

ALABAMA

Overview

In Alabama, adult day care (ADC) and adult day health (ADH) services are provided under multiple state programs, including two Medicaid 1915(c) waiver programs. The state does not license or certify ADC and ADH services providers; they are regulated through contracting requirements with the state agencies that administer ADC and ADH services programs.

ADC is provided under the Adult Protective Services Program, administered by the Alabama Department of Human Resources (DHR). The Department has established policies and procedures for a program of day care for adults, which prescribe minimum standards to be met by the centers that provide such care.

Alabama also provides ADC as a respite service through the Department of Senior Services Caregiver Support Program: Alabama CARES (Caregiver Assistance with Resources, Education, and Support). This program is funded under the Older Americans Act and implemented by Area Agencies on Aging through contracts with local providers.

ADH services are provided under the Alabama Community Transition (ACT) and Elderly and Disabled (E&D) waiver programs. To participate in the Alabama Medicaid program, providers must have a contractual agreement with Medicaid directly or through an Operating Agency (Alabama Department of Rehabilitative Services for the ACT waiver program or Alabama Department of Senior Services for the E&D waiver program) and meet the provider qualifications as outlined in the waiver document and provider manual for each waiver. The Medicaid requirements--which address services, staffing, and other topics--are described in this profile under the *Adult Day Health* heading.

No state agency other than those that administer the programs noted above regulates ADC and ADH providers.

Definitions

Adult day care as provided under Adult Protective Services is a program of care for a portion of a 24-hour day in a protective setting for eligible adults 18 years of age or older. This service is for adults who need care during the day and individuals who live alone and cannot manage totally on their own and who need meals and supervision. ADC enables families to maintain the adults at home. Its purpose is to prevent or remedy abuse, neglect, or exploitation, and to prevent unnecessary institutionalization.

Adult day care as provided under the CARES program is designed to meet the needs of adults with functional impairments through a structured and comprehensive program. A variety of health, social and related support services are offered in a supervised protective setting during some portion of a 24-hour day.

Adult day health is a service that provides Medicaid waiver participants with a variety of health, social, recreational, and support activities in a supervised group for 4 or more hours per day on a regular basis. The services furnished by ADH providers are based on the needs of individual participants. The objective of ADH services is to provide an organized program of rehabilitative, therapeutic, and supportive health and social services and activities to waiver program participants who are functionally impaired and who, because of the severity of their functional impairment, are not capable of living independently in the community.

Parameters for Who Can Be Served

The eligibility criteria for the various publicly-funded programs set the specific parameters for who can be served by ADC and ADH providers.

Adult day care is for adults who are 18 years of age or older who are at risk of abuse, neglect, or exploitation, or at risk of institutionalization, and certified as eligible for services by the appropriate County DHR. The CARES program serves frail adults aged 60 or older, or a person with Alzheimer's disease or other type of dementia regardless of age.

Adult day health services are for E&D waiver program participants 18 years of age or older, whose needs can be met in an outpatient setting that provides both health and social services needed to ensure optimal functioning. The ACT waiver program has no age requirement and will provide services to individuals with disabilities or long-term illnesses who currently live in a nursing facility and who desire to transition to a home and community setting. A second target population would be individuals currently served in one of Alabama's other waiver programs, whose condition is such that their current waiver program is not meeting their needs and admission to an institution would be imminent if the ACT waiver was not an option to meet their needs in the community.

Inspection and Monitoring

Adult Day Care. The state does not license or certify providers and thus, does not conduct inspections. The state fire marshal and the local health department conduct inspections prior to a program's operation to determine compliance with standards. ADC providers must meet all applicable Alabama health and fire safety standards. Recertification is required annually by the state fire marshal or local fire department and the local health department. Annual monitoring is conducted by DHR, Office of

Resource Management to ensure that providers are in compliance with program requirements.

Adult Day Health. The state does not license or certify providers and thus, does not conduct inspections. The state fire marshal and the local health department conduct inspections prior to a program’s operation to determine compliance with the standards. ADH providers must meet all applicable Alabama health and fire safety standards. Providers must be recertified annually to ensure continued compliance with standards.

Required and Optional Services

All ADC and ADH programs furnish socialization, social activities, nutrition services, and supervision to ensure safety. They also monitor participants’ health and functioning at a basic level to determine if the program can continue to meet participants’ health and functional needs. The table below lists additional required and optional services.

Required and Optional Services	Adult Day Care		Adult Day Health	
	Required	Optional	Required	Optional
ADL Assistance			X	
Health Education and Counseling			X	
Health Monitoring	X		X	
Medication Administration			X	
Nursing Services			X	
Physical Therapy, Occupational Therapy, or Speech Therapy				
Skilled Nursing Services			X	
Social Services	X		X	
Transportation		X	X	

Medication Provisions

Adult day care. Program staff must not administer medications.

Adult day health. Unlicensed staff may not administer medications but can only assist or supervise participants who self-administer their medications, including reminding them to take medications. A registered nurse (RN) or licensed practical nurse (LPN) licensed by the Alabama Board of Nursing may administer medications from a container filled by a licensed pharmacist with a pharmacy label indicating physician instructions.

Staffing Requirements

Adult Day Care

Type of Staff. Each program must have a *director*. The director and at least one other staff person must be certified in cardiovascular pulmonary resuscitation (CPR) and first-aid. A *registered nurse* or *licensed practical nurse* must be available to provide a monthly health screening for participants.

Staffing Ratios. At least two staff members must be in the center when participants are present, and at least one of these must be CPR certified and trained in first-aid. In addition to the director, the program must, at a minimum, maintain the following number of staff who are directly involved with participants during hours of program operation: one staff member for 1-10 participants, two for 11-25 participants, three for 26-35 participants, four for 36-43 participants, and an additional staff member for each additional eight participants.

Staff whose primary responsibilities do not require direct involvement with participants will not be counted unless their job descriptions specify time periods when they have responsibility only for working with participants. Volunteers may be counted in the staff ratio if they meet the same qualifications as paid staff and are scheduled for the entire period that a paid worker would have worked.

Adult Day Health

Type of Staff. In addition to the *director*, there must be a designated person to serve as the *center administrator*, who does not have to be full-time, and a *registered nurse* or *licensed practical nurse* available at least 2 hours per week or 8 hours per month for consultation. ADH centers must maintain CPR and first-aid certification for at least two staff members at all times.

Staffing Ratios. At least two staff members (may be the director and another staff member, or two staff members) must be in the center when participants are present, and at least one of these must be CPR certified and trained in first-aid. At a minimum, the provider will maintain one staff member for 1-10 participants, two for 11-25 participants, three for 26-35 participants, four for 36-43 participants, and an additional staff member for each additional eight participants.

Training Requirements

Adult Day Care

Training must ensure that day care staff have sufficient knowledge of adults' mental, emotional, and physical processes to enable them to meet individual participant's needs. For staff who have no previous experience or training in ADC, the

provider shall furnish an on-site orientation and a designated period of supervised training.

All staff must regularly (at least quarterly) participate in in-service training or other available training related to ADC. This shall include training on how to deal with participants with physical, mental, or emotional impairments. Staff must be trained to use Standard Universal Precautions.

Adult Day Health

The ADH provider must ensure that staff have sufficient knowledge of adults' mental, emotional, and physical processes to enable them to meet individual participant's needs. The training program must be approved by the relevant operating agency and the Alabama Medicaid Agency.

The ADH provider must ensure that staff who have had no previous experience or training working with adults who are elderly and disabled have an on-site orientation with a designated period of supervised training. The minimum training requirement must be completed prior to initiation of service with a participant. The ADH center is responsible for providing and/or conducting training.

The ADH provider must ensure that all ADH staff have at least 6 hours of in-service training annually in the following areas: behavior acceptance, accommodation, and intervention; providing care and supervision including safety and non-medical care; first-aid; documenting participant participation; fire and safety measures; confidentiality; participant rights; needs of the elderly and disabled population; basic infection control/universal standards; communication skills; and other areas of training as appropriate or as mandated by Medicaid and the operating agencies. Documentation of continuing education training required by the Alabama Board of Nursing may be accepted as in-service training for licensed nurses.

Location of Licensing, Certification, or Other Requirements

State of Alabama Department of Human Resources Minimum Standards for Adult Day Care Centers [November 2007] may be obtained by contacting aps@dhr.alabama.gov or by mail through Alabama Department of Human Resources, Adult Protective Services, 50 Ripley Street, Montgomery, AL 36130-4000.

Alabama Medicaid Agency Administrative Code, Chapter 36: Home and Community-Based Services for the Elderly and Disabled. [July 17, 2012]
http://medicaid.alabama.gov/documents/5.0_Resources/5.2_Administrative_Code/Chapters_31_40/5.2_Adm_Code_Chap_36_HCBS_Elderly_and_Disabled_7-17-12.pdf

Alabama Medicaid Agency Administrative Code, Chapter 44: Home and Community-Based Services for the Alabama Community Transition Waiver. [July 17, 2012]
http://medicaid.alabama.gov/documents/5.0_Resources/5.2_Administrative_Code/Chapters_41_50/5.2_Adm_Code_Chap_44_HCBS_ACT_Waver_7-17-12.pdf

Alabama Medicaid Provider Manual, Chapter 107: Waiver Services. [October 2013]
http://medicaid.alabama.gov/documents/6.0_Providers/6.7_Manuals/6.7.7_Provider_Manuals_2013/6.7.7.4_October_2013/Oct13_107.pdf

Alabama Medicaid Adult Day Health Standards. [February 2014]
http://medicaid.alabama.gov/documents/4.0_Programs/4.3_LTC_Services/4.3.1_HCBS_Waivers/4.3.1.1_E_and_D_Waiver/4.3.1.1_Adult_Day_Hlth_Stds.pdf

Information Sources

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Alabama Medicaid Agency

REGULATORY REVIEW OF ADULT DAY SERVICES: FINAL REPORT, 2014 EDITION

Files Available for This Report

FULL REPORT

Executive Summary <http://aspe.hhs.gov/daltcp/reports/2014/adultday14es.cfm>
HTML <http://aspe.hhs.gov/daltcp/reports/2014/adultday14.cfm>
PDF <http://aspe.hhs.gov/daltcp/reports/2014/adultday14.pdf>

SEPARATE STATE PROFILES

[**NOTE:** These profiles are available in the full HTML and PDF versions, as well as each state available as a separate PDF listed below.]

Alabama <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-AL.pdf>
Alaska <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-AK.pdf>
Arizona <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-AZ.pdf>
Arkansas <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-AR.pdf>

California <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-CA.pdf>
Colorado <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-CO.pdf>
Connecticut <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-CT.pdf>

Delaware <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-DE.pdf>
District of Columbia <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-DC.pdf>

Florida <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-FL.pdf>

Georgia <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-GA.pdf>

Hawaii <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-HI.pdf>

Idaho <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-ID.pdf>
Illinois <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-IL.pdf>
Indiana <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-IN.pdf>
Iowa <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-IA.pdf>

Kansas <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-KS.pdf>
Kentucky <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-KY.pdf>

Louisiana <http://aspe.hhs.gov/daltcp/reports/2014/adultday14-LA.pdf>

Maine	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-ME.pdf
Maryland	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-MD.pdf
Massachusetts	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-MA.pdf
Michigan	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-MI.pdf
Minnesota	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-MN.pdf
Mississippi	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-MS.pdf
Missouri	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-MO.pdf
Montana	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-MT.pdf
Nebraska	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-NE.pdf
Nevada	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-NV.pdf
New Hampshire	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-NH.pdf
New Jersey	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-NJ.pdf
New Mexico	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-NM.pdf
New York	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-NY.pdf
North Carolina	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-NC.pdf
North Dakota	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-ND.pdf
Ohio	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-OH.pdf
Oklahoma	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-OK.pdf
Oregon	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-OR.pdf
Pennsylvania	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-PA.pdf
Rhode Island	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-RI.pdf
South Carolina	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-SC.pdf
South Dakota	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-SD.pdf
Tennessee	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-TN.pdf
Texas	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-TX.pdf
Utah	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-UT.pdf
Vermont	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-VT.pdf
Virginia	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-VA.pdf
Washington	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-WA.pdf
West Virginia	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-WV.pdf
Wisconsin	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-WI.pdf
Wyoming	http://aspe.hhs.gov/daltcp/reports/2014/adultday14-WY.pdf