

Ruth Sheets Adult Care Center Operations

The Ruth Sheets Center is a non-profit 501(c)3 organization licensed for adult health and social day programs by the NC DHHS 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 7:30 AM to 5:30 PM

Participant Fees

Our rates are lower than those associated with assisted living, home health care, nursing home, and other area day care centers.

Fees are based on the number of days per week reserved and the level of assistance needed for Activities of Daily Living (ADLs) and other needs.

For additional information and to schedule a visit and complimentary assessment, call 919-832-7227.

The Center Care Team:

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

Caregivers Support Group and Educational Opportunities

- We welcome any and all caregivers to attend.
- The Support Group meets monthly on the second and fourth Wednesday from 3:30 PM to 5:30 PM on-site, call 919-832-7227.
- Meetings provide an opportunity for caregivers to share experiences and to discuss care options and resources with a trained facilitator.
- Educational events include: area “lunch and learns” and workshops on topics related to caregiving, aging and wellness.



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.

VA & CAP-DA Approved

RUTH SHEETS ADULT CARE CENTER

228 West Edenton Street

Raleigh, N.C. 27603

919-832-7227

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

About Our Center

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
- Interactive children's visits
- Current events discussions
- Rest and relaxation periods
- Cooking
- 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 a physical
- Assessment and reviews medical and social histories, thus establishing the enrollee's baseline.
- 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' individualized care plans.
- Staff continuously assesses changes in the participant's needs.
- All care plans are routinely re-evaluated and adjusted to the participant's changing needs.
- The nurses review participants' discharge and transitioning plans from hospitals and rehabilitation facilities and coordinate with the healthcare teams and families in implementing the plans.