

# Senior Center Registration Form

Male

Female

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Telephone #: \_\_\_\_\_ Email: \_\_\_\_\_

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1<sup>st</sup> Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_ Telephone #: \_\_\_\_\_

2<sup>nd</sup> Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_ Telephone #: \_\_\_\_\_

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Pertinent Health Conditions: \_\_\_\_\_

Primary Physician: \_\_\_\_\_ Telephone #: \_\_\_\_\_

Pharmacy: \_\_\_\_\_

Medication List: \_\_\_\_\_

Allergies: \_\_\_\_\_

Insurance Information:

Medicare

Medicaid

Medex

#: \_\_\_\_\_

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Vehicle Make/Model: \_\_\_\_\_

License Plate #: \_\_\_\_\_

*Information on this form is confidential and will only be viewed by staff and in case of an emergency.*

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I acknowledge that I have received, read and understand the Standards of Independence for the Holyoke Council on Aging & Senior Center, including the Code of Conduct and the 9 Principles for Aging Well.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



Mayor Alex B. Morse

Navae Fenwick Rodriguez, Executive Director

City of Holyoke

Council on Aging

## **STANDARDS OF INDEPENDENCE**

### **Part I: Code of Conduct**

The goal of the Holyoke Council on Aging is to be a welcoming safe place for older adults to interact with peers. Please be aware of our standards of independence for senior center participation.

It is expected that participants will:

- Provide the staff with the name and telephone number of a person to contact in case of an emergency. If a participant experiences a medical problem while on the premises, it is expected (but not mandatory) that the participant will follow the recommendation of the Senior Center staff to seek appropriate medical attention.
- Refrain from smoking, drinking alcohol or using illegal substances on the premises. Participants who are inebriated will be asked to leave immediately.
- Take responsibility for their own personal health and medical care, including hygiene, toileting, medication, administration and feeding.
- Be reasonably oriented, capable of independent decision making, and not at risk for wandering.
- Avoid causing disturbances or disruption, and show respect for the building facilities and the personal property of others. This includes, but is not limited to, theft, inappropriate behavior of a sexual nature, physical/verbal abuse or offensive language.
- Refrain from violence or threats of violence, which are not permitted; this includes any possession of weapons. Any observed violence or threats of violence shall be noticed by a filing of an incident report and may be grounds for permanent expulsion from the senior center. (See below.)

If any inappropriate behavior, including behavior related to mental health issues, is witnessed or reported, the staff will use discretion to take corrective action; e.g, asking the person to abstain from the inappropriate behavior, or if necessary, contact the police, doctor, ambulance or emergency contact person. Repeated violations may result in the participant being asked to leave; possible permanent suspension of senior center privileges may result.

If a participant cannot meet the required standards, staff is available to share resources and discuss options. The staff is committed to providing a welcoming atmosphere for as many community older adults as possible.



## ***STANDARDS OF INDEPENDENCE***

### **Part II: 9 Principles for Aging Well**

Society cannot thrive or even survive without the continuous active participation of all people as they age. Each of us, both individually and collectively, has a stake in building an environment in which every person has an equal opportunity to participate in all aspects of civic life. We believe all adults, during each stage of the lifespan, should have the full and free enjoyment of these fundamental principles for aging well.

1. To live in a society that understands the positive aspects of aging, recognizes the interdependence we rely upon to meet life's challenges, and values the intergenerational sharing of life, wealth, wisdom, caring and caregiving.
2. To attain economic security through a combination of earning an adequate income, saving money over one's lifetime, and learning basic financial skills to avoid financial hazards and financial exploitation.
3. To attain and sustain the best possible physical, cognitive, and mental health and have the opportunity to benefit from proven methods for maximizing and improving one's abilities, health and happiness.
4. To reside in affordable housing suitably designed to accommodate the predictable changes in functional abilities we'll likely experience as we age.
5. To exercise control over managing one's own life and participate in a wide range of civic, cultural, learning, spiritual and recreational opportunities for as long as possible.
6. To have access to social assistance services, including protection against abuse and neglect, that can be readily provided in an efficient and appropriate manner for diverse populations.
7. To have an adequate array of flexible, reliable transportation options.
8. To have access to affordable long term services and supports that can sustain individuals in the setting of their choice, including a consumer's full participation in managing services.
9. To lend meaningful support to caregivers to preserve the beneficial impact care giving has upon the caregiver, the person depending upon them and society at large.