

Information about services of The Life Center of Davidson County

*.....our goals, our service to you, and how to proceed with enrolling.
If at any time you have questions about our service,
please do not hesitate to contact The Life Center at 249-2155.*

MISSION

The mission of The Life Center as adopted by our Board of Directors is:

The purpose of The Life Center of Davidson County, Inc. is to provide high quality day time care to older and impaired adults; to help improve the quality of life for both the participant and their caregivers by offering a safe supportive environment, support, relief, respite and counseling. The Life Center serves adults in the Lexington, Thomasville, Denton, and Davidson County area.

Typically, the program is geared toward individuals 55 years of age and older, however, special consideration is given to those under the age of 55 whose needs may be met in an adult day health program setting.



GOALS

The Life Center's goals are:

- to provide a safe and secure environment for caregivers to leave their family member during the day time
- to provide activities to stimulate participants mentally, physically, and spiritually.
- to provide a supportive environment to increase the participant's feeling of self worth and dignity
- to emphasize health rather than illness
- to provide health services to enhance care provided by the participant's family and physician
- to provide a loving, nurturing environment to enhance the quality of the participants' lives
- to encourage companionship and friendship
- to provide a time of respite and renewal for the caregiver

FAMILY BENEFITS

The intent of The Life Center's services are to enhance the care given by a family member for a loved one and to help the family continue to care for them in their home.

The Life Center can offer a family support, freedom to pursue employment opportunities and outside interests without worrying about their loved one, less costly care than an in-home sitter, the ability to remain together in a familiar home setting, and the opportunity to avoid premature long-term care placement.

Families are encouraged to visit and be involved in the activities of The Life Center as often as possible.

Making a decision about care for a loved one is often a difficult decision at best. The Staff of The Life Center is available to answer your questions.

Activities

Therapeutic activities are a core component of the services provided by The Life Center and are available to each participant.

We offer a varied program of activities designed to enhance the adult's feeling of self-worth and usefulness, stimulate creativity, provide safety, and provide peer association.

Activities are planned to meet the interests, needs and abilities of the participants with an emphasis placed on utilizing strengths. Time is also scheduled for rest and relaxation. Our activities include: guest speakers, exercise, health and nutrition education, cultural enrichment, intergenerational programs, remotivation, crafts, music therapy, gardening, devotions, trivia, trips down memory lane, games, Bible Study, Chapel services and more. Safe 'wandering' is permitted within the building and onto the screened porch.

Activities are planned and paced for needs of the adult. Aimed at maintaining the highest possible level of functioning, activities are never forced upon a participant and personal attention is provided when needed.

Is The Life Center Right for my loved one?

The Life Center will strive to serve all participants and decisions regarding acceptance into the program are determined on an individual basis.

The following are individuals who are happiest in an adult day health setting. However, if you have questions about a specific health care need or our ability to meet that need, please contact our Program Coordinator.

Someone who is

- able to benefit from a therapeutic activity program
- able to benefit from the companionship of others
- able to transfer from a wheelchair to a chair with minimal assistance
- able to adapt to the group setting both physically and mentally
- able to feed him/herself independently or with queuing
- able to benefit from bowel/bladder retraining
- not disruptive or is not verbally or physically harmful to others.

Health Care Services

Health Care staff members assist the participant with taking medications, following special diets, walking and moving about the center, monitoring their health through regular blood sugar and blood pressure checks, maintaining mobility through individualized range of motion exercises, bowel and bladder retraining, and more.

Additional fee based health services include: daily/weekly blood sugar checks, blood draws, bathing, and hair care, and limited transportation.

Special Diets

A light breakfast, nutritious lunch, and an afternoon snack are part of the services provided. Participants with special dietary needs as prescribed by a physician, will receive foods to meet their special diets (low salt, diabetic, vegetarian, soft or ground foods).

Hours

The Life Center is open Monday through Friday except on holidays and staff workdays. Our basic operating day is **7:15 am to 5:30p.m.**; however, earlier or later hours may be available for an additional fee.

What is Group Respite?

Group Respite provides temporary relief for caregivers on Tuesdays and Thursdays from 10:00 AM until 3:00 PM. This unique opportunity allows the caregiver to run errands, meet personal needs, etc. while the participant enjoys a variety of activities and a nutritious lunch and snack at The Life Center. For enrollment information, please call The Life Center at 249-2155.

What about....

Leadership and Staff

The Life Center of Davidson County is a private, non-profit agency governed by a volunteer Board of Directors.

The Life Center professional staff include an Executive Director, Program Coordinator, and Health Care Coordinator. Other staff include Health Care Assistants and Activity Assistants.

Staff members are trained to work with older adults and are certified in both CPR and First Aid. Our staff to participant ratio is no greater than 6 participants to each staff member.

Volunteers for such activities as crafts, sing-alongs, chapel services, and informational programs are drawn from community resources and individuals.

Transportation

Family members are encouraged to provide transportation for the participant when feasible. However, for those families who are unable to provide transportation, The Life Center will contact the Davidson County Transportation System to determine if a seat is available to transport participants to and/or from their homes. At an additional cost, transportation may be available in TLC van.

Cost to attend

The Life Center's fees are based on the cost of providing care.

The cost depends upon the number of days of care needed, the level of care required, and the amount the family can afford to pay. Through government programs, United Way contributions, and donations from corporations, businesses, churches, and individuals in our community, many participants are eligible for scholarships to make the program more affordable.

We will cover all cost information and the availability of existing grants and/or scholarships during your visit to the center.

No one has ever been denied services as a result of inability to pay.

A Typical Daily Schedule

Morning:

7:15	Center Opens
8:00-8:25	Weather and News—Social Time
8:25	Thought for Day and Pledge
8:30	Light Breakfast
9:00	Current Events and What's New
9:30	Morning Exercise
10:00	Morning Activity (Trivia, Music, Physical Challenge, etc.)
11:00	Price is Right TV Time or Small Group Activities

Afternoon

12:00	Lunch
12:30	Quiet Time/Small Group Activities
1:30	Afternoon Activity (Exercise, Crafts, Bingo, etc.)
2:15	Afternoon Snack
2:30-5:15	Small Group Activities
5:30	Center Closes

Now, how do I enroll my loved one?

Contained in this packet are an information form and a medical form. After these are completed by the family and physician, the person responsible for the care of the participant should call to arrange an appointment time with the Health Care Coordinator and the Program Coordinator to visit The Life Center to complete the enrollment process.

The enrollment process is designed to give the applicant, his or her family and The Life Center each the opportunity to determine if The Life Center is the most appropriate service for the applicant.

It is also designed to acquaint the applicant with TLC facility. Therefore, the applicant **should** accompany the family to The Life Center for this visit. The family should allow about 90 minutes.

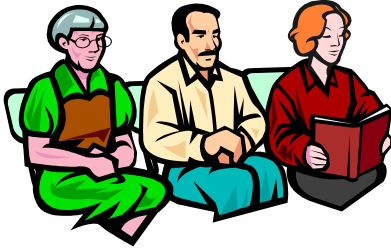
At enrollment, a \$10.00 application fee and any other applicable fees may be due.

What if I have questions?

Please contact us with any questions you have.

You can...

- come by The Life Center anytime during our business hours of 8:00a.m. - 5:00p.m.. We are located at the corner of West Center and Martin Streets in Lexington.
- write us at 601 West Center Street, Lexington, NC 27292.
- call us at 249-2155.
- or email us at lifecenter@lexcominc.net



We'll put you in touch with the person who can best answer your questions.

What have others said about The Life Center?

Each year The Life Center surveys our families to ask them how we're doing....are we meeting their needs... what should we change...what services should we add? Here are some of the comments from our survey.

- *"It's a wonderful place to take your parent to get good quality care"*
- *The Life Center "provides kind, loving care and good educational and fun activities".*
- *The Life Center is "a caring group of dedicated personnel. Their goal is to provide the best care possible for their participants".*
- *"The Life Center provides a vital service for families and allows elderly people to remain at home. It is a service we all may need one day".*
- *"The Life Center provides a very clean, safe and inviting environment with trained and qualified caregivers."*
- *"If it weren't for The Life Center, my Mom would be in a rest home. I could not afford to quit work."*
- *"Thank you for your kindness, caring, patience, humor, smiles, understanding, teamwork, and friendship."*
- *"The freedom and mental rest given to the spouse while the person is at The Life Center is great."*
- *"This is a great place for senior citizens to go and spend a day with friendly folks and not be alone. I am able to work and not have to worry about my Mother."*
- *You "took such special care of Mom. She loved you all."*
- *People should "visit and see for themselves" what The Life Center is all about.*
- *Your center "is truly a Life Center".*