

## Services Provided

The services we offer are designed to meet the needs of the individual participant and include...

- Strength based program
- A comprehensive assessment
- Goal-oriented plan of care
- On-going assessment of progress toward goals
- Two snacks and a hot noon meal
- Modified diet
- Specialized dementia programming
- Assistance with personal care
- Assistance with medications
- Group and individual exercises
- Modified sports such as bowling, volleyball, and shuffleboard
- Crafts, ceramics, watercolor and acrylic painting classes
- Live entertainment
- Music and dancing

## Group Activities

Participation in group activities is encouraged because the social environment becomes therapeutic in itself. By providing mental stimulation and emotional satisfaction, the group activities lead to a renewed interest in life. Group activities include exercise, fine arts, crafts, games, entertainment and discussion groups. The social interaction itself is therapeutic.

## Socialization is the best medicine

### Hours of Operation

The Placerville Club and the El Dorado Hills Club are open Monday through Friday from 8:30am to 4:30pm. Extended hours available. The Clubs are located in Placerville at 935A Spring Street between the County Health Department & Placerville Senior Center and in El Dorado Hills on the corner of Lassen Lane & El Dorado Hills Boulevard at 990 Lassen Lane.

### Volunteers

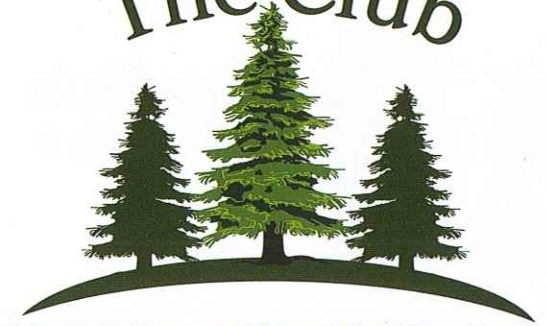
Volunteers enrich our program and the lives of our participants. The value of volunteers cannot be overestimated. We offer a variety of volunteer opportunities to individuals who possess patience, compassion, and the ability to work with older adults. Call us today for more information about our volunteer program.



Revised May 2019



# The Club



El Dorado County Older Adult Day Services  
Compassion, Care and Choice  
Since 1989

## Celebrating 30 Years of Excellence



EL DORADO COUNTY  
HEALTH AND HUMAN SERVICES  
AGENCY

### Placerville Center

935A Spring Street, Placerville, CA 95667  
Phone: 530.621.6180 Fax: 530.663.8418

### El Dorado Hills Center

990 Lassen Road, El Dorado Hills, CA 95762  
Phone: 916.358.3560 Fax: 530.663.8418

Email: [sdinfo@edcgov.us](mailto:sdinfo@edcgov.us)  
Website: [www.edcgov.us/ADS](http://www.edcgov.us/ADS)

# Compassion, Care, and Choice for Body, Mind, and Spirit



## The Club *Friends Made Daily*

The Club is a good choice for older adults who need care and supervision during the day. The warm and friendly setting offers a variety of activities for the body, mind, and spirit, which can help older adults to remain active and involved in the world around them. It is a place where friendships blossom while participants enjoy activities designed to add meaning to their lives, improve mental and physical functioning, and increase their sense of worth. In addition, the Club provides families with peace of mind and the opportunity to take a break from their caregiving responsibilities or continue their employment.

**At The Club, all people are valued and recognized for the unique individuals they are. Our staff are warm, nurturing, fun and absolute masters at filling each day with meaning, laughter and love.**

## Cost for Services

Our fees are very affordable, especially when compared with the cost of in-home care, a care home, or other alternatives. Participants may attend one to five days a week. The daily fee is discounted the more often they attend.

## The Right Setting

- Supportive, active environment focuses on positive aspects of person's abilities
- Safe, supervised setting provides caregivers peace of mind
- Group activities & peer interaction reduce loneliness & isolation for participant
- Community-based focus maintains connection with formal & informal support network

## The Right Team

- Our trained staff members look at the whole person's needs, regularly sharing information & observations with family/caregiver to provide services customized for the individual
- Over 100 years of combined caregiving experience

## The Right Outcomes

- Social setting reduces depression caused by isolation & loss
- Physical activities & therapy reduce risk of falls & improves ability to live safely at home
- Improves quality of life & slows cognitive loss
- Prevents premature institutionalization

## The Right Value

- Costs less than in-home care, assisted living, or nursing home care
- Multiple services under one roof for one fee
- Helps **BOTH** the participant & the caregiver

## ***The Right Choice!***

***The Club*** Older Adult Day Services, provide a comfortable, safe and protective environment for its participants



## Specialized Dementia Care

Recognized as a dementia care leader, we have been specializing in dementia care for over 30 years. Targeting persons in early to moderate stages of Alzheimer's disease and other dementias, we are able to maintain optimal functioning of each individual's physical and mental health over the inevitable course of the disease. This enables them to remain living at home for as long as possible, and prevents premature nursing home placement.

## Free Caregiver Support Services

- Individual Consultation
- Information and referral
- Caregiver support groups
- Free lending resource library
- Education and training
- Family meetings