

Senate Health Committee
HB 33 – Ohio Adult Day Healthcare Association (OADHA)
Proponent Testimony
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Wednesday, May 3, 2023

Hello Chair Huffman, Vice Chair Johnson, Ranking Member Antonio and members of the Senate Health Committee, thank you for the opportunity to express our support for the Ohio Department of Aging's Budget Request. My name is Annette Saeger and I am the owner and operator of the Gilcrest Adult Day Center and Transportation companies in Doylestown, and immediate past president of the Ohio Adult Day Healthcare Association.

Adult Day Healthcare Centers in Ohio provide the following services to Ohio's aging population:

***Choice:** One of the most important and empowering tools we can give to our aging population is the ability to have a choice in their own care options.

***A safety-centered environment:** Creating an environment that offers opportunities for seniors to enhance themselves with proper support which lowers safety risks and concerns. Some of these include physical exercise, chair yoga, Tai Chi, and fall prevention.

***Direct medical care under supervision of a licensed Registered Nurse:** This medical care includes medication control, checking and monitoring blood sugar and blood pressure levels, overall health monitoring, and working directly with their physicians. This kind of care extends to acute and chronic conditions.

***Activities of daily living:** such as showering, routine hygiene care, exercise, toileting, and feeding.

***Cognitive hygiene and various components of mental health care including support for caregivers.**

***Nutrition support and education:** Centers offer nutrition support by providing a healthy, balanced meal that is delivered or made directly at the center. This is monitored by the CACFP Program to ensure seniors receive proper quantity and quality nutrition to be healthy. Centers take it a step further by offering presentations on proper nutrition for seniors and what it means in terms of a balanced diet. We also recognize not all of the aging population is capable of making meals for themselves, so the centers work with their local Area Agency on Aging or meal companies to provide information for services they can utilize in order to have their meals delivered directly to their door.

***Community-based connection through service activities and participation:** Recognizing that the gaining population may not have access to their community like they used to but still have valuable skills and knowledge to contribute. Our centers play an active role in engaging seniors in activities that directly relate to their communities. This may include transporting them to community events or local businesses – train rides, museums, restaurants, movies, shopping, Farmer's Markets and more.

***Transportation to and from the program and activities:** Some may lose their ability to drive or simply choose not to, depending on the need or distance. This creates a situation where they become reliant on someone else, and in rural communities, this is an even greater challenge. Centers often help fill this need by transporting these seniors to and from appointments, grocery stores, community events, and even to family events and visits. Some centers may also provide transportation services to and from their center.

***Respite services for Alzheimer's and Dementia patients:** In providing respite care of those seniors with cognitive impairments, this allows for their caregivers to rest and attend to their own healthcare needs. This becomes imperative as a senior declines or becomes less independent. Centers may offer community resources, such as information for different support groups, counselors, and sometimes even help make connections to a long-term care facility if and when that becomes necessary.

All of the key items listed above show that we care for the physical and mental health and well-being of Ohio's aging population and those who take care of them.

As it pertains to the budget request for the Ohio Department of Aging, we are very pleased that HB 33 contains provisions that will have a true impact on the lives of Ohio's aging population. It will allow us to be more effectively staffed and provide a higher level of care to those we serve. Adult Daycare is a valuable and needed service in our communities to keep our aging population safely in their homes as long as possible, while allowing their caregivers to live healthy and productive lives. In addition to rates and the Healthy Aging Grant Program, the association and our clients will benefit from the proposed appropriations increases to the Senior Community Services and Alzheimer's and other dementia respite line items. We appreciate your support in those areas.

The Ohio Adult Day Healthcare Association supports the Ohio Department of Aging in their goals to increase the number of individuals receiving personal care, the number of individuals served, and Dementia education. The request for a Healthy Aging Grant program will allow us to meet the needs of our older adults in ways that will drastically improve their quality of life. We also support an expansion in community resources, as well as a rate parity across similar services. We believe in and support an investment of resources for research so that the client who is seeking and participating in Adult Daycare is more clearly defined.

The Ohio Adult Day Healthcare Association, our clients and their caregivers sincerely thank you for an opportunity to tell our stories and define the aging populations needs so that as a state, Ohio can take greater care of our aging population and understand the challenges they face. We are grateful for the Ohio Department of Aging and their great leadership under Direct McElroy.

Thank you for your time and I am happy to answer any questions you may have at this time.