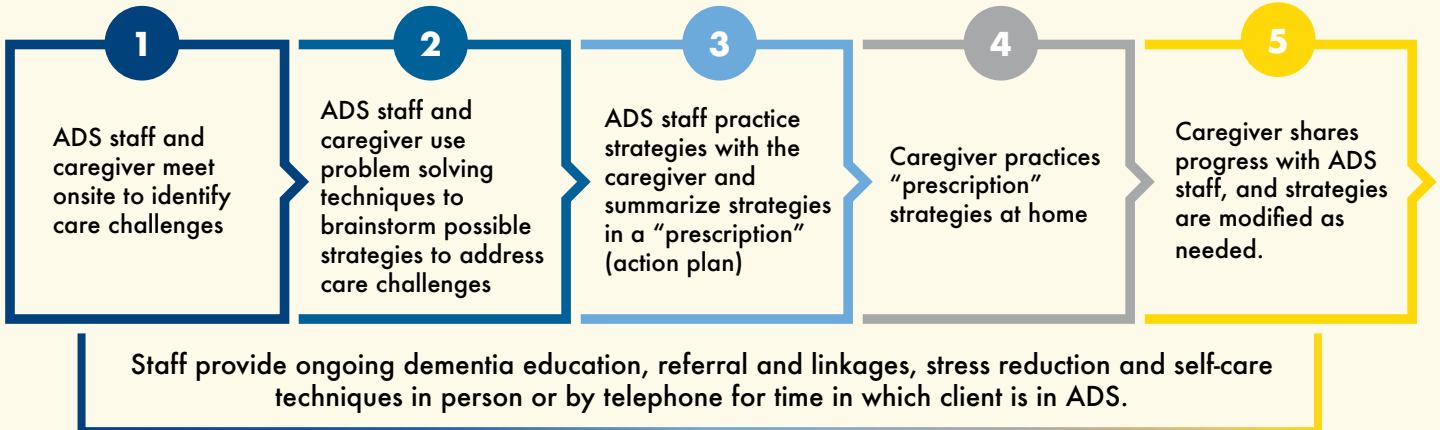


An evidence-based caregiver support program embedded within Adult Day Services (ADS) and delivered by ADS Staff.

How does ADS Plus work?



Randomized controlled trials found that caregivers in ADS Plus:



Experienced fewer depressive symptoms¹



Used ADS 47 more days—representing a 60.6% increase in attendance¹



Reported reduced:

- Hospitalizations and outpatient visits for both the ADS Clients and themselves
- Emergency department visits and nursing home stays for ADS clients
- Home health aide use for ADS clients

Adult day services programs that implement ADS Plus could generate an average of \$3,666 in extra revenue per client and \$45,936 in extra income per year.



What ADS Staff say:

"It's hugely uplifting for caregivers. It gives them confidence ... They feel that they're not alone."—ADS staff person

"The families that we worked with are better off for having been a part of this.."
—ADS leader

"It provided me with the education, a different outlook, and the support that I needed to pivot on [caregiving] issues as they happened in real time."—ADS staff person



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Best Practice Caregiving