

Vaughn Gage Healthy Aging Center

Our Process

Seeing the whole person. The Whole Person approach involves looking deeply into a person's mind, heart and spirit and seeing them as a Whole Human Being—a person with the desire to realize their full potential, to contribute to the world, to be loved and to heal from their past.

Our Approach

In order for seniors to live at home safely and in the best state of health, there must be a carefully selected team working together to oversee the process. Here is an overview of the Vaughn Gage Center's approach to assessing your personal situation and developing a plan that will work for everyone concerned.

Understanding the Person

Every person needs to be understood. Our seniors have contributed to society, raised families and have a wealth of knowledge and experience to share. Vaughn Gage (VG) Center is comprised of a team of licensed, clinical professionals and care managers who perform an in-depth assessment of each individual's needs, desires, strengths, support system and resources and with cooperation from all concerned parties.

Our professional team listens – and learns – before a carefully integrated solution is created. The responses and input we gather from the integrated care team (family, doctors, nurses, case managers) enables us to understand all aspects that will influence the customization of the care plan.

Starting with a Holistic Intake Process

When we meet a new client, our intake procedure involves probing four different aspects of a member's well-being including:

1. Emotional health
2. Mental health
3. Physical health
4. Spiritual Well-Being

Overview of Services

Please note that all of Vaughn Gage Healthy Aging Center's attendant staff have a nursing background (CNA, LVN, RN). This allows you to rest easy that our unique program's skilled nursing component is staffed with individuals trained to administer medication and monitor your loved ones health and wellness.

Our dedicated Adult Day Health staff develops individualized health care plans for each participant based on physician's orders, as well as medical rehabilitation and nursing assessments.

The following services are components of the Vaughn Gage Adult Day Health program:

- *Skilled nursing, which includes administering medications and treatments, monitoring of participant's condition and basic nursing care*
- *Case management with referrals to community-based health and social agencies when indicated*
- *Guidance, teaching, and supervision in the administration of medication*
- *Two nutritious meals and a snack prepared under the direction of a registered dietitian*
- *General health and nutrition education*
- *Social and recreational activities designed to meet the needs of the individual participant*
- *Ongoing communication with the participant's personal physician*
- *Rehabilitation services such as physical, occupational and speech therapy when ordered by the participant's physician*
- *Caregiver education to assist the family with their role in the participant's individualized treatment plan*
- *Counseling, caregiver support groups, and social services for participants and their families*

Menu of Services and Fees

Fee Schedule

(Standard service represent 8 consecutive hours of services per day between 8:00AM and 4:00 PM for (3) three or more days per week and must be paid in full prior to services beginning.)

| | |
|---------------------------------|------------------|
| Standard Service Package | \$85.00/Day |
| | \$70.00/Half Day |
| | \$425.00/Weekly |
| | \$1,700/Monthly |

Extended Hours

Extended hours services are available from 7:00 AM to 8:00 AM and from 5:00 PM to 7:00 PM

\$15.00/hour

Additional Services

| | |
|---|---------------------------|
| Transportation Services | Call for Pricing |
| Individual/Family Counseling | Free for Members & Family |
| Medication Assessments (every 3 months) | Free for Members |
| Prescription Drug Fills/Refills (excludes cost of drugs) | Free for Members |
| Bathing Assistance | \$25.00 |
| Salon/Spa Services | Call for Pricing |
| Massage/Reflexology | Call for Pricing |
| Prayer/Meditation Services | Free for Members |
| Computer Training | Free for Members |
| Job/Entrepreneur Classes | Free for Members & Family |
| Nutrition and Wellness Classes | Free for Members & Family |
| Financial Counseling/Legal Education | Free for Members & Family |
| Life Story Creation (Video/Print) | Call for Pricing |

**We offer a free Family Caregiver Membership for the primary caregiver of each member. This allows our caregivers to access greatly needed support services and activities on site on at least a monthly basis, as well.

Transitional Care/Care Management Services

Vaughn Gage Healthy Aging Center (VG) will be partnering with local hospitals to offer the value added services of care management and assistance to members as the transition from the hospital and/or rehab facility back home.

VG Case Managers will help bridge the gap between the member and all of the people who make up the care team. This may include the physician, rehab specialist, pharmacist, podiatrist, wound care doctor, etc. Transitional care allows our care management team to be an "overseer" of sorts for our members. We become the eyes and ears for the member and their family and assist in making the transitional process back home more efficient. Another major goal is to seek to prevent the member from returning to the hospital by assisting with the coordination of care.

VGHAC Care Managers help to identify what care needs a person has by performing an assessment of their needs and resources. We then work with the individual or family to determine their options for getting needed care.

We believe that the person needing care or authorized to represent them make the decisions about their care. How to best adjust back to life can become confusing with so many people involved in the care process. Our goal is to help structure the circle of care while also keeping these individuals linked together so that proper care can be given in a consistent and efficient manner. Please call our Assessment Team to discuss our Transitional Care and Care Management Services.

Highlights

The professional staff and volunteers at Vaughn Gage Center are committed to serving our members and providing programs and services that meet their needs. The array of programs we offer include the following:

- *Adult Education Classes*
- *Entertainment Programs and Classes*
- *Monthly Organic Food Co-op*
- *Exercise Programs*
- *Computer Training*
- *Salon/Spa*
- *Weekly Coffee/Snack Bar*
- *Job Training*
- *Preventive Health Programs*
- *Insurance, Medicare and Social Security Assistance*
- *College Courses*
- *Meditation*
- *Pastoral and Prayer Services*
- *Senior Driver Resource Center*
- *Nutritious Lunches Monday - Friday*
- *Resource Center*
- *Balance and Fall Prevention Classes*
- *Veteran's Assistance*
- *Health and Wellness Programs and Lectures*
- *Onsite Prescription Drug Fills/Refills*
- *Special Events (i.e., ballroom dancing instruction)*

Caring for the Caregiver

At Vaughn Gage Healthy Aging Center (VGHAC), we make it our business not to forget about the caregivers. We recognize that caregivers are often times overwhelmed and are in need of support and guidance themselves. Our program allows caregivers respite, information, education and support when they need it most.

Family caregivers of VG members receive a free membership to VGHAC that includes counseling, monthly breakfast meetings with other caregivers, massage therapy, networking events, educational conferences/seminars and much more.

Free Caregiver membership may include financial counseling, job training, legal guidance and more. Our monthly Caregiver Lounge allows you to meet with like-minded individuals who may be in a similar life phase as you (caregiving) and share stories and support. Food and Drinks are provided and instructional videos and brochures will be available. We look to you and the community on the best way to make this offering a success. We welcome your input and guidance on how best to serve you.

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In addition to answering simple questions, we also probe their willingness for change, their capacity to deal with stress and their view of their own self-worth.

Our Whole Person approach involves more than a Q&A session. Our goal is to allow the individual the opportunity to reflect on their skills, talents, aspirations, emotional health and spiritual values. Questions are asked such as, "What is something you always wanted to do?" to uncover their deepest motivations and influences. We invite them to reflect on how they have made a positive contribution to the world. After completion of this intake process, we have a clear picture of each client's current issues, worries, stressors and desires.

Our Health and Wellness Coordinator is essential to developing a trusting, nurturing relationship with each member and is the first in line for establishing a safe, comforting environment for each member. The Vaughn Gage Center is their home away from home.

Sharing Information

There has been a disconnect in our society. This applies to both personal relationships and the patient/doctor relationship. At the VG Center, we seek to "fill in the gaps" and assist those vested in our member's life – in whatever the capacity – with staying connected and working as a cohesive team to make the life stage process more streamlined and efficient.

For example, with our members consent, Our Vaughn Gage Wellness Coordinators will serve as an advocate for our member. This includes sharing information with family members (electronically, etc.), assisting with transition from the hospital to home, making phone calls to and sharing information with doctors, pharmacists, rehab specialists, caregivers, the senior adult themselves and any other person who fits into the circle of care.