

APPLY NOW AT
hr@casacentral.org



Adult Wellness Center (B.A./BSW-level)

Since 1981, the Adult Wellness Center has offered daily, supervised care to Latino and other older adults. The program provides a wide variety of fun fitness programs (exercise classes, Tai Chi for arthritis, Matter-of-Balance mobility and fall prevention, yoga, etc.) and therapeutic activities (music, art, drama, dance) to help older adults maintain, improve and/or restore their emotional, cognitive, and physical well-being. The Center also provides health monitoring, educational workshops, holiday and cultural celebrations, and field trips. The center also offers nutritious meals daily, including breakfast, lunch, and an afternoon snack. Round-trip transportation is also provided based on eligibility.

Population served: Older adults, age 60 and older

Internship learning opportunities: Supports the Care Coordinator in conducting assessments, providing individual case management support, as well as information and referral to other community services; builds one-on-one and small group relationships within a milieu setting; designs and coordinates special program activities or projects and conducts educational workshops; participates in program evaluation and performance and quality improvement activities; works with a multi-disciplinary team to identify and support the needs of participating older adults; assists with older adult marketing activities and other initiatives, including networking with community partners. Will assist the Care Coordinator with the Healthy Ideas depression-related intervention activities and education.

Internship hours/scheduling available: Monday-Friday 9am to 4pm; 2 semester placement

Group supervision with an LCSW is provided; students are required to have afternoon available either Tuesday or Wednesday between 4:30-6:30pm for participation in this group (exact time TBD)

Requirements:

Must comply with agency background checks, as well as drug and TB testing.
Must be bilingual (English and Spanish).