

FREE GUIDE FROM BRIGHTENDAY

Adult Day Care Cost & Coverage Worksheet

Estimate what adult day care could cost your family - and map every way it might be paid for.



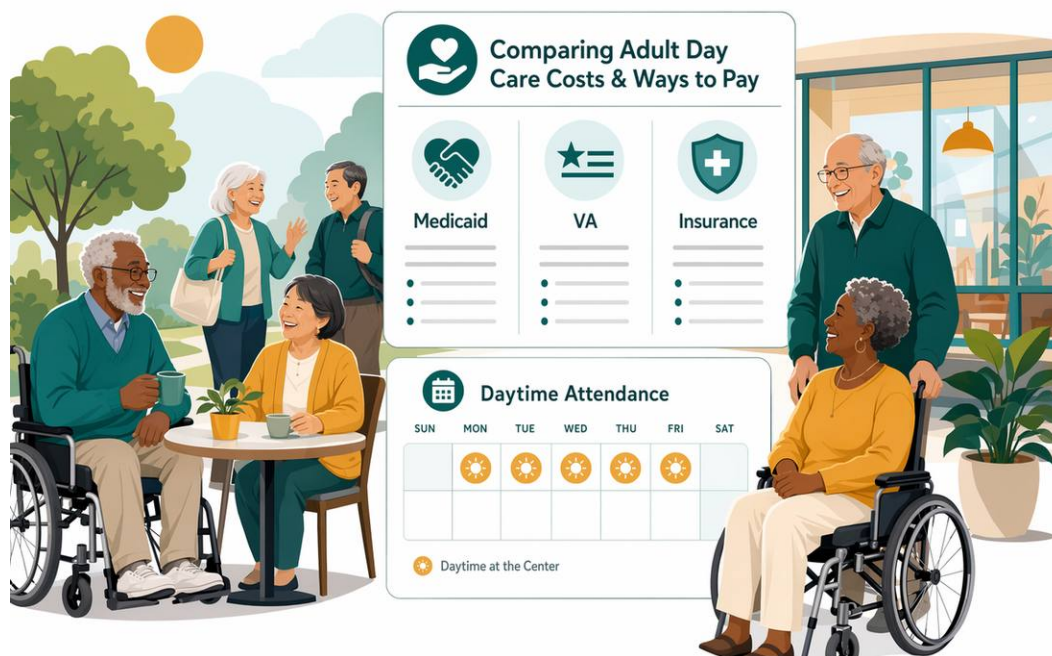
Find the right adult day program for your loved one - and a real daytime break for you. Then get matched, free, with licensed or certified centers near you. You visit and choose.

Start with the program type

Cost depends most on the kind of program. These are typical US daily rates - ranges, not quotes. Your real number depends on the program, the level of care, your state, and any benefits.

Typical daily rates by program

Program type	Typical daily rate	What's usually included
Social day program	\$60-\$100	Activities, meals, supervision
Adult day health (medical)	\$90-\$160	Nursing, therapy, monitoring
Dementia day program	\$80-\$150	Secure setting, trained staff



Estimate your monthly cost

- 1 Pick the program type from the table above.
- 2 Choose your daily rate (start in the middle of the range).
- 3 Multiply by the days per week you need.
- 4 Multiply by about 4.3 to get a monthly estimate.
- 5 Ask each center to confirm its real rate in writing.

Ways it might be paid for

- Medicaid HCBS waivers (varies a lot by state)
- VA benefits, for eligible veterans and spouses
- Long-term-care insurance, if the policy covers day care
- Sliding-scale fees at some nonprofit centers
- Family budget for the rest



Compare like for like

When you call centers, ask what the daily rate does and does not include - transportation, meals, personal care, and any extra fees. The lowest rate is not always the lowest real cost.





Important

BrightenDay is a free matching and information service, not an adult day care center, health care provider, or licensed or certified care professional, and does not provide care or give medical, legal, or financial advice. This is not medical advice. Cost, hours, and schedule figures are typical ranges and examples, not quotes or guarantees; real cost, hours, eligibility, and services depend on the program, the level of care, your state, and any Medicaid or other benefits. Always choose a licensed or certified adult day center, verify its license or certification yourself, visit in person, and confirm services, cost, and safety in writing before enrolling. For a medical emergency, call your local emergency number.