

# CBAS 101

## Community Based Adult Services

Healthcare's Best Kept Secret

# Who We Serve

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- ▶ 18 years or older
- ▶ Belong to a Medi-Cal managed care plan
- ▶ Elderly
- ▶ Developmentally Disabled
- ▶ Severely Mentally Ill
- ▶ At high risk for institutionalization



# What We Do

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- ▶ Provide skilled nursing, personal care and/or social services, and therapeutic activities daily
- ▶ Occupational and Physical Therapy
- ▶ Psychiatrist/Psychologist, Registered Dietician, & Speech Therapy consultants
- ▶ Provide Transportation
- ▶ Provide Meals



# How We Do It

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- ▶ As a Multidisciplinary Team
- ▶ Thorough assessments by each discipline
- ▶ Routine 6 month reassessments and quarterlies
- ▶ Communication with the primary care physician and/or specialists
- ▶ All overseen by a staff physician



# Where We Are



- ▶ 19 ADHC/CBAS Centers throughout San Diego County
- ▶ Please see attached resource directory for full listing

# Case Example 1 “Daniel”

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- ▶ 56 year old male
- ▶ Wheelchair bound due to stroke
- ▶ Suffers from a rare form of leukemia
- ▶ Seizure disorder r/t electrolyte imbalance
- ▶ Catheter from urinary incontinence
- ▶ Intellectual disability



# Case Example 2 “Beth”

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- ▶ 76 year old female that ambulates with a cane. She has schizophrenia, dementia, HTN, and COPD.
- ▶ Was discharged from an outpatient psych day program d/t increase in dementia. Therapy for schizophrenia no longer effective.



# Case Example 3 “Anyia”

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- ▶ Russian speaking 53 year old female that ambulates with a cane
- ▶ Referred to Loving Care ADHC from a county mental health facility
- ▶ She has major depressive disorder with psychotic features, HIV+, uncontrolled DM with FSBS >300, and congestive heart failure.



# Cultural Competency

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- ▶ Assistance with accessing resources
- ▶ Experience with interpreters and translators
- ▶ Stigma with mental illness
- ▶ Use of ethnic medications



# Advantages of CBAS

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- ▶ One-stop-shop for a multitude of healthcare services
- ▶ Routine skilled medical services
- ▶ Patients continue to live safely at home
- ▶ Opportunities to decrease isolation
- ▶ Cost effective when compared to institutionalization and outpatient services



# Questions

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# Contact Information

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