



## **Crestwood Hope Center**

### **Core Program**

Crestwood Hope Center is a 24-bed Residential Care Facility for the Elderly (RCFE), licensed by the California Department of Social Services and our license is monitored and overseen by the Community Care Licensing (CCL) division.

The Hope Center is a community-based housing arrangement chosen voluntarily by the resident, the resident's guardian, conservator, or other responsible person. Seventy-five percent (75%) of the population are 60 years of age or older, with varying levels of care, supervision and medical complexities, transitioning from a Long Term Care Facility, IMD Skilled Nursing Facility, Mental Health Rehabilitation Center, or Acute Care. Twenty five percent (25%) can be younger than 60 years of age, but must have needs compatible with the other residents in the Hope Center community. Referral sources and payers come from various contracted county mental health providers and private pay clients as well.

The goal of the program is to enhance independence, dignity, personal choice, and skills development. The Hope Center staff is here to assist and encourage our residents to achieve success, satisfaction, and to live independently and safely in a healthful, homelike community living environment. The services are focused on home and community integration/involvement, and engagement in productive activities.

The residents that we serve have significant health issues and medical complexities that may include bedridden residents (temporary 14 days or less), residents receiving injections, and also residents with insulin dependent diabetes. We provide 24-hour/day basic care and supervision to our residents, this range of services promotes resident quality of life and a highest level of independence, including:

- Personal care services, such as, help with eating, bathing, dressing, toileting, etc.
- Medication management and supervision.
- Assistance with arrangement and transportation to all medical appointments.
- Assistance with all other resident needs in the community, such as individual and group shopping trips with a staff member.
- Laundry and linen services.

- Housekeeping and maintenance.

We offer therapeutic and educational classes that contain key concepts of our core WRAP (Wellness and Recovery Action Plan) and DBT (Dialectical Behavior Therapy) philosophies. Medication management, art therapy, independent living skills, wellness and nutrition and an AA/NA group meeting are all offered for the residents needs.

We also offer recreation, social and religious activities to increase socialization and awareness of environment, as well as to increase physical stamina and community participation. Examples of some of these activities include:

- Yoga, mindfulness, and walks to increase strength and balance (physically and mentally).
- Catholic services are held on the unit monthly and local members of the religious community visit the residents for individual meetings on a weekly basis.
- An actively involved Resident Council where residents are able to voice their concerns and needs to administration staff.
- Encouragement of hobbies and leisure activities such as reading and caring for pets.
- Holiday and Spiritual events and celebrating meaningful roles through Mother's and Father's Day, Veteran's Day, etc.
- Homelike activities such as cooking, baking bread, movie and pizza nights, cards and board games.

The Hope Center staff has the experience and training needed to effectively provide and meet the residents' needs and to keep each person on an individual track toward mental and physical health improvement. Because the Hope Center is considered assisted living and long-term care, discharging a resident is usually done to a higher level of care due to a decrease in the mental and/or physical capacity of the resident, usually caused by the aging process. Planning is done by the staff to prevent discharge to a higher level of care to in order to keep the resident in a stable, supportive, and independent living arrangement. The staff are continuously providing support and services while assessing changes and adjustments in living arrangements that the resident may need to continue to live independently and improve their lifestyle.