

PROVIDER MEMO

To: Santa Clara Family Health Plan Primary Care Providers (PCPs)
From: Long-Term Services and Supports (LTSS)
Date: August 15, 2022
Subject: CBAS benefits and in-person services update

Dear SCFHP Provider:

Is your patient at-risk of being admitted to a nursing home or does your patient's caregiver need a respite option? Community-Based Adult Services (CBAS) can help. Please see the attached informational flyer for details. For SCFHP patients who meet the CBAS eligibility requirements, please complete an MD order/referral. Follow-up comments or questions can be sent to: LTSSHelpDesk@scfhp.com

CBAS Provider Reference

Health, environmental, and safety protocols for both Center staff and participants are currently in place for in-person congregate services. Feel free to contact each provider directly with any questions or concerns, and to learn more about each center's activities and programs.

Adult Day Health Center (ADHC)	City/Location	Phone
Avenidas/Rose Kleiner Center	Mountain View	(650) 289-5499
Golden Castle ADHC	Palo Alto	(650) 964-1964
Grace ADHC	Santa Clara	(408) 727-6280
Prestige ADHC	Milpitas	(408) 586-9000
Silcon Valley ADHC	Milpitas	(408) 956-8578

Community-Based Adult Services

support for patients and caregivers



Is your patient at-risk of being admitted to a nursing facility or does your patient's caregiver need a respite option?

Community-Based Adult Services (CBAS) can help. CBAS, also known as Adult Day Health Care, is a licensed medical program that helps adults with physical or mental impairments continue living in their homes and avoid inappropriate institutionalization. CBAS centers are open 5 days a week and offer personalized care in a supportive, safe, and professionally-staffed setting.



How will CBAS benefit your patients and their caregivers?

Studies show that CBAS recipients and their caregivers often report positive outcomes, including*:

- Improved disease management, behavior, and sleep
- Enrichment of the recipient's life
- Reduced social isolation
- Lower levels of caregiving-related stress
- Better psychological well-being of caregivers

What services are provided?

The CBAS center partners with the referring physician, the family/caregiver, and the patient to create a personalized care plan that may include:

- Professional nursing
- Physical, occupational and/or speech therapies
- Mental health services
- Therapeutic activities
- Better psychological well-being of caregivers
- Social services
- Personal care
- A nutritious meal
- Nutritional counseling
- Door-to-door transportation
- Family/caregiver training and support

Which center is right for your patients?

Each CBAS center is unique. To find the right center, SCFHP recommends patients and caregivers arrange a visit. SCFHP contracts with the following CBAS centers:

Avenidas Rose Kleiner Center
Mountain View, CA
(650) 289-5499

Golden Castle ADHC
Palo Alto, CA
(650) 964-1964

Grace ADHC
Santa Clara, CA
(408) 727-6280

Prestige ADHC
Milpitas, CA
(408) 586-9000

Silicon Valley ADHC
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(408) 956-8578

To make a referral for CBAS, contact the Santa Clara Family Health Plan CBAS Care Coordinator at 1-408-874-1819.

SCFHP can help you determine if your patient meets the eligibility criteria.

*As reported in the Journal of Gerontology, American Journal of Alzheimer's Disease and Other Dementias, The Gerontologist, and the American Journal of Public Health.