



Helping Elders Live in Place Adult Respite Care HARC

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Challenges for Rangeley



Community Composition

- Town is comprised of one town and three plantations
- Year round population is approximately 1300
- 20% Is over 65
- 43% below poverty level or low income
- 33% live alone

How did HELP get started?

- 2013 Community Volunteer Committee formed (HELP)
- 2014 RHW held a Visioning Event to assess community needs
- HELP transitioned to Rangeley Health and Wellness Umbrella
 - Align with the organizations mission
 - Provided nonprofit status
 - Provided insurance and liability coverage
 - Provided fundraising capacity
 - Support of the RHW board and community

The RHW Board of Directors and the HELP committee determined that respite care was needed in the community and formed HELP Adult Respite Care



HARC – HELP Adult Respite Care

- HELP Committee members visited sites for both medical and social models
- We met monthly to discuss our findings
- The Brookdale Model of social care was decided upon
- A site and start-up funding was secured
- HELP formed a sub committee to tackle the state licensure process
- Advertise and train for staff and volunteers



HELP Adult Respite Care (HARC)

Designed to aid caregivers and provide a safe place for cognitively challenged seniors.



- Capacity to serve 6 consumers one day a week with the ability to expand
- Social model based on the Brookdale Curriculum
- State licensed for Adult Day Services
- Licensed PSS provider
- Extensive volunteer training
- Criteria for Consumer Eligibility

Consumer Eligibility

- Able and willing to follow simple instructions
- Able to participate in activities
- Able to function in a social setting
- Non-combative
- Capable of performing activities of daily living
- Continent
- Able to administer own medications
- Independently ambulatory



Volunteer Training

- Background checks
- CPR and First Aid review
- Training in Active Listening and Empathy
- Training in the stages of Dementia
- A typical day schedule in the Brookdale Model
- Roles and Responsibilities as a volunteer



What other programs does HELP offer and why are these important to the HARC program?

Annual Senior EXPO

Winter Senior Social



Neighbors Calling Neighbors

Keys to our Success



- Mission statement with a clear vision HARC

To provide needed aid for caregivers by creating a safe place where cognitively challenged seniors can participate in activities designed specifically to enrich their daily lives, by providing a supportive program that focuses on a participant's capabilities, experience, interests, and personality so that his/her potential is maximized.

- Administrative structure for support and funding
- Ongoing expansion and renewal of volunteer base
- Training volunteers & finding a niche for everyone
- Encourage consumers to be active participants

Keys to our Success

- Branding and marketing
- Partnerships with other organizations
- Cross-generational components
- Targeted fundraising, grants, solicited donations and fee for service
- Sustainability
- Start small, you can always grow!

