

# Impact of Adult Day Service Center Closures in the Time of COVID-19

Paayal S. Vora BS, Lydia Missaelides MHA,  
Chau Trinh-Shevrin DrPH, Tina Sadarangani PhD, RN, ANP-BC

## INTRODUCTION

- Adult Day Service Centers (ADCs) are a form of community-based long-term care that address health and social needs of older adults.
- Many ADCs have temporarily closed due to COVID-19.
- It is unknown how closures have affected delivery of ADC services.

## METHODS

1. N = 20
2. Virtual focus groups and one-on-one semi-structured qualitative interviews with ADC staff across the United States.

Closures of Adult Day Programs due to COVID-19 have been associated with **declines** in older adults' **physical health, cognition, and functional status**. However, center staff have designed **innovative virtual programs** to address participants' unmet needs.



## RESULTS

- ADC participants have shown declines in physical, cognitive, and mental health.
- Increased caregiver strain was common.
- ADCs have developed virtual and socially-distant programming, such as support groups, music therapy, and exercise classes.
- ADCs have utilized telehealth and conducted doorstep visits.

## DISCUSSION

- Despite challenges, ADCs have creatively managed participant needs, fostered a sense of purpose, and provided caregiver respite.
- Further research on the effectiveness of remote programming is required.
- Advocacy is necessary for ADC reimbursement to ensure continued services to participants.

