

# THE HEALTH SERVICES CENTER AT PILGRIM PLACE

## CREATING "HOME" WHERE THE BEST OF CARE HAPPENS - A VISIONARY HOUSEHOLD MODEL

### Our History:

Founded in 1915 to provide housing and services for retired church workers, Pilgrim Place is unique among senior communities in the United States. Home to those who have served in religious, charitable, or non-profit humanitarian organizations, it is a place where residents model concern for a more peaceful, just world and "walking gently on God's earth."

### Our Concern:

Pilgrim Place recognizes that institutional life is not a replacement for home. It does not address the needs of those we love who require long-term care. For persons living in a skilled nursing facility, many every day activities one takes for granted at home are not available. One loses independence, friends, dignity and privacy. Moving into a nursing home is often described as being similar to becoming "homeless" - a horrifying thought and never what was intended.

### Our Plan:

Pilgrim Place is spearheading an effort to change the way we care for elders in our Health Services Center that will likely have an impact upon thousands of other skilled nursing facilities elsewhere in California. The household model returns choices to the elder in an environment that creates a true home. Emphasis is placed on skilled care that responds not only to medical needs, but also the emotional and social needs of each person - not just their diagnosis. It gives the elder opportunities to be in control of their own life and to participate fully in daily decision-making - so important to feeling comfortable and happy. Imagine spending your remaining days in a nursing home *and* being able to:

- choose the décor in your room
- have your own comfortable chair & some of your treasured possessions
- decide when you want to bathe
- enjoy being outdoors, reading under a tree, watching birds, having picnics
- experience daily pleasures to share with others
- have people respect your opinion
- select what and when you want to eat
- stay up late or sleep in
- treasure supportive, caring relationships
- live in a place you can truly call home

### Our Goals:

- Develop three small households in the current footprint of the Health Services Center. Each household will contain 12-20 residents and include a living room, kitchen, bedrooms with personal possessions, and a sense of neighborhood.
- Create skill development/ training programs and new staffing structures that encourage coordination and cooperation among all levels of support staff (food services, laundry and housekeepers) within a household.
- Recruit donors, volunteers and advocates to create "extended family" to help Pilgrim Place bring this vision for long-term care in skilled nursing facilities to fruition...where a sense of "home" is the highest priority.
- Educate and assist other organizations to build leadership in creating their own visionary change.

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