



COTS Recuperative Care (RC) is a short-term shelter program designed to give clients discharging from medical facilities a clean and supportive environment in which to recover from injury, illness, or surgery. The purpose of RC is to help clients improve their health condition(s) and become self-sufficient with managing their own medical treatment plan.

The co-ed Recuperative Care dorm offers six respite beds on the second floor of COTS Mary Isaak Center, Petaluma. The unit includes hospital beds, lockers for storage, and an ADA-compliant bathroom and shower.

The program includes:

- Three meals a day
- Access to laundry and computers
- Intensive case management, including healthcare coordination and assisting clients with health, employment, and housing goals
- Connection to community resources, such as counseling and substance abuse treatment
- Direct transfer to the main COTS shelter to continue their journey to permanent housing



To be eligible for COTS Recuperative Care, clients must be:

- Currently homeless with no safe place to discharge from the hospital
- Age 18+
- Have an acute need that would improve with respite care
- Independent with self-care tasks (bathing, dressing, eating, transferring out of bed, etc.)
- Able to manage their own medications
- Independently mobile

To be considered for COTS Recuperative Care, clients must be referred by Providence/St. Joseph's hospitals.

For more information about the COTS Recuperative Care program and the referral process, call 707.789.6389 or email recuperativecare@cots.org.