What adult day care services may I receive?

You may receive the following services in an adult day care:

1. Core services, which include assistance with:
   a. Locomotion outside of room, locomotion in room, walk in room;
   b. Body care;
   c. Eating;
   d. Repositioning;
   e. Medication management that does not require a licensed nurse;
   f. Transfer;
   g. Toileting;
   h. Personal hygiene at a level that ensures your safety and comfort while in attendance at the program; and
   i. Bathing at a level that ensures your safety and comfort while in attendance at the program.

2. Social services on a consultation basis, which may include:
   a. Referrals to other providers for services not within the scope of medicaid reimbursed adult day care services;
   b. Caregiver support and education; or
   c. Assistance with coping skills.

3. Routine health monitoring with consultation from a registered nurse that a consulting nurse acting within the scope of practice can provide with or without a physician's order. Examples include:
   a. Obtaining baseline and routine monitoring information on your health status, such as vital signs, weight, and dietary needs;
   b. General health education such as providing information about nutrition, illnesses, and preventative care;
   c. Communicating changes in your health status to your caregiver;
   d. Annual and as needed updating of your medical record; or
   e. Assistance as needed with coordination of health services provided outside of the adult day care program.

4. General therapeutic activities that an unlicensed person can provide or that a licensed person can provide with or without a physician's order. These services are planned for and provided based on your abilities, interests, and goals. Examples include:
   a. Recreational activities;
   b. Diversionary activities;
   c. Relaxation therapy;
   d. Cognitive stimulation; or
   e. Group range of motion or conditioning exercises.

5. General health education that an unlicensed person can provide or that a licensed person can provide with or without a physician's order, including but not limited to topics such as:
   a. Nutrition;
   b. Stress management;
   c. Disease management skills; or
   d. Preventative care.

6. A nutritional meal and snacks are provided every four hours, including a modified diet if needed and within the scope of the program, as provided under WAC 388-71-0768;

7. Supervision and/or protection if needed for your safety;

8. Assistance with arranging transportation to and from the program; and

9. First aid and provisions for obtaining or providing care in an emergency. Note: If you require the intervention or services of a registered nurse or licensed rehabilitative therapist acting under the supervision of your physician, consider adult day health services.