



Promoting Quality Adult Day Services

**Testimony of the Pennsylvania Adult Day
Services Association**

To the

**Aging and Older Adult Services Committee
Of The
Pennsylvania House of Representatives**

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Presented by

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Chairlady Kim, Chairman Mentzer, Ladies and Gentlemen of the House Aging and Older Adult Services Committee.

My name is Vlada Rubarkh. I come before you today as the Vice President of the Pennsylvania Adult Day Services Association (PADSA), as well as a Program Director of Northeast Adult Day Care, located in Philadelphia. I am accompanied by Leslie Gilman, President of PADSA and Executive Director of SarahCare of Jenkintown. We are here to speak to you about the challenges and successes of Adult Day Service Centers in our great State of Pennsylvania. It is my honor to dive into the unique challenges faced by providers like Northeast Adult Day Care, an institution with over 24 years of experience, while emphasizing the affordability, comprehensive nature, and the indispensable services offered by all Adult Day Service Centers across the Commonwealth.

I will begin by highlighting the significance and cost-effectiveness of Adult Day Services.

Let's take a moment to examine the numbers. The latest 2023 Genworth Cost of Care Survey reveals that the average monthly cost of Adult Day Services in Pennsylvania is significantly lower than all other forms of long-term care. Adult Day Services provide a cost-effective home and community-based alternative to nursing home and assisted living facilities, with expenses amounting to a fraction of the cost. This affordability factor cannot be understated, especially considering the financial strains on both families and the State's budget.

As an example, here are 2023 monthly breakdown costs for Pennsylvania from Genworth, a private sector long-term insurance provider.

[Cost of Long Term Care by State | Cost of Care Report | Genworth](#)

Homemaker Services \$4,004.00

Home Health Aide \$5,815.00

Assisted Living \$5,550.00

Adult Day Services \$2,416.00

Semi-Private Room in a Nursing Home \$10,786.00

Private Room in a Nursing Home \$1,558.00

While representing the most economically efficient choice, Adult Day Service Centers assume a crucial role in delivering a comprehensive range of services tailored to the diverse needs of our aging population. Allow me to illustrate this point using my center, Northeast Adult Day Care, as an exemplar of a typical Pennsylvania Center and its offerings:

- *Nutritional Support*: Meals and snacks are provided daily. Participants receive two meals and a snack during their time at the Center, ensuring they have access to nutritious and balanced meals. We prevent dehydration and malnutrition 365 days per year.
- *Extended Hours of Care*: Centers offer flexibility by providing up to 11 hours of care, accommodating the varying schedules and needs of participants and their families. Participants can arrive early and stay late which allows for total accommodation of caregiver's schedules.
- *Professional RN Directed Care*: Registered Nurses are an integral part of the team, overseeing health monitoring, medication management, and ensuring the well-being of participants. We provide services ranging from diabetic care, tracheostomy care, wound care to oxygen therapies and beyond. We prevent and forestall hospital readmissions and nursing home placements!
- *Therapeutic Services*: Centers provide access to Physical Therapy (PT), Occupational Therapy (OT), and Speech Therapy, contributing to the overall health and mobility of participants. Many Centers offer daily exercise programs which enhance functional mobility.
- *Low Staff-to-Client Ratio*: Maintaining a 1:5 client to staff ratio ensures individualized attention, fostering a safe and supportive environment for participants.
- *Engaging Activities and Socialization*: Social isolation is a significant concern for the elderly. Adult Day Services provide a vibrant and engaging environment, fostering social interaction, and offering a wide array of activities. From arts and crafts to music therapy, these services enrich the lives of our seniors.
- *Personal Care Assistance*: Centers offer assistance with personal care, such as toileting, incontinence care, assistance with ambulation and transfers, grooming and hygiene while ensuring the dignity and well-being of each participant.

- Caregiver Support and Relief: Recognizing the challenges faced by family caregivers, Adult Day Centers provide much-needed support and respite, giving caregivers a break while ensuring their loved ones receive quality care. Many Centers offer Caregiver Support Groups
- Addressing Industry Crisis and Solving Personal Care Worker Shortages: The Adult Day Services industry has faced a crisis, losing 20% of our Centers in the wake of the COVID-19 pandemic. As we work towards recovery, it's crucial to recognize the role Adult Day Centers can play in solving the personal care worker shortages prevalent in Pennsylvania. Adult Day Centers, operating at a 1:5 ratio as opposed to 1:1 home care, make a more efficient use of existing personal care workers. Expanding Adult Day Centers not only ensures better care for our older adults but also creates job opportunities. This not only can help address the shortage of personal care workers, but also provides employment in a sector that directly contributes to the well-being of our communities.
- Diversity and Cultural Competency: Managing a diverse and multicultural population presents distinct challenges. Drawing on my experience as the Program Director of Northeast Adult Day Care, I can assert confidently regarding its cultural competence. The Center provides services tailored to the specific needs and preferences of individuals from various backgrounds. Nevertheless, sustaining this commitment demands additional resources and support to ensure that all participants receive the highest quality care.

Funding challenges have plagued Adult Day Service providers for far too long. Our industry has not had a rate increase for 14 years! Our Medicaid rate, which is determined by Community Health Choices MCOs and overseen by the PA Department of Human Services, is still only \$75.01 per day (based on the Southeast Region). This includes meals, activities, personal care, RNs, therapies and up to 11 hours of care. Stagnant rates and the looming specter of inflation since 2010 have compromised the fiscal sustainability of our Centers. The cost of delivering essential services has risen steadily, putting us at risk of being unable to maintain operations. Without adequate financial support, the very lifeline of many of our programs is in jeopardy.

Provider sustainability is a critical concern we wish to bring to your attention. Numerous Centers currently operate at a loss, relying on parent organizations to cover these deficits. Some have had to make difficult decisions, reducing staff, or cutting back hours of service. These adjustments directly impact the quality and availability of the essential services our centers provide to the elderly population.

Upon completing their assessment function, Area Agencies on Aging often offer adult day services as an OPTIONS referral. However, when they are a Medicaid client, we receive few referrals from CHC, despite the quality care and cost savings we offer.

Finally, and at present, the proposed Aging Our Way, PA Plan is at the forefront of our discussions. With the comment period closing in just 2 days, we have a unique opportunity to stress the importance of including Adult Day Services as a core component of this 10-year plan. The services we offer play a pivotal role in the well-being and independence of our older adults, and their inclusion in the plan is essential for the comprehensive care of our aging population.

I would also like to take a moment to acknowledge and thank Pennsylvania's Secretary of Aging Jason Kavulich for his dedication and recognition of the importance of adult day services in Pennsylvania. His advocacy and support have been invaluable to our industry's progress and are greatly appreciated.

I implore each member of this esteemed committee to consider the unique challenges faced by Adult Day Service providers serving diverse and multicultural communities. By supporting and adequately funding Centers like Northeast Adult Day Care, we ensure that every elderly individual, regardless of their background, receives the care and support they deserve.

Thank you for your time and consideration. Together, let us work towards revitalizing the Adult Day Services industry, ensuring that all Centers across the Commonwealth in Pennsylvania can continue providing essential quality care and support to our aging population.

Justification for Rate Increase Based on Philadelphia, PA CPI

According to the U.S. Bureau of Labor Statistics, prices in Philadelphia, Pennsylvania, are 35.69% higher in 2024 compared to 2010, representing a \$26.77 difference in value.

Between 2010 and 2024, Philadelphia experienced an average inflation rate of 2.20% per year, indicating significant inflation. In other words, \$75.01 in Philadelphia in 2010 would cost \$101.78 in 2024 for an equivalent purchase.

[Inflation rate since 2010](#)

Buying Power of \$75.01 Since 2010

Below are calculations of equivalent buying power in Philadelphia, over time, for \$75.01 beginning in 2010. Each of the amounts below is equivalent in terms of what it could buy at the time:

Year	USD Value	Inflation Rate
2010	\$75.01	2.05%
2011	\$76.98	2.62%
2012	\$78.42	1.87%
2013	\$79.36	1.20%
2014	\$80.42	1.33%
2015	\$80.35	-0.09%
2016	\$80.82	0.59%
2017	\$81.85	1.27%
2018	\$82.94	1.33%

Year	USD Value	Inflation Rate
2019	\$84.51	1.90%
2020	\$85.29	0.92%
2021	\$88.62	3.91%
2022	\$95.55	7.81%
2023	\$99.88	4.53%
2024	\$101.78	1.90%*

- Not final. See inflation summary for latest details.
- Extended periods of 0% inflation usually indicate incomplete underlying data. This can manifest as a sharp increase in inflation later on.
- Adjust Philadelphia Prices for Inflation
- Using the inflation rate formula:
 - $CPI\ in\ 2024 / CPI\ in\ 2010 * 2010\ USD\ value = 2024\ USD\ value$
 - Plugging in historical CPI values, the calculation shows that \$75.01 in 2010 has the same "purchasing power" as \$101.78 in 2024, specifically in the CPI category of Philadelphia, Pennsylvania.

Source: U.S. Bureau of Labor Statistics began tracking the Consumer Price Index for Philadelphia, Pennsylvania in 1914. In addition to Philadelphia, the index produces monthly data on changes in prices paid by urban consumers for a variety of goods and services.