



# ELDERCARE SERVICES

---



# UCFS

## United Community & Family Services

**MISSION**-UCFS improves the health and well-being of the community.

**VISION**-UCFS will be the premier community based organization providing health and human services to individuals and families in eastern Connecticut.

# Where is UCFS Located?

- **General Administration**  
34 East Town Street, Norwich
- **The Edward & Mary Lord Family Health Center at UCFS**  
47 Town Street, Norwich
- **Health Center**  
70 Main Street, Jewett City
- **Rock Nook Office**  
77 East Town Street, Norwich
- **Sheltering Arms**  
165 McKinley Avenue, Norwich
- **Ross Adult Day Center**  
165 McKinley Avenue, Norwich.
- **Shoreline Adult Day Center**  
1 Beechwood Drive, Waterford
- **Colchester Office**  
212 Upton Road, Colchester
- **New London Office**  
400 Bayonet Street, New London
- **The Center for Work and Family**  
21 Chicago Ave, Groton
- **Helping Hands Thrift Shop**  
34 Town Street, Norwich

# UCFS-

## Programs & Services

- **Medical & Specialty Services**
  - Geriatric Assessment and Management Program
- **Women’s Health Services**
- **Community Outreach Services**
- **Dental Health Services**
- **In-School Dental Program**
- **Eldercare Services**
  - Ross Adult Day Center
  - Shoreline Adult Day Center
  - Sheltering Arms Retirement Residence
- **Outpatient Behavioral Health Services**
- **Community Based Behavioral Health Services**
- **Volunteer Services**
- **Center for Work & Family (EAP)**

# GERIATRIC ASSESSMENT

The Geriatric Assessment & Management Program offers:

- Physical Examination
- Functional Assessment
- Psychosocial Assessment
- Individual Counseling
- Entitlement Assessment
- Health Promotion & Health Education
- Consultation report sent to your primary care physician and family member or caregiver
- Comprehensive plan of care which enables families to plan for the future

# GERIATRIC ASSESSMENT

**The Geriatric Assessment & Management program strives to promote, restore and maintain functional independence.**

*And in the end, it's not the years in your life  
that count. It's the life in your years.*

*-Abraham Lincoln*

# ELDERCARE SERVICES CAREGIVERS-

**The physical and emotional demands of caring for a aging loved one can be rewarding and challenging at the same time. To be a successful caregiver support is often needed.**



# ELDERCARE SERVICES PARTICIPANTS-

- Social stimulation
- Day-time supervision
- Nutritious meals
- Enriching environment
- Therapeutic recreation
- Personalized Care Plans



# ELDERCARE FACILITIES

- **SHELTERING ARMS**  
- 165 McKinley Ave, Norwich
- **SHORELINE ADULT DAY CENTER**  
– 1 Beechwood Drive, Waterford
- **ROSS ADULT DAY CENTER** –  
165 McKinley Avenue, Norwich



# Adult Day Centers provide support when:

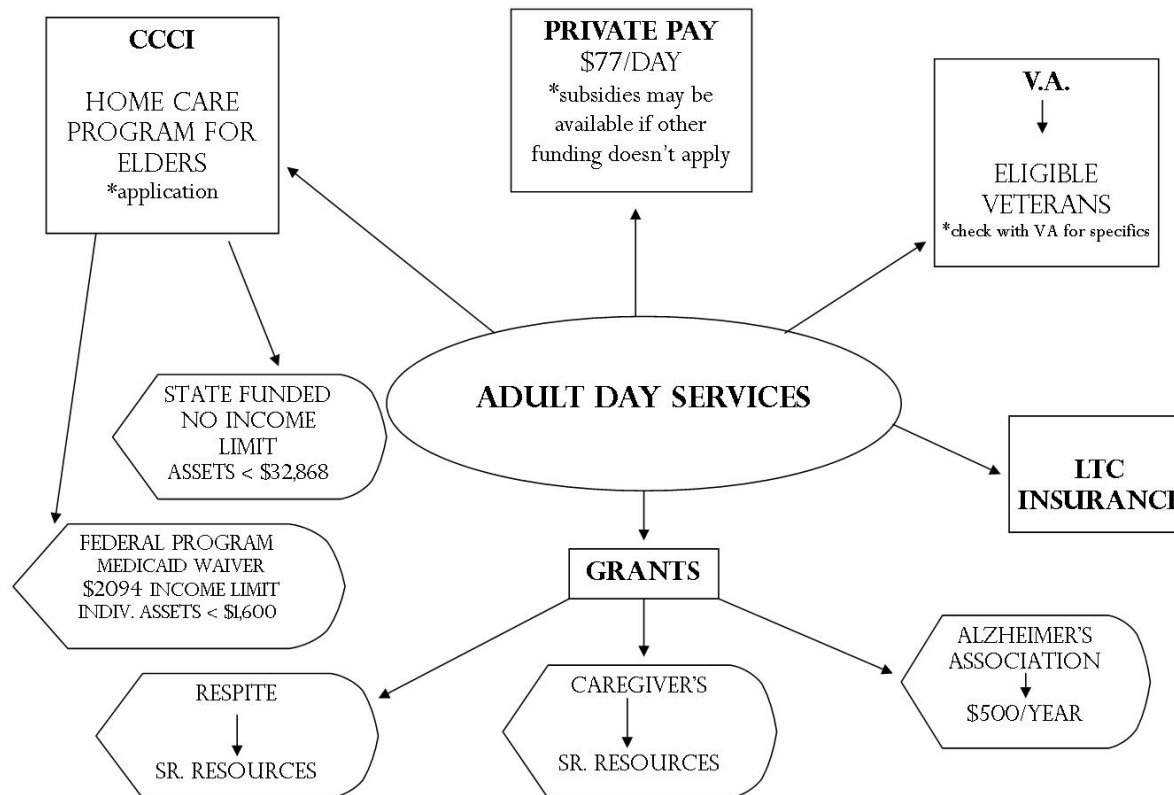
- An adult cannot perform all activities of daily living (ADL) but does not need professional care around the clock
- The caregiving family needs respite
- The caregiver must go to work and a safe and enriching environment is required
- An adult needs social stimulation to prevent loneliness or depression
- Supervision during the day is needed
- Assistance with meals and feeding if needed
- Anytime the individual could maximize their potential for health and well-being through activities, socialization and professional supervision

# SERVICES INCLUDE

- **Professional Nursing Services**
- **Individual Care Management**
- **Medication Management & Administration**
- **Personal Care & Bathing**
- **Therapeutic Recreation**
- **Nutritional Services & Diet Considerations**
- **Outdoor Secure Courtyard & Sensory Room (Norwich)**
- **Safe Reliable Transportation**
- **Escorted wheelchair transport**
- **Caregiver Support & Education**
- **Ongoing Health monitoring**

# Adult Day Services- Payment Options

## PAYMENT OPTIONS



# SAMPLE SCHEDULE

- 7:30-9:30 a.m. Arrive - via family or van
- 8-10 a.m. Light Breakfast, interim activity
- 10:00 a.m. Reminiscing, story, paper
- 10:30 a.m. Exercising
- 11:00 a.m. Morning program-crossword, entertainment, baking, scrabble
- 12:00 noon Lunch
- 1:00 p.m. Afternoon program—entertainment, bingo, golf & bowling (on Wii)
- 2:15-2:45 p.m. Loading vans for those who receive transportation
- 5:00 p.m. Close



# CONTACT INFORMATION

- **Ross Adult Day Center**

165 McKinley Avenue

Norwich, CT 06360

Telephone: 889-1252

Fax: 892-2340

Contact person:

**Amy Merchant, RN**

[amerchant@ucfs.org](mailto:amerchant@ucfs.org)

- 50 person capacity

- **TOURS AVAILABLE**

- **RESPITE SERVICES**

- **Trial Participation Offered**

# CONTACT INFORMATION

- **Shoreline Adult Day Center**

1 Beechwood Drive  
Waterford, CT 06385  
Telephone: 442-5873  
Fax: 440-3301

Contact person:  
**Michele Ripley, RN**  
mripley@ucfs.org

- 40 person capacity
- **TOURS AVAILABLE**
- **RESPIRE SERVICES**
- **Trial Participation Offered**

# SHELTERING ARMS RESIDENTIAL FACILITY



# SHELTERING ARMS

## Residential Care

- Home for men and women age 60 & older
- Residents maintain independence, surrounded by friends & caring staff in a home-like environment
- Temporary Respite Available
  - Upon room availability
  - 1 week minimum stay
- **TOURS AVAILABLE**

# Sheltering Arms-

## Benefits include:

- Private rooms
- On-site nurse & 24 hour resident attendants
- Laundry & housekeeping
- Formal & casual spaces
- Cable television
- Recreation & Social activities
- Dietary Considerations
- Intergenerational programs
- Transportation to & from off-site activities
- Medication management
- Available options:
  - Private telephone
  - In-room cable TV
  - Podiatry & Hairdressing
  - Personal items shopping cart

# APPROPRIATENESS CRITERIA

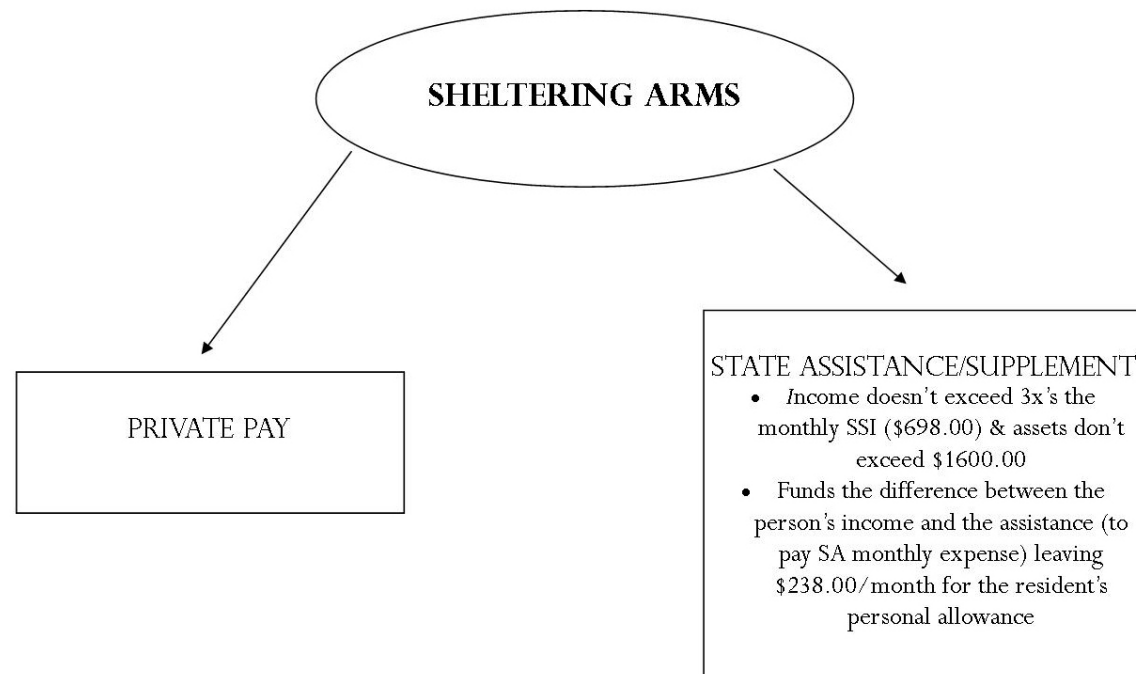


- Ambulatory (walkers allowed)
- Independent w/ daily activities
  - Occasional Assistance
    - Non smoker
    - No Alcohol
- Early/Moderate Alzheimer's acceptable (wander guard used)
  - Must be 60 years or older

*Call for an individual assessment*

# Sheltering Arms- Payment Options

## PAYMENT OPTIONS



# **SHELTERING ARMS**

## **SAMPLE DAILY SCHEDULE**

- **6:30 a.m.**      **Wake up and get dressed**
- **8:00 a.m.**      **Breakfast in the dining room**
- **8:30 a.m.**      **Morning medications, independent activities**
- **10:00 a.m.**     **Recreational activities (optional); art, exercise, games**
- **11:00 a.m.**     **Activities; shopping, coffee hour, pretty hands**
- **12:30 p.m.**     **Lunch; picnics (weather permitting)**
- **1:00 p.m.**      **Afternoon medications**
- **2:00 p.m.**      **Recreational Programs; bingo, exercise, bean bag toss, etc.**
- **4:00 p.m.**      **Socializing**
- **6:00 p.m.**      **Dinner served in the dining room**
- **8:00 p.m.**      **Snacks and juice**
- **9:00 p.m.**      **Evening medications**

# CONTACT INFORMATION

- **Sheltering Arms**

165 McKinley Avenue

Norwich, CT 06360

Telephone: 887-5005

Fax: 892-2340

Contact Information:

**Jan Davis, Director**

[jdavis@ucfs.org](mailto:jdavis@ucfs.org)

- **TOURS AVAILABLE**

- **RESPIRE SERVICES**

- **30 resident capacity**

# **BENEFITS OF ALL ELDERCARE PROGRAMS**

- **Caregiver support, education and respite**
- **Social and community interaction**
- **Meals Provided; diet/nutritional considerations**
- **Healthcare Monitoring: medication administration and managed with physician collaboration**
- **Physical, speech & occupational therapy available**
- **Personal Care; showering, hair styling, podiatry services**
- **Therapeutic Recreation Activities; exercise, arts & crafts, bingo, planned outings, entertainment, music, movies, dancing and more**

