

For purposes of CACFP, an **adult day care center** is a licensed or approved center that provides a coordinated program in a community-based, nonresidential setting to enrolled participants who need supervised care in a safe place outside the home during the day.

Adult day care centers are required to provide an **individual plan of care** for each enrolled functionally impaired participant through a community-based group program. The **individual plan of care** is a written evaluation of a functionally impaired individual's health and social needs. These plans demonstrate a center's ability to provide a variety of health, social, and supportive services for its enrolled participants 60 and over or physically or mentally impaired.

The plan must include:

- The goals and objectives of the planned care;
- The activities that will be completed to achieve the goals and objectives; recommendations for therapy;
- Referrals to and follow-up with other service providers as needed; and
- Provisions for periodic review and renewal.

The plan should also include a daily schedule of individual and group activities aimed at providing both physical and mental stimulation to the functionally impaired participant. It must be a structured, comprehensive program that provides a variety of health, social, and related support services to enrolled functionally impaired participants [7 CFR 226.19a(b)(1)]