



Rangeley Health and Wellness
HELP Adult Respite Care...

Daily Activities include:

- * Individualized service plans
- * Healthy hot lunch
- * Music programs
- * Arts and crafts
- * Group activities
- * Puzzles and games
- * Fitness and nutrition
- * Guest speakers
- * Intergenerational programs
- * Caregiver seminars



Rangeley Health and Wellness
HELP Adult Respite Care
P.O. Box 722
Rangeley, Maine 04970



RHW
Rangeley Health and Wellness
your partners in well-being

HELP Adult Respite Care



HELP, (Helping Elders Live in Place)
is a program of
Rangeley Health and Wellness
dedicated to providing seniors with
opportunities to enrich their lives.



Rangeley Health and Wellness

HELP Adult Respite Care (HARC)

Our Adult Respite Care program will follow the **Brookdale Model** providing fun and engaging social and educational programs designed for seniors with early memory loss. We will focus on the strengths and abilities of the consumers while providing a safe, supportive environment.



HARC Admission Criteria for Consumer Eligibility:

- * Be able and willing to follow simple instructions and directions
- * Be able to participate in activities
- * Be able to function in a social setting
- * Be non-combative, no threat to others or to themselves
- * Be capable of performing activities of daily living with limited aid
- * Be continent
- * Be able to administer own medications and personal care
- * Be independently ambulatory

HARC Staff

*Program Provider: Denise Kennedy
Administrator: Jeanne Thorvaldsen
Executive Director RHW*

Volunteers will assist with the program each week. For more information or to become a volunteer please call RHW at 864-4397 x 4



Assessments:

To ensure the greatest benefit to our consumers, initial evaluations will be completed to determine a base line of ability levels. We will provide monthly assessments and comprehensive evaluations every six months. The provider will meet with family and caregivers as necessary. Evaluations are critical for creating individualized service plans and for determining the consumers continuing eligibility and maintaining base lines for appropriate individual consumer activities. All assessments are confidential and will comply with federally required HIPAA guidelines.

Mission Statement

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.



HARC Hours of Operation:

*Tuesdays 11:00am—3:00pm
207-864-5873 (on site)
207-864-4397 x 4 (administration)
Rangeleyhealthandwellness.com*

Fee Schedule \$40/day— Sliding fee scale available upon request

*Located in the lower level of
Rangeley Family Medicine
Dallas Hill Road
Rangeley, ME 04970*