

	<p><b>Day Activity and Health Services (DAHS) Guideline</b></p>	
<p><b>Guideline #</b> 10598</p>	<p><b>Categories</b> Administration / Non-Clinical →TCHP Utilization Management</p>	<p><b>This Guideline Applies To:</b> Texas Children's Health Plan</p>
		<p><b>Document Owner</b>  Lisa Fuller</p>

**GUIDELINE STATEMENT:**

Texas Children's Health Plan (TCHP) performs authorization of Day Activity and Health Services (DAHS) for STAR Kids members, ages 18 and older, with chronic medical conditions who may benefit therapeutically from these services. STAR Kids managed care organizations may not require DAHS providers to obtain a denial or explanation of benefits from a member's primary insurance before seeking reimbursement for DAHS.

**DEFINITIONS:**

**Day Activity and Health Services:** Also known as adult daycare, are a Long-term Services and Support (LTSS) benefit for all STAR Kids members ages 18 years and older who require the service due to a chronic medical condition and are able to benefit therapeutically from the service.

DAHS provides attendant care in a facility setting under the supervision of a nurse. Services include:

- nursing
- physical rehabilitation
- nutrition
- social activities
- transportation (when another means of transportation is unavailable)

**GUIDELINE**

1. All requests for prior authorization for Day Activity and Health Services are received via fax, mail or electronically by the Utilization Management Department and processed during normal business hours.
2. The Utilization Management professional receiving the request evaluates the submitted information to determine if the documentation supports the Day Activity and Health Services as an eligible service.
3. For initial prior authorization for Day Activity and Health Services, the following documentation must be provided:

- The potential for therapeutic benefit must be established by a physician's assessment and requires a physician's order.
- A Day Activity and Health Services (DAHS) facility nurse must complete a health assessment for each STAR Kids member at the facility. The assessment may be conducted by a registered nurse (RN) or licensed vocational nurse (LVN), based upon the member's condition at the time of initial assessment. The DAHS facility nurse completes a health assessment at either the facility or the member's home. Health assessments must be conducted, at minimum, when:
  - Members need initial assessment for prior authorization by a STAR Kids managed care organization;
  - Members transfer to a new facility (conducted by the new facility);
  - At reauthorization;
  - The DAHS nurse determines a member needs to be reassessed.
- The member or legally authorized representative must sign the health assessment each time the nurse completes or revises the form. The health assessment must identify specific conditions that may affect a member's functioning.

#### 4. Reassessment for Day Activity and Health Services

4.1. Reassessment by a physician is required at least every 12 months for continued authorization. For this service, a physician assessment may be no older than 90 days from the date at which an authorization is requested.

4.2. A member is reassessed at regular intervals by the facility nurse. In addition, the facility nurse assesses the member for nursing, physical rehabilitation, and nutritional services when:

- At reauthorization; **AND**
- Transferring from another Day Activity and Health Services facility; **AND**
- A member's condition changes. If the change in condition necessitates, the facility nurse coordinates with the member's service coordinator or physician for a physician assessment.

#### 5. DAHS facilities must be licensed by the Texas Health and Human Services Commission (THHSC) and comply with the Texas Administrative Code, Title 40, Part 1, Chapter 98, Adult Day Activity and Health Services Requirements. DAS Facilities must be responsible for:

- 5.1. Nursing services, which include a member's nursing assessment, assistance with prescribed medications, counseling concerning health needs, and supervision of personal care services (PCS)
- 5.2. Physical rehabilitative service which include restorative nursing and group and individual exercises with range of motion exercises

- 5.3. Nutrition services, which include: one hot noon meal a day, a mid-morning and mid-afternoon snack, preparation of foods required for special diets and dietary counseling and nutrition education for the individual and their family
- 5.4. Transportation, including to and from the facility, on an activity outing, and to provide therapies if the member requires specialized services on days of attendance at the DAHS facility. Facilities must
  - Coordinate the use of other transportation resources within the community
  - Make every effort to have families transport individuals.
  - Maintain vehicles in good condition and ensure they meet Texas Department of Public Safety inspection standards. Vehicles must be maintained and insured.
  - Ensure sufficient staff to ensure the safety of members during transportation.
- 5.5. Activities and other supportive services
  - Activities offered at the facility must be meaningful, fun, therapeutic and educational
  - A provider must offer at least three different scheduled activities in at least one or more of the following activities: Exercise, games, educational or reality orientation, crafts.
  - A provider must offer at least one of the following activities, at cost to the provider, monthly: trips or special events; or cultural enrichment
6. Form 3055, Physician's Orders (DAHS), and Form 3050, DAHS Health Assessment/Individual Service Plan, must be utilized for new enrollments, for transfers to a different DAHS facility, and if the individual's condition changes.
7. Requests for 1 unit per day (3 hours but less than 6 hours a day) for S5101, adult day care may be approved for one year at a time.
8. Requests for 2 units a day (more than six hours a day) may be approved on a case-by-case basis if there is documentation that over 6 hours per day is medically necessary (e.g. Member lives in an environment without access to social and recreational activities AND more than 6 hours is necessary to meet the Member's medical needs)
9. Time spent in approved transportation provided by the DAHS facility shall be counted in the unit of service.
10. If Member transfers DAHS facilities or condition changes, a new physician assessment and order is required prior to authorization
11. Day Activity and Health Services (DAHS) may be received in conjunction with some other services such as personal care services (PCS), community first choice (CFC) or consumer managed personal attendant services (CMPAS) as long as there is not a duplication of services.

12. Requests that do not meet the criteria established by this procedure will be referred to a TCHP Medical Director/Physician Reviewer for review and the Denial Policy will be followed.
13. Preauthorization is based on medical necessity and not a guarantee of benefits or eligibility. Even if preauthorization is approved for treatment or a particular service, that authorization applies only to the medical necessity of treatment or service. All services are subject to benefit limitations and exclusions. Providers are subject to State and Federal Regulatory compliance and failure to comply may result in retrospective audit and potential financial recoupment.

**RELATED DOCUMENTS:**

STAR Kids Handbook Section 4500, Day Activity and Health Services

<https://www.hhs.texas.gov/handbooks/star-kids-handbook/4500-day-activity-health-services>, Accessed January 11, 2026

**REFERENCES:**

Day Activity and Health Services Provider Manual. Services requirements.

<https://www.hhs.texas.gov/handbooks/day-activity-health-servs-provider-manual>, Accessed January 11, 2026

TAC Title 40, Part 1, Chapter 98, Adult Day Activity and Health Services Requirements

National Adult Day Services Association, <https://www.nadsa.org/for-caregivers/consumers/>, Accessed January 11, 2026

26 Texas Administrative Code Health and Human Services, Part 1, Texas Health and Human Services Commission, Chapter 559, Day Activity and Health Services Requirements

[https://texas-sos.appianportalsgov.com/rules-and-meetings?interface=SEARCH\\_TAC](https://texas-sos.appianportalsgov.com/rules-and-meetings?interface=SEARCH_TAC), Accessed January 11, 2026

<b>Status</b>	<b>Date</b>	<b>Action</b>
Approved	01/15/2026	Clinical & Administrative Advisory Committee Reviewed and Approved for Implementation

Original Document Creation Date: 06/02/2020	This Version Creation Date: 03/12/2026	Effective/Publication Date: 04/20/2026
---	--	--

