

# **Cultural and Contextual Adaptations of Adult Day Services: Enhancing Inclusivity and Relevance in Respite Care**

**Lauren J. Parker, Ph.D., MPH**

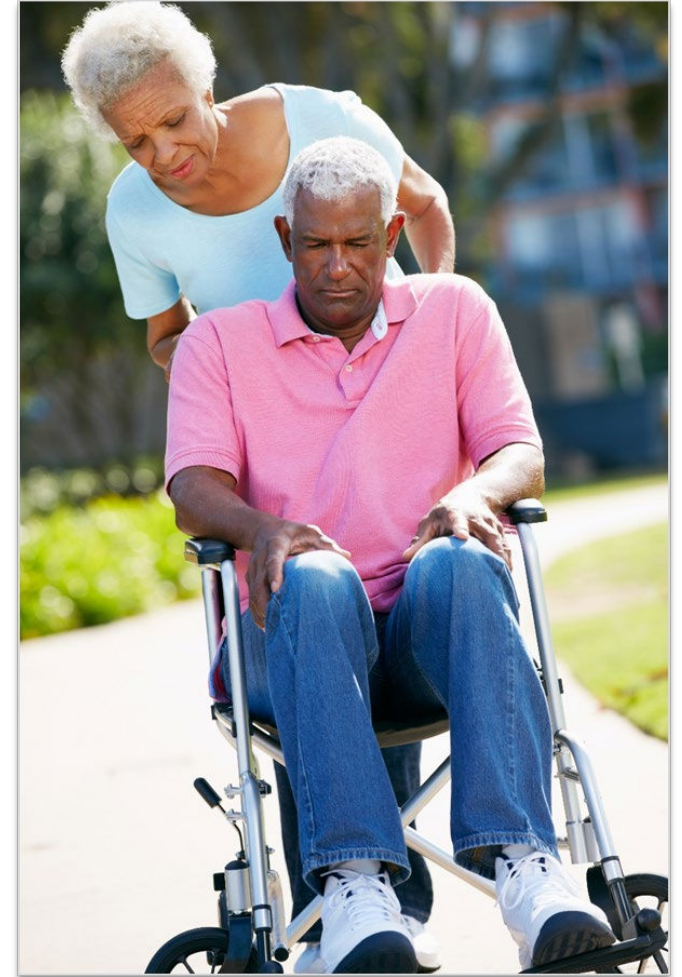
Associate Scientist, Johns Hopkins Bloomberg School of Public Health



**JOHNS HOPKINS**  
BLOOMBERG SCHOOL  
*of* PUBLIC HEALTH

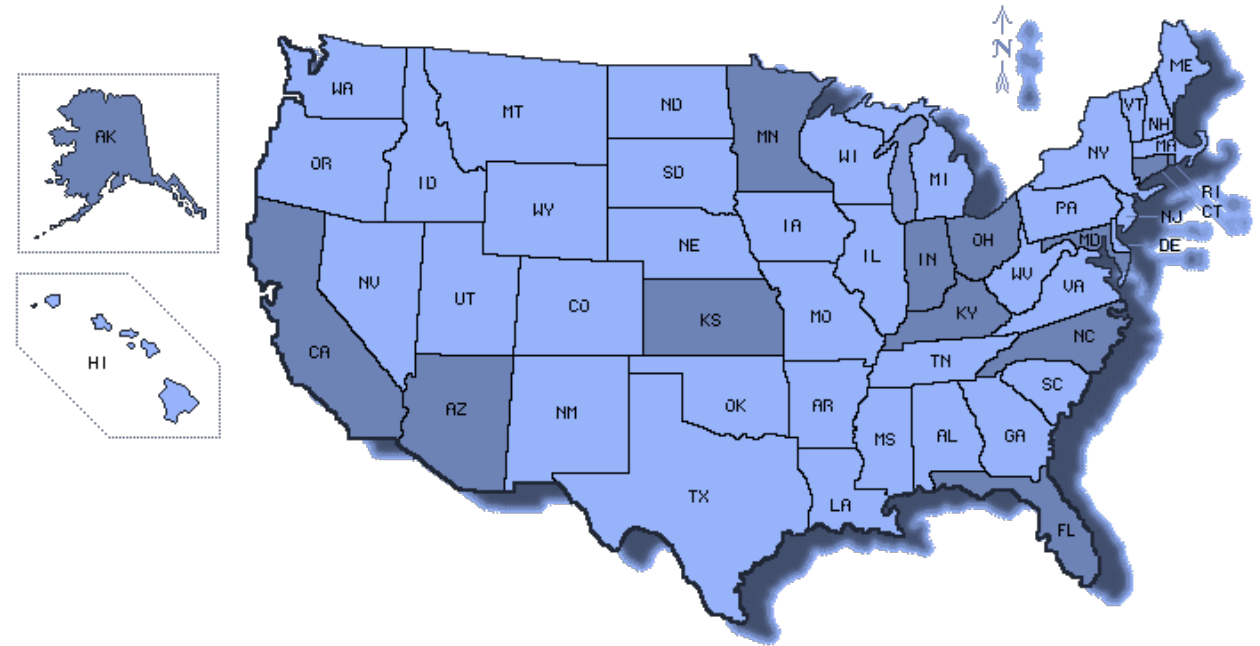
# What are Adult Day Services (ADS)?

- Programs that provide care and supervision for older adults during the day. Offer an alternative to nursing home care
- Enhance well-being for persons with dementia and family caregivers
- Adult day services with systematic caregiver support provide education and build skills for caregivers
- Improve strategies for better caregiving among adult day service clients through support from organizations like ARCH, NADSA, and others



# Racial and Ethnic Trends in ADS Usage

- Nationally, over 4,600 ADS centers serve 286,300 participants
- About 60% of ADS clients identify as racial/ethnic minorities
  - ADS is the most heterogeneous community-based service, reflecting their locations in diverse communities



Harris-Kojetin L, Sengupta M, Park-Lee E, et al., 2013



# The Need for Cultural and Contextual Adaptation



- 38 million older adults will require support by 2030
- Families provide over 85% of the ongoing care needs for older adults, often without formal support and while managing other responsibilities
- Minoritized racial and ethnic groups particularly rely on familial support due to cultural preferences and structural factors such as accessibility and affordability

Alzheimer's Association, 2023

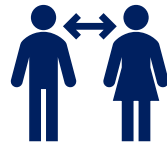
Parker LJ, Fabius C, 2022



# Key Components of Cultural Adaptation

## Language and Communication:

- Language accessibility, interpreters, culturally specific outreach materials



## Customizing Activities and Programs:

- Tailoring activities to cultural preferences and community traditions



## Staff Training:

- Cultural competency training, understanding of cultural practices around caregiving



## Nutrition and Diet:

- Offering culturally relevant meal options



# How does cultural adaptation fit within the Value of Respite Model

- Cultural and contextual adaptations within the *Value of Respite Model* support caregivers more effectively by making respite services relevant, accessible, and sustainable across different levels and throughout the life course of caregiving relationships
- This approach not only supports caregivers and families but also enhances the broader community and strengthens policy frameworks, creating a more inclusive and effective respite care system



# Enhancing Individual-Level Impact

Cultural adaptations directly address the specific beliefs, practices, and needs of caregivers and care recipients, making respite services more relevant and accessible

When caregivers find that services reflect their own cultural values and practices, they are more likely to engage with respite options and experience meaningful relief

This improves their emotional and mental well-being, enabling them to sustain their caregiving roles with reduced burnout



# Strengthening Family Dynamics

- Family structures and caregiving expectations vary widely across cultures
- By adapting respite services to fit these dynamics, caregivers and families experience less stress and conflict, enhancing family cohesion and support
- For instance, in some cultures, caregiving is considered a shared family responsibility, and respite programs that involve family-centered approaches can better support caregivers and maintain family harmony



# Increasing Community-Level Relevance



When respite services align with community values and include culturally tailored outreach, they can foster stronger social networks



This not only increases respite utilization but also connects caregivers to community resources, helping to build a network of support



Culturally sensitive ADS services strengthen caregiver networks within the community, thereby building more resilient support systems for both caregivers and care recipients



# Aligning with Policy and Systems Needs

- Policies that support culturally adapted respite care ensure that systems of care are accessible to a broader population
- Respite services that are sensitive to cultural contexts increase equity in access and encourage policy advocates to promote inclusive, sustainable models of care that account for:
  - cultural, linguistic, and socioeconomic diversity



# Adapting Across the Life Course

- Cultural and contextual needs are not static; they evolve over time as caregivers and care recipients progress through different life stages
- The Value of Respite Model's life course perspective emphasizes the importance of flexibility in respite care, recognizing that services must adapt to changing family roles, health conditions, and cultural needs over time
- Culturally adapted respite options that can evolve with these changes provide continuity in care that respects the caregiver's journey and their unique cultural background



# Application of Contextual Adaptations to Meet Family Needs

<b>Location and Accessibility</b>	ADS center locations, transportation options, and ADA compliance
<b>Hours of Operation</b>	Flexibility in scheduling based on family needs, seasonal and holiday adjustments
<b>Cost Structure and Financial Support:</b>	Financial assistance options, Medicaid/Medicare coverage adaptations



# Research and Evaluation Needs for Culturally Adapted ADS

- **Gaps in research:** There is a scarcity of evidence on how culturally adapted respite services affect different populations, including racial and ethnic minorities, LGBTQ+ caregivers, and those with various socioeconomic backgrounds
- Despite growing recognition of the importance of cultural adaptation, clear, evidence-based models for implementing culturally adapted respite services are lacking



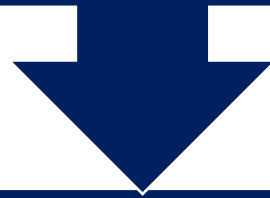
# Challenges and Considerations in Implementing Adaptations

- **Potential barriers:** resource limitations, staffing, resistance to change
- **Ongoing assessment, stakeholder input, and community involvement:**
  - Building trust requires culturally sensitive outreach, transparency, and community partnerships.
  - It takes significant time, relationship-building, and dedicated resources to overcome barriers of mistrust and ensure participation.



# Key Takeaways

**Significance of Cultural Adaptation:** Tailoring Adult Day Services to meet the diverse cultural needs of caregivers and care recipients enhances engagement, satisfaction, and positive health outcomes



**Value of Respite Model:** Culturally adapted respite care aligns with the Value of Respite Model by supporting caregiver well-being on individual, family, community, and policy levels



# Future Directions

---

**Expand Research:** More studies are needed to evaluate the efficacy of culturally adapted ADS across various populations, using longitudinal methods to capture changing needs over time

---

**Develop Culturally Sensitive Metrics:** Creating standardized assessment tools can improve the measurement of culturally specific impacts in respite services, ensuring accurate evaluation of caregiver outcomes



# Future Directions

---

**Establish Best Practices for Implementation:** Identifying and disseminating effective practices for culturally adapted ADS will support providers in creating inclusive, adaptable services across different contexts

---

**Policy Advocacy:** Advocacy for funding and policies that support culturally sensitive respite care is essential for ensuring that all caregivers have equitable access to quality services that meet their unique needs





**Question and Comments?**

**Dr. Lauren Parker: [lparker@jhu.edu](mailto:lparker@jhu.edu)**

