

## 4.4 Adult Day Health Care Facilities

*Appendix material, which appears in shaded boxes at the bottom of the page, is advisory only.*

Adult day health care (ADHC) services are group programs designed to meet the needs of functionally and/or cognitively impaired adults. Adult day health care facilities provide a caring, non-institutional setting for individuals who, for their own safety and well-being, can no longer be left at home alone. Adult day health care facilities offer protected settings and include a mixture of health and support services. Many offer specialized services such as programs for individuals with Alzheimer's disease, developmental disabilities, traumatic brain injury, mental illness, HIV/AIDS, and vision and hearing impairments. Adult day health care facilities are an integral component of the continuum of care for the elderly and disabled.

### 1 General Considerations

#### 1.1 ADHC Types

##### 1.1.1 Multifunctional Facilities

A structured comprehensive, nonresidential program that provides for a variety of health, social, and support services in a protective setting. This type of facility is large enough to accommodate changing service needs.

##### 1.1.2 Specialty Facilities

Structured comprehensive, nonresidential program that provides for a variety of health, social, and support services, as well as specialty services for a target population. These types of facilities have unique needs that affect usable activity space requirements.

#### 1.2 Functional Program

**1.2.1** Each adult day health care center, when it is located in a facility housing other services, shall have its own identifiable space. When permitted by the functional program, support spaces shall be permitted to be shared.

**\*1.2.2** The facility shall have sufficient space, furnishings, and equipment to accommodate the range of program activities and services for the number of

participants as required by the functional program. This space shall include designated area(s) to be utilized when the privacy of the participants requires it.

**1.2.3** Participants are defined as the number of people exclusive of staff occupying the space at the same time.

#### \*1.3 Facility Access

When possible, the ADHC facility shall be located on the street level or shall be equipped with ramps or elevators to allow easy access for persons with disabilities.

### 2 Care Locations

#### 2.1 Activity Space(s)

##### 2.1.1 Space Requirements

**2.1.1.1** Net usable space. Only spaces commonly used by participants are to be included as net usable activity space. Reception areas, storage areas, offices, restrooms, corridors, and service areas shall not be included. When a kitchen is used for activities other than meals, 50 percent of the floor area shall be counted as activity space.

**2.1.1.2** Area. Minimum square footage requirements shall be based on the services offered by the adult day health care facility.

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**A1.2.2** Furniture should be sturdy and secure so that it cannot easily tip when used for support by participants while walking or sitting. Furniture should be scaled so it is easily used by persons with limited agility and should permit feet to rest on the floor.

**A1.3** A covered entrance should be provided to protect participants from inclement weather. A space (zone of transition) should be created as a spatial "buffer" between entry spaces and program spaces as well as an experiential "buffer" that signals transition from home to day care program. The entry and reception area should be separate from the primary program space and not visually accessible from it.

## 4.4 ADULT DAY HEALTH CARE FACILITIES

- (1) Multifunctional ADHC facilities. At least 100 square feet (30.48 square meters) shall be provided for each of the first five participants and 60 square feet (18.28 square meters) of net usable program activity space for each participant thereafter.
- (2) Specialty ADHC facilities. At least 30 square feet (9.14 square meters) shall be provided for each participant, but no facility shall have less than 300 square feet (91.44 square meters) of net usable activity space.
- (3) Net usable area for additional functions
  - (a) For social/recreational areas in an ADHC, an additional 20 square feet (6.09 square meters) shall be provided per participant to accommodate the programmed activities.
  - (b) For mental health/Alzheimer's ADHCs, an additional 40 square feet (12.19 square meters) of space shall be provided per participant.
  - (c) For physical rehabilitation therapy ADHCs, an additional 50 square feet (15.24 square meters) of space per participant shall be provided for activity space needed for equipment and treatment.
  - (d) For developmental disability ADHCs, an additional 70 square feet (21.33 square meters) of space shall be provided per participant to ensure the therapeutic milieu is maintained.

### 2.1.2 Hand-Washing Station(s)

All communal activity areas shall have convenient access to a hand-washing station.

### 2.2 Rest or Private Area

There shall be a rest area and/or a designated area to permit privacy and to isolate participants who become ill or disruptive or who require rest.

### 2.2.1 Location

2.2.1.1 This area shall be permitted to be part of the medical/health treatment room or nurse station.

2.2.1.2 This area shall be located in a place that can be clearly monitored and that is near a toilet room.

### 2.2.2 Area

This area shall be considered part of the usable activity space.

## 2.3 Support Areas for Care Locations

### 2.3.1 Meeting Room

A space shall be available for participants and family/caregivers to have private meetings with staff.

### 2.3.2 Equipment and Supply Storage

Storage space shall be available for program and operating supplies.

## 2.4 Support Areas for Staff

### \*2.4.1 Staff Lounge

### 2.4.2 Staff Toilet

At least one dedicated staff toilet shall be provided.

## 2.5 Support Areas for Participants

### 2.5.1 Participant Toilet Rooms

2.5.1.1 Number. The facility shall have at least one toilet and one lavatory for every ten participants.

2.5.1.2 Type. The facility shall provide a variety of toilet room types (e.g., independent, fully accessible, one-person assist, or two-person assist) as required by the functional program. All facilities shall include at least one toilet room that can accommodate a two-person assisted transfer between wheelchair and toilet.

2.5.1.3 Location. Participant toilet rooms shall be located no more than 40 feet (12.19 meters) away from the activity area.

2.5.1.4 Call system. Emergency call stations shall be provided in any toilet rooms used by participants.

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**A2.4.1** If the facility capacity is 40 participants or greater, a separate staff lounge should be provided.

**\*2.5.2 Bathing Facilities**

**2.5.2.1** A shower or bathtub area shall be provided in all adult day health care facilities. If the functional program indicates the need for bathing services, an assisted bathing facility shall be provided.

**2.5.2.2** Call system. Emergency call stations shall be provided in bathing facilities used by participants.

**3 Diagnostic and Treatment Locations****3.1 Treatment Room or Nurse Station**

The ADHC shall have a medical/health treatment room or nurse station.

**3.2 Support Areas for Diagnostic and Treatment Locations****3.2.1 Medication and Equipment Storage**

**3.2.1.1** This area shall be able to contain first aid materials and medical supplies and equipment.

**3.2.1.2** This area shall provide for secure medication storage, including space that separates oral medications from topical agents, a refrigerator for medication storage, double-locking storage for narcotics, and adequate space to store medications brought in by participants. This storage can be a room, locked cabinetry, or a locked medication cart.

**3.2.1.3** This area shall contain a hand-washing station.

**4 Service Areas****\*4.1 Dining Areas****4.2 Environmental Services****4.2.1 Housekeeping Room**

A housekeeping closet shall be provided that will contain a service sink and provide for the locked safe storage of housekeeping items.

**5 Administrative and Public Areas****5.1 Public Areas****5.1.1 Telephone(s)**

A telephone(s) shall be available for participant(s) in an area that affords privacy during use.

**5.1.2 Provisions for Drinking Water**

Drinking water shall be easily accessible to the participants.

**5.1.3 Outdoor Areas**

Outdoor recreation and/or relaxation area for participants, if provided, shall be accessible to indoor areas. Outdoor areas shall have a fence or landscaping to create a boundary that prevents participant elopement.

**6 Construction Standards****6.1 Details****6.1.1 Handrails**

**6.1.1.1** All stairways and ramps shall have handrails.

**6.1.1.2** Hallways shall have handrails located on at least one side.

**6.2 Finishes****6.2.1 Floors****APPENDIX**

**A2.5.2** Access to a washer and dryer is preferable when the participants have incontinence or physical limitations that predispose them to soiling with blood, body fluids, or food spills (e.g., swallowing or chewing problems, shakes or tremors).

**A4.1** Dining should occur in a space that is visually and spatially distinct from the activity areas. No single dining setting should serve more than 16 participants to decrease the potential for unpredictable social and sensory stimulation. Dining tables should be reserved for meals and snacks and rarely, if ever, used for programmed activities.

Refer to K. Diaz Moore, "Design Guidelines for Adult Day Services" in *AIA 005: Report on University Research* for additional information and further detail on toilets, dining, and the zone of transition.

## 4.4 ADULT DAY HEALTH CARE FACILITIES

6.2.1.1 All stairways and ramps shall have nonslip surfaces.

6.2.1.2 Floor surfaces, including carpets, accessed by ADHC participants shall be slip-resistant. Highly polished flooring or floors with glossy sheen shall not be used. Area rugs shall not be used.

## 7 Building Systems

### 7.1 Plumbing

#### 7.1.1 Hot Water

Hot water at shower, bathing, and hand-washing facilities shall not exceed 110° F (43° C).

### 7.2 Heating, Ventilating, and Air-Conditioning Systems

#### 7.2.1 Ventilation

Ventilation by mechanical means shall be provided. Air conditioning and heating equipment shall be adequate and capable of maintaining the temperature in each room used by participants between 72° F (22° C) and 78° F (26° C).

### 7.3 Electrical Standards

#### \*7.3.1 Lighting

Lighting shall be engineered to the specific application. Table 4.1-4 shall be used as a guide to minimum required ambient and task lighting levels in all rooms, spaces, and exterior walkways.

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**A7.3.1** Refer to ANSI/IESNA RP-28, *Lighting and the Visual Environment for Senior Living*, for additional information.