



Circle Center Adult Day Services

Results 2018-2019

Circle Center Adult Day Services has the goal that frail and impaired older adults and their family caregivers, who participate actively in the program, will experience an enhanced quality of life allowing families to remain together as long as possible.

- ❖ 100% of our participants met the criteria for nursing home care but used Circle Center's Services instead allowing them to live at home 46,107 days longer at a savings of at least \$9,777,211.78 to family caregivers and taxpayers

Results from anonymous annual caregiver survey (81/158; 51% response rate):

- ❖ 95% of caregivers reported that Circle Center improved their loved one's quality of life
- ❖ 95% reported that Circle Center has led to an improvement in the fulfillment of their loved one's social, emotional and physical needs
- ❖ 92% indicated that Circle Center's services are crucial to their ability to keep their loved one at home
- ❖ 90% reported that Circle Center has led to an increase in energy level for caregiving
- ❖ 98% reported that using Circle Center has led to a decrease in stress level in regards to caregiving
- ❖ 90% reported that Circle Center's services have provided information and support needed to assist in meeting loved's ones needs

Circle Center Participant Profile

July 1, 2018-June 30, 2019

Participant Demographics

Participant Age:

<50	3%
50 – 59	4%
60 – 69	10%
70 – 79	28%
80 – 89	41%
90 - 100	14%

Participant Gender:

Female	68%
Male	32%

Participant Race:

Caucasian	50%
African American	47%
Asian	1%
Hispanic	1%
Other	1%

Participant Geography: Participants served from 8 Counties: Caroline, Chesterfield, Dinwiddie, Goochland, Hanover, Henrico, King William, Powhatan; and 3 cities: Colonial Heights, Hopewell, and Richmond

Participant Living Arrangements:

100%	could not live independently/alone without assistance
72%	live with working caregivers
51%	live with an adult child
19%	live with a spouse
12%	live with caregivers > 75 years old or in frail health themselves
13%	live alone with family or professional assistance
15%	live with extended family, caregiver, etc.

Participant Health Concerns and Needs Met at Circle Center:

100%	Dependent in ADLs (bathing dressing, toileting, eating, ambulation), medical nursing needs) and/or had cognitive/emotional limitations.
100%	Transportation dependent
84%	Need help with toileting
70%	Incontinent or continence controlled through scheduled voiding
52%	Mid and late stage dementia including Alzheimer's
62%	Require the use of a mobility aid (cane, walker or wheelchair)
58%	Hypertension requiring regular monitoring
55%	Require physician prescribed special diets
32%	Cardiac/circulatory diagnoses requiring monitoring
39%	Require assistance eating
35%	Require medication while at the Center
30%	Diagnosed with depression, anxiety or psychosis
24%	Experienced strokes and/or continued to have TIA's
13%	Diabetic
11%	Cancer

Program Statistics

Days of Care: 208 participants received 24,024 total days of service (M-F: 22,579; Sat: 1,445)

Wellness: 7,411 Wellness Program Visits • 711 One-on-One Wellness Sessions • 2,736 Miles Walked (pedometer monitored walking program)

Music Therapy: 500 Music Therapy Groups • 100 Music Therapy Groups in Memory Lane • 200 One-on-One Music Sessions

Memory Lane: 2,590 Memory Lane Visits • **Multi-Sensory Room:** 273 Multi-Sensory Room Visits

Therapeutic Programs: 292 Therapeutic Arts & Crafts Groups • 618 Therapeutic Activity Groups • 2,735 CNA led Activity Groups • 556 Recreational Activity Groups

Nursing: 11,382 Doses of Medication Administered • 1,606 Blood Glucose Checks

Nutrition: 8,861 Breakfasts Served • 21,371 Lunches Served • 33,108 Snacks Served

Caregiver Support: 99 Family Support Group visits • 375 Conferences with Caregivers

Volunteer Support: 431 Individual Volunteers • 16 Volunteer Groups • 2,412 Volunteer Hours

Average Attendance: Weekday: 90; Saturday: 30