

Ruth Sheets Adult Care Center Operations

The Ruth Sheets Center is a non-profit 501(c)3 organization licensed for adult health & social day programs by the NC Dept. of Health and Human Services since 1991. The Center operates under the direction of a paid staff as well as a very supportive, involved volunteer Board of Directors.

Hours of Operation
Weekdays from
8:30 AM to 4:30 PM

Participant Fees

Our rates are lower than those associated with assisted living, home health care, & nursing homes

Rates are based on the number of days per week reserved and the level of assistance needed for Activities of Daily Living (ADLs) and typically start at \$71/day.

For additional information call:

919-832-7227.

The Care Team:

- Is comprised of **social workers, experienced caregivers, CNAs, a dietician, and nurses**, who together develop & implement participant care plans
- Monitors and observes participants throughout the day for changes in their status
- Leads a variety of individualized & group activities
- Is available to participants and families to: listen, educate and assist in problem solving, finding resources, and coordinating services
- Can communicate with healthcare professionals such as doctors, physical therapists, social workers to facilitate continuity and optimize participant care.

Caregivers Support Group

- The Support Group meets virtually on the second & fourth Wednesday Starting at 3:00 email mfrazier@esumc.org or call **919-832-7227** for more information.
- Meetings provide an opportunity for caregivers to share experiences and to discuss care options and resources with a trained facilitator.



**Do you know
Someone
Who needs
Adult Day Care?**

We are an Adult Social /Health Day Program dedicated to prolonging the independence of older adults by providing a supportive community where their capabilities are enhanced.

**We are adhering to all
CDC COVID-19 Regulations:**

- **Wearing Masks**
- **Social distancing 6 ft apart**
- **Hand Washing**
- **Sanitizing several times a day**
- **All staff are fully vaccinated.**

**VA & Medicaid CAP-DA
Approved**

About Our Center

228 West Edenton Street

Raleigh, N.C. 27603

www.esumc.org/ruth-sheets-adult-care-center/

919-832-7227



Our goal is to provide a friendly, safe, stimulating and healthy environment for seniors. The Center's participants are diverse, having needs related to aging, Alzheimer's and other chronic dementias and diseases.

Caregivers who work or need respite from their caregiving responsibilities for seniors benefit from our services.



Structure

The Ruth Sheets Adult Care Center is a person-centered senior day community with a high staff to participant ratio. We provide seniors a place of their own where they have a sense of belonging, purpose, and opportunities to have their physical, mental, emotional, and spiritual needs met. We offer a variety of staff directed as well as staff facilitated individual activities, including:

- Physically and mentally stimulating daily routines
- Music
- Arts and crafts
- Games
- Current events discussions
- Rest and relaxation periods
- Frequent snacks and drinks
- Healthy home-cooked lunch
- Assistance with Activities of Daily Living (ADL's)

Our program objectives are to assist participants in maintaining the highest level of independence and health possible, and we build on participants' life experiences, interests and strengths to increase their daily quality of life.



Health Care Program

The ongoing healthcare component of every participant's care includes:

- All potential enrollees and their caregivers meet with our nurse, who completes an assessment and reviews medical and social histories.
- An individualized plan of care is established to meet the participant's health and wellness needs. Special attention is given to improving or maintaining the participant's ability to complete their Activities of Daily Living (ADL's). Nurses supervise and instruct a interdisciplinary care team in implementing participants' care plans.
- Staff continuously assesses changes in the participant's needs.
- All care plans are routinely re-evaluated to meet the participant's changing needs.