

symptoms in their caregivers. Our findings suggest that ADCs serve a complex population with high rates of poverty and chronic conditions, but ADCs can have a meaningful impact on users' health and well-being by leveraging innovative programming. We conclude by discussing how standardization of data collection efforts could enable researchers and policy-makers to evaluate ADCs' impact and target funding towards services that maximizes users' health and well-being.

EVIDENCE FOR THE NEED TO STANDARDIZE DATA COLLECTION ON PATIENT OUTCOMES ACROSS ADULT DAY CENTERS IN THE UNITED STATES

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Researchers' ability to measure the impact of adult day centers (ADCs) on participants' health has been hampered by a lack of large-scale data. We examined categories of data ADCs across the United States are collecting related to patients' health and health outcomes with the idea of developing a future national cohort of centers. We distributed an electronic survey to ADCs in 50-states on current data collection efforts. Forty states were represented (N=250). Only 32% of ADCs collect patient level data for research and analysis. Vital signs, nutritional risk, falls, and activities of daily living data were most commonly collected. However, validated assessment tools were used in less than 50% of cases. Researchers' ability to pool data on clinical outcomes among ADC users is limited by lack of data collection and use of uniform outcome measures across ADCs. Standardizing data collection is critical to strengthening ADC programs and demonstrating their effectiveness.

ADVANCING ADULT DAY SERVICES RESEARCH: THE 2016 AND 2018 NATIONAL STUDY OF LONG-TERM CARE PROVIDERS

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This presentation demonstrates how researchers can leverage data from the 2018 redesign and new content from the forthcoming NSLTCP survey of adult day services centers (ADSC) conducted by National Center for Health Statistics. For the first time, NSLTCP data will allow analyses at the services-user level. New policy-relevant topics about centers and ADSC participants include reasons for hospitalization, medication use, patient-centered and end-of-life care, staffing turnover, and unmet needs. Additionally, the presentation highlights latest findings from the 2016 survey. About 53% of centers were primarily medical model. Almost 79% of participants in medical model centers used Medicaid, compared to 51% in social model centers. About 4% of participants had at least one 90-day hospitalization. 40% of participants had difficulty bathing. The most prevalent chronic conditions were hypertension (50%), arthritis (38%), and diabetes (31%). Nearly 40% of participants had an advance directive. Findings are contextualized within the broader understanding of ADSCs.

ADULT DAY SERVICES AS A PLATFORM FOR INNOVATION: MOVING BEYOND SIMPLY ATTENDANCE

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At the most basic level, adult day services (ADS) provide a congregate environment for participants and respite for caregivers. Researchers often evaluate the impact of ADS on participants and caregivers in terms of attendance; however, what happens in ADS (e.g., specific programs and interventions) may be equally or even more important than simply attendance. In this presentation, we review four recent innovative studies conducted in the ADS setting with participants: (a) a board game intervention to improve cognitive functioning; (b) a cognitive behavioral intervention to improve sleep; (c) an aromatherapy intervention to address behavioral issues; and (d) a dance and movement intervention to stimulate physical activity. While these interventions had varying levels of effectiveness, they do support a growing body of evidence that ADS can serve as a platform for innovation and suggest that attendance may be simply one facet of the overall ADS experience.

ADULT DAY SERVICE USE DECREASES LIKELIHOOD OF DEPRESSIVE SYMPTOMS AMONG BLACK DEMENTIA CAREGIVERS

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Black Americans are more likely than others to age with Alzheimer's Disease (AD) in the community and rely on family members for support. Despite reported positive aspects of caregiving, Black caregivers report greater need for daytime respite and caregiving support. Little is known regarding the health-promoting benefits of daytime respite, like adult day services (ADS), among Black caregivers. Using a sample of 190 Philadelphia-area Black caregivers for community-living persons with dementia, pooled from two behavioral intervention trials: Advancing Caregiver Training and Care of Persons with Dementia in their Environments, the study examined the association between ADS use and depressive symptoms. About 36% of the caregivers used adult day services for their family member with AD. Controlling for demographic variables, social support, self-rated health, religious coping, caregiver burden, and number of years caregiving Black caregivers who utilized ADS had lower depressive symptoms ($\beta = -1.60, p < .05$) relative not using ADS.

SESSION 5740 (SYMPOSIUM)

SLEEP CHARACTERISTICS, NEIGHBORHOOD FACTORS, FUNCTION, MOOD, AND WELL-BEING IN OLDER ADULTS WITH DEMENTIA

Chair: Miranda McPhillips

Discussant: Nancy Hodgson

The number of people with dementia is increasing worldwide. Circadian rhythm disorders and sleep problems are very common in this population and can have profound effects on well-being. Healthy Patterns Clinical Trial (NCT03682185) is a home-based activity intervention designed to improve circadian rhythm disorders and quality of life in people with dementia and their family caregivers. This symposium is designed to discuss the relationship between