



## Set Your Fundraising Goal

Full Life Care relies on contributions from donors and volunteers like you to ensure adults with serious illnesses or disabilities can live as fully as possible in the community, regardless of their income level. Through our programs of health and social services, we maximize the health, independence, and safety of participants and their caregivers.

Set a big goal to reach by May 31, 2018. If your generous peers help you reach your goal before May 31, congratulations! You are welcome to increase your goal at that time to attract even more support for older adults and adults with disabilities.

### What your goal means as a gift of home-and-community-based care:

- \$7,500** One year of regular adult day health for an individual, including medical oversight, physical rehab, behavioral health services, socialization, meals, transportation, and caregiver respite.
- \$5,000** Nine months of one-on-one behavioral health therapy, helping a client manage persistent issues and live supported in the community.
- \$2,000** One week of 24-hour residential care in an intimate home setting for a person living with advanced dementia.
- \$1,000** Two weeks of home care to support an adult who requires assistance to live at home. Most clients have low to very low income.
- \$500** ElderFriends companionship: one year of regular friendly visits between an isolated older adult and a trained volunteer.
- \$350** Annual participation for three adults in our Art and Wellness Studios, a weekly enrichment program that fosters emotional growth, creativity, and social skills.
- \$250** Support the staff at a monthly Alzheimer's Cafe, where persons living with dementia and their loved ones enjoy socialization in an accepting environment.
- \$100** Support ElderFriends to deliver hot Thanksgiving meals and companionship for isolated older adults who would otherwise be alone for the holiday.

**Thank you for raising critical support for Full Life Care!**