

# Standards of Independence

## For Participation at the Somerville Senior Centers

Programs at the Center are designed and targeted to people aged sixty and older. Others may participate when the staff has been consulted. In order to best serve all qualified individuals, the Somerville Council on Aging has adopted certain standards of independence and behavior for participants.

### Participants at Senior Centers must:

1. 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 that the participant will follow the recommendation of the Senior Center staff to seek appropriate medical treatment.
2. Refrain from smoking, drinking alcohol, or using illegal substances on the premises. Participants who attend the Senior Center while inebriated will be asked to leave immediately.
3. Participants are responsible for their own personal care, including hygiene, toileting, continence, and feeding.
4. Participants are expected to be reasonably oriented, capable of independent decision making, and capable of planning their own activities. (i.e. transportation, lunch, financial transactions, etc . . . )
5. Participants are expected to avoid causing disturbances or disruptions, and to show respect for building facilities and the personal property of others.
6. Participants are expected to be responsible for their own personal health and medical care, including the taking of medications, monitoring special diets, etc . . . The Center is not responsible for providing assistance with medication and other personal health and medical care.
7. Violence or threats of violence are not permitted and will result in the participant being asked to leave and possibly permanent suspension of Senior Center privileges.

In any inappropriate behavior is witnessed or reported, the staff will use discretion to take corrective action, i.e. ask the participant 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 and possibly in permanent suspension of Senior Center privileges.

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 seniors as possible.