

## WHAT IS A SOCIAL WORKER?

A Social Worker is a professional who is educated and trained to help improve the quality of life for individuals and groups. At Riderwood, our mission is to promote a successful life experience for our residents while helping them “to maintain their highest level of functioning and independence, within the least restrictive environment.”

## WHO MAY USE SOCIAL WORK SERVICES?

All residents of Riderwood, their families, and friends are welcome to call on the staff of the Social Work Department for assistance.

The Social Workers are available to meet with residents and families in the resident's apartment or in the Social Worker's office. Although not required, appointments are recommended to assure that adequate time can be set aside to meet the resident's needs.

## WHAT SERVICES ARE AVAILABLE?

The Social Work Staff is available to answer questions and provide support to residents and their families as they adjust to the community.

We also provide support to residents as they adjust to physical and personal losses, and assist with interpersonal and family relationships.

Social Workers are available to assess residents' needs, provide education about resources, and coordinate appropriate programs and services to support one's safety and quality of life within the community.

When the need arises, Social Workers assist residents with navigating the different levels of care. Levels of care include: Independent Living, Independent Living with Support Services, Assisted Living, and Comprehensive Nursing Care in Arbor Ridge.

The Social Work Staff also offers a variety of Support Groups for our residents such as:

- Low Vision
- Hearing Loss
- Caregivers
- Grief & Loss

For additional information on support groups, location, and times, please call the Social Work Department at **301-572-8339**. We welcome your suggestions if you have ideas for other groups or educational programs.

The Social Work Staff provides education about Advance Directives and end of life planning. Social Workers collect copies of your Health Care and Financial Power of Attorney, Health Care Instructions, and Emergency Contact Information so that medical providers on campus are aware of your wishes.

If you have questions regarding any of these documents, please let us know and we will be happy to assist.

**Please keep us informed of any changes to these important documents.**



**Some examples of why you may call Social Work:**

- You are a caregiver and are feeling burned out.
- You are having a hard time coping with a chronic illness.
- You're feeling overwhelmed or need to discuss a change in health status.
- You're concerned about another resident.
- You want information about supportive resources.
- You need help adjusting to your new home.

*Don't know who to ask???*  
*As your Social Worker.....*

The Social Work Department provides coverage in both Arbor Ridge and Independent Living.

Assignment are based on community buildings in Independent Living and neighborhoods in Arbor Ridge.

For more information on how to get in touch with a Social Worker, please contact the Social Work office at **301-572-8339**.



**Riderwood**

*Add more Living to your Life®*



**SOCIAL WORK**



**Riderwood**

*Add more Living to your Life®*