SPECIAL ELDERS PROGRAM

SERVICES PROVIDED BY THE SPECIAL ELDERS STAFF

- Encourage socialization among older seniors

- Create a number of programs designed especially for older seniors.

- Assist with lunch trays for those who cannot stand in line or carry trays to dining tables.

- Remind participants to get tickets for special events, register for programs, etc.

- Offer special facilitated group activities.

- Communicate with family members, caregivers, or legal guardians of older seniors when necessary or beneficial.

DAILY & WEEKLY SCHEDULE

THE MENTOR SENIOR CENTER provides a variety of activities, educational opportunities and support services to the Special Elders Monday and Wednesday between 10:30 a.m. and 2:00 p.m.

Home-cooked meals served daily in dining area from 11:00-11:30 for those who cannot stand in line or carry trays. Orders are taken from 10:30 to 11:00.

Bingo is played on Mondays and Wednesdays from 1:00 to 2:00.

Activities and Entertainment such as hands-on crafts, special luncheons with entertainment, special movies or group games are scheduled on Fridays from 12:00 to 1:30.

Movies are on Thursdays at 12:30 in the Great Room

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The **Special Elders Program** gives seniors the support and assistance they need to more fully participate in Senior Center recreation activities and in establishing the best possible quality of life as they age in a safe, welcoming, and supportive social environment.

The program is intended to assist participants in small ways to enhance their enjoyment of the Senior Center. This may include assistance getting lunch; help determining appropriate activities such as fitness classes, memory classes, art classes and bingo; and directions to peer social groups and activities.

NOTE: This is *NOT* an Adult Day Care Program.

WHO IS A SPECIAL ELDER?

A Special Elder is a member – younger or older - who may need a small amount of assistance to take part in select Mentor Senior Center programs.

The Special Elders Program is designed to serve senior citizens who are experiencing some issues with aging and who may benefit from increased social interaction in activities specially tailored to their peer group, with minimal assistance in order to foster continued independence and well-being.

The majority of Special Elders use Laketran transportation, which is provided free of charge to and from the senior center for Lake County residents 60 or older.

Standing appointments for rides can be made by calling 1-888-LAKETRAN.

PARTICIPANT REQUIREMENTS

Special Elders must have the ability to participate physically and mentally in Mentor Senior Center programs without the need for constant supervision.

Participants with short term memory loss must be able to stay in the facility or stay with the group during an outing.

Each participant is responsible for their personal items such as purses, walkers and outerwear.

This program is NOT appropriate *if:*
- a participant is physically aggressive
- help is needed to be lifted
- help is needed to be fed
- help is needed to take care of personal needs (toileting, medication, hearing aids, etc.).

Participants requiring more individualized care must be accompanied by a caregiver.

ENROLLMENT

An initial visit with a family member or caregiver should be scheduled with a Special Elders staff member. This will include a tour, a review of the daily and weekly schedules, an overview of activities available, and an observation of in-session classes and activities.

An application form must be thoroughly completed and reviewed by staff. During the annual renewal period, the form will be reviewed and updated.

A Special Elder must be a current member in good standing at the Mentor Senior Center.

There is an annual fee of $20 to enroll in the Special Elder Program.

NOTE: *This is <u>not</u> an adult day care program providing personal care or individual supervision. Participants must meet program requirements.*