

ON YOUR OWN TWO FEET:

PACE Southeast Michigan Helps Seniors Seize Independence

Dorothy hit the nail on the head when she said there's no place like home. The sentiment is especially true for older adults who have lived on their own for decades and shy away from the idea of a nursing home or assisted living facility.

That's where PACE Southeast Michigan, formerly The Center for Senior Independence, comes in. Helmed by Henry Ford Health System and Presbyterian Villages of Michigan, PACE gives older adults who need extra care the support to stay at home for as long as possible. PACE, or the Program of All-Inclusive Care for the Elderly, is a unique health plan providing complete care to Medicare- and Medicaid-eligible older adults.

"The things we provide — such as day health centers, transportation, in-home care, nutritionists, psychologists, and a pharmacy — allow older adults to remain independent," says Mary Kummer Naber, President and CEO of PACE Southeast Michigan. "All of their health care, environmental, and psychosocial needs are met through this program."

HOW IT WORKS

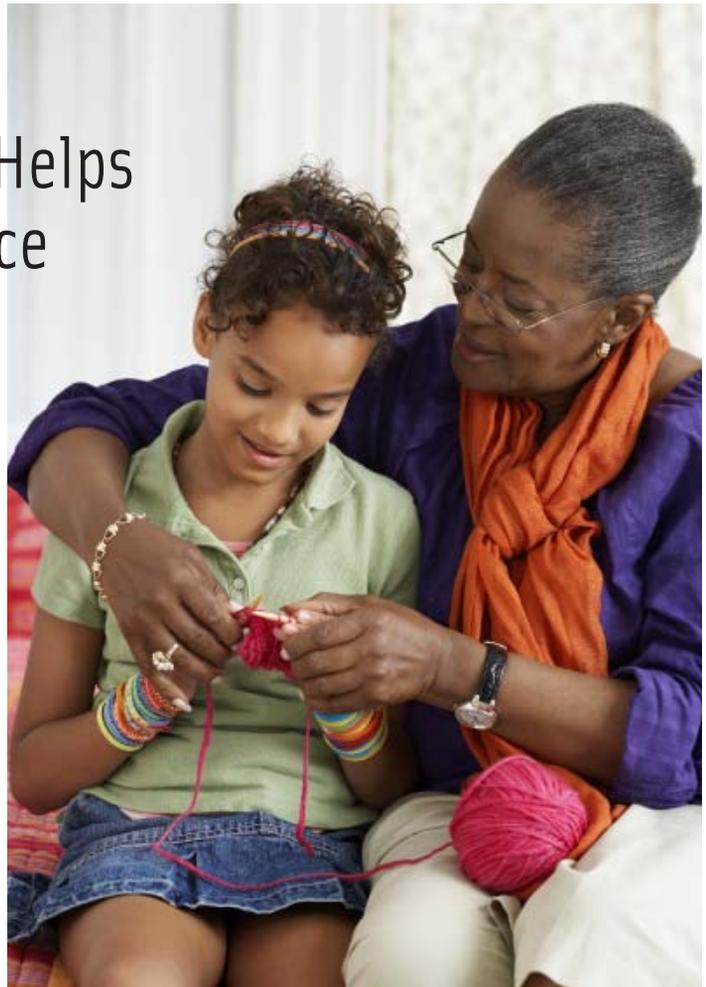
To take part in PACE, you must be age 55 or older and qualify for a certain level of care. PACE provides medical care, prescriptions, rehabilitation, social activities, and meals. Need hearing aids? PACE will provide them. Require a home wheelchair ramp? PACE will install it.

PACE also organizes fishing trips, dances, bingo games, and other activities. Transportation is provided to the day center campuses in Detroit and Rivertown. The program also lends a hand to older adults' caretakers. When loved ones need a break, they can rest assured knowing their spouse or parent is in good hands.

THE CARE TEAM

Beyond the PACE manager, who works with older adults and their caregivers, the team includes member such as:

- Primary care doctors who oversee older adults' care
- Nurse care managers who coordinate care plans
- Home care aides who provide supportive services in the home



- Physical and occupational therapists for rehabilitation
- Dietitians to make sure seniors' dietary needs are met
- Social workers who connect older adults to resources
- Recreational therapists in charge of organizing fun, such as field trips

"We provide person-focused care using a team of caregivers who communicate and work together," Naber says. "PACE is the best-kept secret in health care for seniors who want to remain independent and need supportive, holistic care."

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Is PACE Right for You or Someone You Love?

Call 1-855-445-4554 to talk with an intake coordinator about eligibility.
Learn more at pacesemi.org.