



## About the Old Friends Club

The Old Friends Club is a community-based social respite program that works to provide reliable, scheduled relief to those caring for a friend or family member living with dementia. Originally started in Carnation, Washington in response to a closing Adult Day Health program, Old Friends Clubs have now spread to four locations in King County, two locations in Whatcom County, and one in Island County.

Old Friends Clubs are designed to give care providers worry-free time to be at home, run errands, catch up with a friend, or relax and recharge in order to protect and maintain their own physical and mental health.

A typical five-hour program at the Old Friends Club includes:

- Low-impact social time to encourage group engagement and support
- Light physical activities
- Art and other creative projects
- Group-oriented games and other forms of cognitive stimulation
- Lunch, snacks, and light refreshments throughout the day

Other events may also appear in our programming, including guest performers from around our area, including musicians, presenters, and more, as well as some activities facilitated by those groups. Programming is constantly reviewed and updated to make sure it is aligned with the interests and passions of the members.

## Who are these programs for?

While the need for respite endures throughout the progression of a diagnosis, Old Friends Clubs do not provide medical services, health monitoring, or medication assistance and are designed around socialization settings. This means that members need to be able to self-administer medications, participate in a small-group setting, and be able to self-toilet or wear adult undergarments.

## Program Basics

- Our program is one day a week, for 5 hours per day.
- These social respite programs are built on the same small-group dynamics that underpin support group systems, and cap membership for each program at 12 members.
- To ensure that scheduled respite is not prevented by an already-full program for the day, program membership is maintained on a monthly-basis, ensuring that your loved one's spot is always saved.
- Program fees are based on an all-inclusive rate of \$425/month.
  - Program fees are prorated for partial months for new members.

- Flat rate membership fees include funds for program supplies/activity costs as well as a daily lunch and snacks.
- If you carry Long Term Care Insurance, check with the provider to see if day program services are a covered benefit.
- Please inquire about scholarship fund if cost is a barrier.

## Current Program Information

Camano Center Program

9:30 - 2:30, Thursdays

Camano Center, Camano Island, WA

## How to Join

Limited membership results in the need for an application process that begins with filling out the Initial Inquiry Form, and submitting it along with your contact information to reserve your spot on a program waitlist.

1. Fill out an [INITIAL INQUIRY FORM](#)

Your form may also be sent to us via email ([info@camanocenter.org](mailto:info@camanocenter.org)), or mailed (606 Arrowhead Road,

Camano Island, WA 98282)

2. Camano Center's program staff will contact you to continue the application process

**Have other questions about our social respite program? Give us a call!**