

**WAC 388-106-0800 What adult day care services may I receive?**

You may receive the following services in an adult day care:

- (1) Core services, which include assistance with:
  - (a) Locomotion outside of room, locomotion in room, walk in room;
  - (b) Body care;
  - (c) Eating;
  - (d) Repositioning;
  - (e) Medication management that does not require a licensed nurse;
  - (f) Transfer;
  - (g) Toileting;
  - (h) Personal hygiene at a level that ensures your safety and comfort while in attendance at the program; and
  - (i) Bathing at a level that ensures your safety and comfort while in attendance at the program.
- (2) Social services on a consultation basis, which may include:
  - (a) Referrals to other providers for services not within the scope of medicaid reimbursed adult day care services;
  - (b) Caregiver support and education; or
  - (c) Assistance with coping skills.
- (3) Routine health monitoring with consultation from a registered nurse that a consulting nurse acting within the scope of practice can provide with or without a physician's order. Examples include:
  - (a) Obtaining baseline and routine monitoring information on your health status, such as vital signs, weight, and dietary needs;
  - (b) General health education such as providing information about nutrition, illnesses, and preventative care;
  - (c) Communicating changes in your health status to your caregiver;
  - (d) Annual and as needed updating of your medical record; or
  - (e) Assistance as needed with coordination of health services provided outside of the adult day care program.
- (4) General therapeutic activities that an unlicensed person can provide or that a licensed person can provide with or without a physician's order. These services are planned for and provided based on your abilities, interests, and goals. Examples include:
  - (a) Recreational activities;
  - (b) Diversionary activities;
  - (c) Relaxation therapy;
  - (d) Cognitive stimulation; or
  - (e) Group range of motion or conditioning exercises.
- (5) General health education that an unlicensed person can provide or that a licensed person can provide with or without a physician's order, including but not limited to topics such as:
  - (a) Nutrition;
  - (b) Stress management;
  - (c) Disease management skills; or
  - (d) Preventative care.
- (6) A nutritional meal and snacks are provided every four hours, including a modified diet if needed and within the scope of the program, as provided under WAC 388-71-0768;
- (7) Supervision and/or protection if needed for your safety;
- (8) Assistance with arranging transportation to and from the program; and
- (9) First aid and provisions for obtaining or providing care in an emergency. NOTE: If you require the intervention or services of a registered nurse or licensed rehabilitative therapist acting under the supervision of your physician, consider adult day health services.

[Statutory Authority: RCW 74.08.090, 74.09.520. WSR 05-11-082, §  
388-106-0800, filed 5/17/05, effective 6/17/05.]