

## **Encinitas Senior Center** **Project C.A.R.E. Program**

**COMMUNITY ACTION TO REACH THE ELDERLY IS A “**SAFETY NET**” PROGRAM OF SERVICES FOR SENIORS AND DISABLED ADULTS. IF YOU LIVE ALONE, THIS IS A GREAT PROGRAM. YOU MAY CHOOSE ANY ONE OF THESE SERVICES SEPARATELY, OR ALL OF THEM.**

The following **FREE** programs are available:

**POSTAL ALERT-** Your letter carrier will watch your mailbox for signs of trouble. The carrier will code your letter box. If your mail is not picked up for two days, the letter carrier will check to see if you are OK.

**GATEKEEPER** – Your meter readers and trash collectors watch for signs of distress such as newspapers piling up. If there is any sign that things might not be right, you will be contacted.

**YOU ARE NOT ALONE** – You will receive a personalized phone call or home visit by the Senior Volunteer Patrol associated with the Encinitas Sheriff's Station.

**VIAL OF LIFE** – A clear plastic holder containing your medical information has magnets to place on your refrigerator door. This information will provide assistance to fire, sheriff or emergency personnel who may answer a call to your home.

**HOME SAFETY CHECK** – A Crime Prevention Specialist from the Sheriff's Station will check your home for security, provide 911 phone stickers and engrave your valuables.

**SENIOR INFORMATION AND REFERRAL** – Project CARE has information for Alzheimer Safe Return program, transportation, home delivered meals and social services. A FREE Directory of Senior Services is also available.

**ENCINITAS PROJECT CARE (760) 943-2250**

**Encinitas Senior Center \* 1140 Oakcrest Park Drive \* Encinitas, CA 92024**