

VASHON ISLAND

OLD FRIENDS



Old Friends Club Membership Guidelines

Old Friends Clubs are social programs. The Clubs do not address medications or medical needs. Potential members are often socially isolated, but with support, can engage in structured group activities. Members typically have some form of cognitive or communication impairment, such as Alzheimer's or other dementia, stroke, traumatic brain injury, aphasia, or Parkinson's. Diagnosis is not required to join the Club.

Occasionally, there is interest from a potential member who is not experiencing cognitive decline but is experiencing social isolation. They may be a good fit if the Club can meet their physical and social needs.

The Program Assistant is equipped to assist members with simple needs throughout the day to help them remain at the Club for as long as they can socially engage.

To fully benefit from the program, members:

- Understand and participate in simple, structured social activities without severe anxiety, agitation, or wandering.
- Separate from their caregiver without distress.
- Use the bathroom with minimal assistance, such as cueing, help with buttons, and hygiene reminders. They do not have frequent incontinence.
- Are independent with walking and transferring; able to bear one's own weight. Staff may provide minimal contact assistance for stability and safety, especially for those using a cane, walker, or wheelchair.
- Eat independently with occasional assistance for cutting, spreading, and arranging food.
- Do not require medication management more than reminders or opening bottles.
- Have no dietary or medical conditions that cannot be managed in the program.
- Do not exhibit self-harm behaviors or aggression toward others.

NOTE: Individuals with hearing or visual impairment, or speech-related disorders, will be considered on an individual basis.