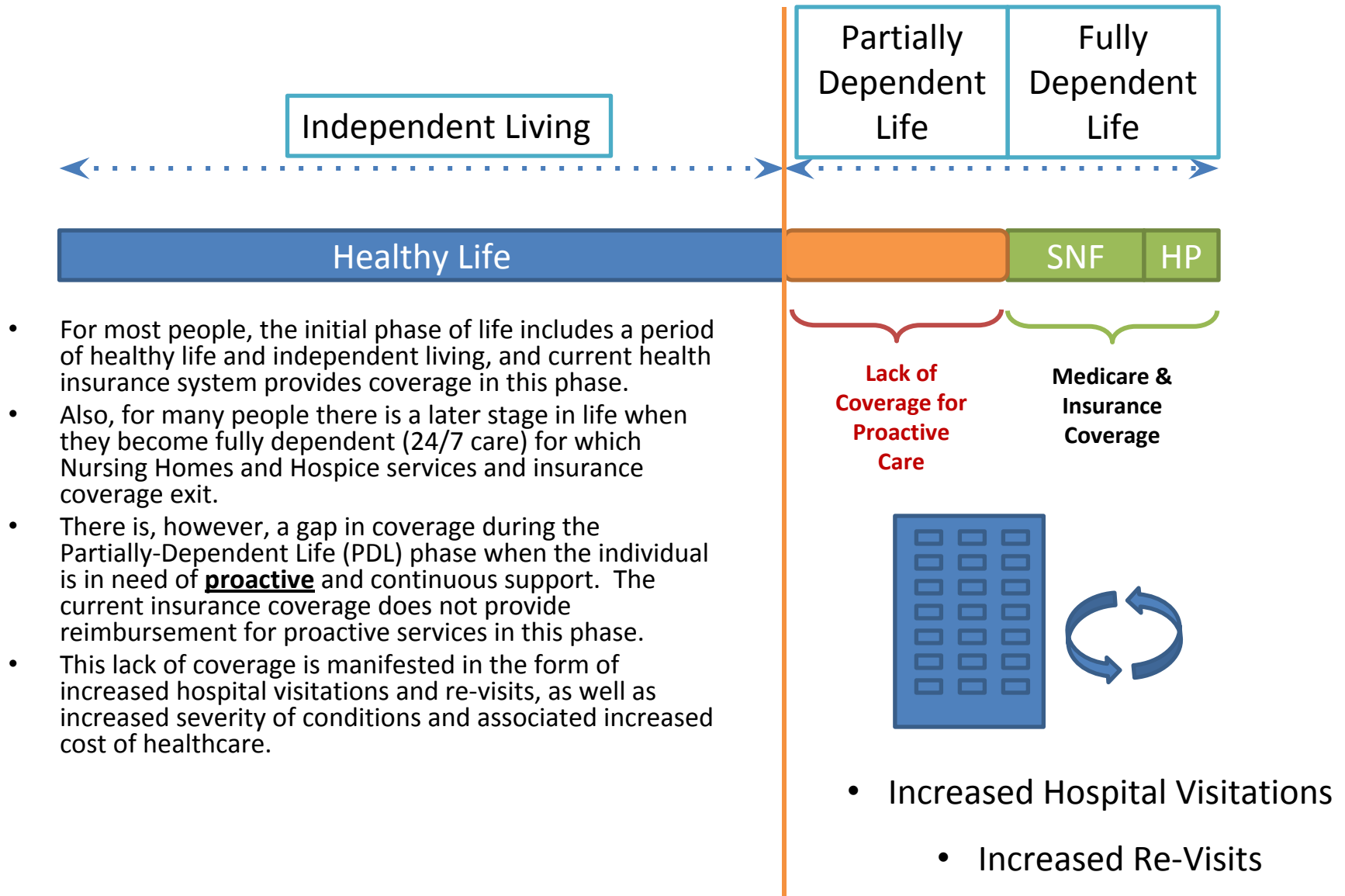


# Adult Day Health Care brings significant cost savings to the State

Cost of Care (Maryland)



# Providing Proactive Care in Partially-Dependent Phase of Life Improves Quality of Life & Reduces Total Cost of Care



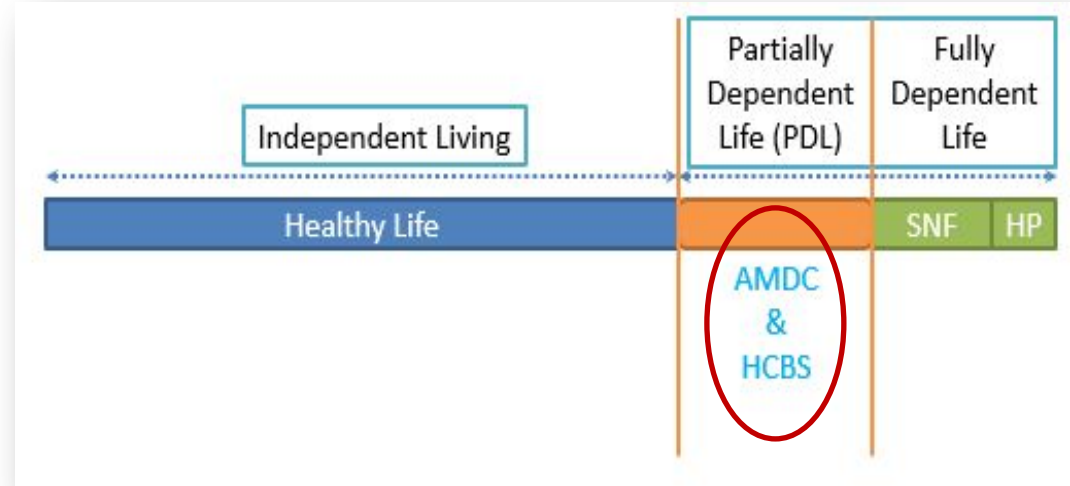


# Providing Insurance Coverage for Proactive Care during PDL for General Population can extend Improved Health Outcomes and Associated Cost Savings to beyond just the current Medicaid Waiver Recipients

- Proactive Care in PDL Phase

Results in:

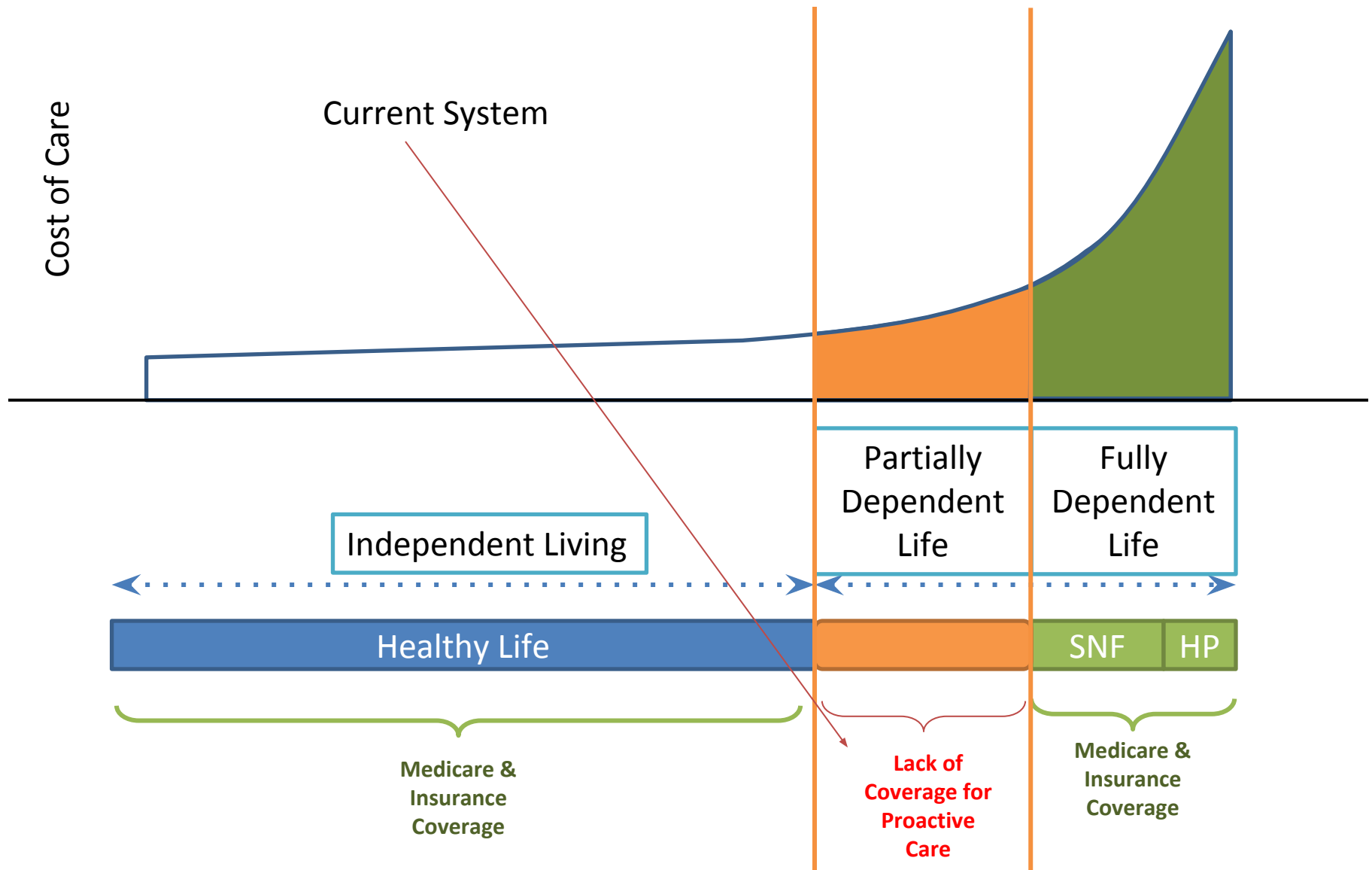
- Improved Quality of Life
- Reduction in Duration of more Costly Fully-Dependent Phase
- Reduction in Hospital Visits
- Reduction in Hospital Re-Visits
- Reduction in Severity of Illness
- Reduction in Overall Cost of Care



- AMDCs have provided proactive and comprehensive care during the PDL phase of life for Maryland's Elderly and Adults with Disability for more than 4 decades.
- Through the successful implementation of a well-designed and mature AMDC program, State of Maryland has demonstrated that this care model is effective in improving quality of Life for Marylanders while significantly reducing the cost of care.
- At the present time, ~85% of AMDC participants are recipients of Medical Day Care Waiver, funded by Medicaid and under CMS oversight.
- **Insurance Companies should provide coverage for proactive AMDC services for partially-dependent individuals (e.g., Medicare Advantage, etc.)**



# Focusing on Partially-Dependent Phase of Life Improves Quality of Life & Reduces Total Cost of Care

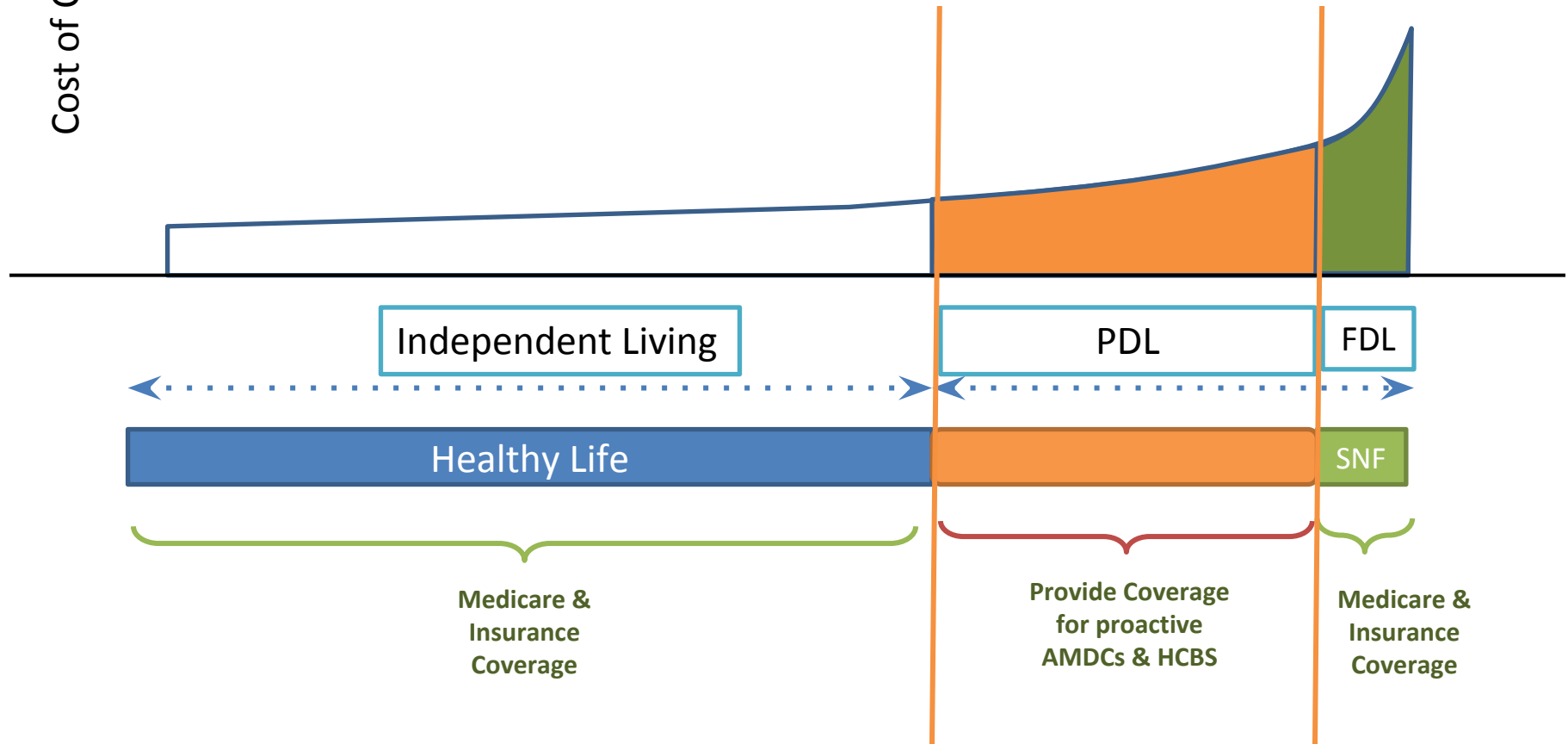






# Focusing on Partially-Dependent Phase of Life Improves Quality of Life & Reduces Total Cost of Care

Overall cost of care is reduced by providing insurance coverage for preventative services during the PDL phase of life (e.g., AMDC and HCBS services)





# Thank You

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President

**Maryland Association of Adult Day Services (MAADS)**

[www.Maads.org](http://www.Maads.org)

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