



Fiscal Year 2019 Accomplishments

What We Do...

VAADS works to facilitate adult day services as a viable community-based alternative in Vermont to institutionalization of seniors or adults with disabilities. Adult day centers help frail adults to live at home by fostering their strengths and abilities. We provide a safe, supportive place and stimulating place to spend the day. Our teams of skilled, caring professionals provides health monitoring services, assistance with personal care needs and therapeutic activities. Families and caregivers gain peace of mind knowing their loved one is being cared for while they go to work, run errands or take a break.

Who We Serve...

In FY 2019, we served over 1,100 people. Thirty-nine percent of participants had a diagnosis of dementia. Most had multiple, complex health conditions, such as hypertension (54%), cardiovascular disease (36%) diabetes (33%) and respiratory conditions (23%). In addition, 45% of participants

had chronic mental health problems, such as anxiety and depression. Forty-seven percent of participants required assistance with activities of daily living (e.g., ambulation, toileting), 45% were at risk of falling and 33% receive assistance with medication administration while they are at their adult day center.

How We Do It...

Our Licensed Nurses develop an individualized Plan of Care for each participant with input from them, their family members, health care provider and our staff. The Plan of Care identifies goals in relation to each participant's strengths and needs and is signed off by their health care provider. Therapeutic activities, nursing care, meals, assistance with personal care needs and general, person-centered care are the methods we use to help participants achieve their goals. Daily, we track progress towards desired outcomes and the Plan of Care is reviewed and updated every six months.

Vermont's Adult Day Programs Helps Adults in Their Efforts to Stay at Home

Through satisfaction surveys and data collection we track our progress towards achieving this goal.
Here is information on our progress towards this goal.

How Much?

# of People Served by VAADS members	1,164
Hours of Care Provided	586,063
# of New Participants Served in FY 2019	356

How Well?

<u>Overall Average Length Enrolled:</u>	3.37 years
<u>Participant Satisfaction:</u>	95% Very Satisfied or Satisfied with the adult day services they received
<u>Family Caregiver Satisfaction:</u>	99% Very Satisfied or Satisfied with the adult day services their loved one received

Is Anyone Better Off?

<u>Participants supported in their efforts to remain at home.</u>
<u>Improved Quality of Life:</u>
92% of participants report that attending an adult day program improves their lives
78% of families report it would be difficult or very difficult to have their family member stay at home without adult day services
99% of family caregivers report their family member's health improved or was maintained by attending an adult day program