

# Aging Life Care Services

*Help You Prepare for the Future*



*Finding the right care for you or your aging loved one can be complicated. And your needs may change over time. An Aging Life Care Specialist can guide you through the process.*

*At Saint Elizabeth Community, our Aging Life Care Specialists treat each person as an individual with their own unique needs. They evaluate each family's situation so that they understand and create the best long-term plan.*

## HOW DO AGING LIFE CARE SERVICES WORK?

We start with an initial needs assessment. Together, we identify goals and make recommendations for both short and long-term planning. We collaborate with each person's healthcare professionals, from accompanying them to appointments to ensuring that they stay on track with their doctor's recommendations. As their needs change, we will help them adapt.

Managing medications can get complicated. Our registered nurse will work with the doctor and pharmacy to assist with adherence. In the event of a crisis, we're here to help. Since we already know your needs, we're better equipped to assist should an emergency arise. We'll arrange short- or long-term coverage, referrals, or even visit the hospital.

Coordinating home care services is our specialty. Whether you need skilled nursing, physical or occupational therapy, or nursing assistant coverage, we'll find the right mix.

## AGING LIFE CARE SERVICES COVER MORE THAN HEALTH

Daily household management may become challenging as we age. Our Concierge team provides a range of services including companionship, transportation, running errands, cleaning, and preparing and serving meals. We can arrange any services necessary to keep our clients in a safe and comfortable environment.

We'll assist with navigating insurance as well, reviewing policies related to home care services to ensure you know what's covered.

## IT'S ALL ABOUT COMMUNICATION

It begins with listening. Our goal is to create an ongoing dialogue between our clients, their families, and the health care providers involved in their long-term care management. Your Aging Life Care Specialist serves as the point person for your medical, health, and household needs.

## WHO WE ARE

Saint Elizabeth Community's Certified Aging Life Care Services are provided by Registered Nurses and Certified Care Specialists addressing the needs of aging adults living in the community.



## CONTACT US

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Saint Elizabeth Community is a nonprofit, nonsectarian 501 (c)(3) charitable organization and CareLink Partner. Saint Elizabeth Community is a member of the national Aging Life Care Association, the experts in aging well.