



Is Anacortes Old Friends Club a Good Fit?

Eligibility Guidelines

A club for friendship, not a medical program

Anacortes Old Friends Club is a social club where adults living with dementia, Parkinson's, MS, stroke, brain injury, aphasia and other memory or movement changes spend the day with friends. Many of our Members have become isolated, and with a little support, they come alive in a group. Members aren't patients here. They're friends. **A diagnosis is not required to join.**

Someone who isn't experiencing memory changes may still be a great fit if we can meet their physical and social needs. Let's talk!

How we help

Our care team is here to help each Member stay with their friends at the Club for as long as they can enjoy it. That includes:

- **Getting around:** a steady hand and guidance for those who use a cane, walker or wheelchair
- **Standing and sitting:** light, hands-on help with balance and getting started, as long as Members can bear their own weight
- **The restroom:** friendly reminders, some hygiene help, and help with buttons and zippers
- **Mealtimes:** cutting, spreading or arranging food so Members can enjoy lunch on their own

When the Club may not be the right fit

Because we're a social program without medical staff, we may not be able to safely welcome someone who:

- Needs more than light help standing or moving (Members must bear their own weight)
- Is at a very high risk of falling and needs a gait belt
- Needs medication given to them (we're happy to give reminders and open bottles)
- Has medical or dietary needs we can't safely meet at the Club
- Needs help being fed
- Tries to leave and can't be gently redirected
- Shows aggressive behavior
- Has frequent incontinence
- Has other behaviors that affect the safety or enjoyment of the group

Needs change over time. If that happens, we'll talk openly with you and help you find the next right step.

The best way to know? Come try it together.

Spending an hour or two at Anacortes Old Friends Club together is the best way to find out whether it's a good fit. Your loved one gets a feel for the day and the people, and our Program Director gets the chance to get to know them and properly assess fit. Call or email us to schedule a visit at foundation@pnwhomeforlife.com.