Aging in Place with PACE

Last month, we celebrated our 4th year of services and support in Guilford and Rockingham counties. We started with 3 participants on July 1, 2011 and have grown to an enrollment of 166. The number of individuals and families we have served over the past 4 years is really a testament to the need for medical care and wrap-around services such as adult day health, rehabilitation, personal care, transportation, medications, supplies and equipment in our community.

Aside from statistics and charts that demonstrate that PACE is making a difference, I am humbled daily at the changes I see in our participants. One in particular was depressed, severely underweight and could barely walk unassisted. Now, with medical care and support, nutritional counseling, rehabilitation and socialization, she has “virtually” transitioned into a beautiful, soaring butterfly. She regularly participates in activities and games and she made several new friends at PACE. Physically, she has gained weight and muscle strength and is now able to walk without assistance. More importantly, she is able to continue living in her home, safely aging in place.

PACE of the Triad is proud to be an option for care for those who are medically fragile but want to continue living at home. AARP’s study on Aging in Place determined that older adults want to be independent for as long as possible. They want choices about their living arrangements as they age and they want access to services. The study also confirmed the importance of familiarity as we age. Older adults want to age in their homes; however, the study also revealed that ultimately, older adults want to be in familiar areas like their own neighborhood where they can maintain connections.

Maintaining a safe environment is a key factor to determining whether a person should or can stay in the community. Some changes in a person’s medical condition can be undetected for weeks or changes may occur rapidly. It is important for family caregivers and friends to notice changes so that if a person is no longer safe in the home environment, appropriate steps can be made.

In July, we also had the pleasure of recognizing the 100th birthday of PACE participant, Leannar Wiley (seated, center). Her daughter, Thesalonia Ware and a family friend joined in the celebration.
PACE is all about planning. We exist to help participants remain at home. We ask about goals, strengths and problems several times every year. We take all that information and create a plan of care with the participant and their caregivers to help meet the participant’s goals. So, next time the PACE team is asking what your goals are, think of it as one part of planning for your future.

**Just So You Know...**

**Why is your PACE CARD so important?**

1. Your **PACE CARD** is your **HEALTH INSURANCE CARD**. The **PACE CARD** tells people that you are a participant of PACE of the Triad. The **PACE CARD** replaces the Medicare and/or Medicaid card you were using prior to enrolling in PACE. When people ask for your Medicare or Medicaid card – show your **PACE CARD**.

2. The **PACE CARD** covers the cost of approved medical procedures, approved medical specialist appointments and approved supplies. Approved services have been reviewed by the PACE team and authorized. Remember to show the card at these appointments.

3. The **PACE CARD** covers the cost of PACE ordered prescription medications at a local pharmacy. It is used for prescription medications ordered by the PACE doctor or nurse practitioner after business hours. Remember to show the card at the pharmacy.

4. **IMPORTANT** – Keep your **PACE CARD** in a place where you can get to it. It is your health insurance card.

If you have lost your **PACE CARD**, please tell your Social Worker so you can receive a replacement card.
Check Your Phone Messages!

Did you know PACE of the Triad employs over 60 people who either provide direct care and support for participants or perform other administrative duties? We have definitely grown since the days of having one or two nurses, a social worker and one CNA!

When a member of the PACE team contacts a participant or caregiver by telephone and connects to a voice mail answering system, he or she will leave a name and phone number. When voice mail is not available, we will continue to try to reach you.

If the call is of an urgent nature, we will leave a message and continue to try to reach you using alternate phone numbers and contacts. **When you receive a call from PACE, take a moment to listen to the voice mail message first before calling back.** This will help the receptionist connect you to the person who called you. Now that there are several of us making phone calls from different areas in the PACE Center, it is impossible for the receptionist to know who called you. If you have recently changed or added phone numbers (cellular, work, other caregivers), provide this information to us so we can reach you when we need to.

Caregiver’s Corner

PACE videotaping is complete for the education/outreach video about PACE services. If you do not want your loved one to appear in the video and failed to contact PACE, call Nedra Baldwin, Director of Community Engagement at 336-550-4054 and leave a message as soon as possible.

The next Participant Advisory Committee meeting is September 22, 2015, 2:00 pm – 3:00 pm at PACE. Family caregivers are encouraged to attend.

The Participant and Caregiver Satisfaction Survey will be conducted August 17 – 21, 2015. See the letter that was included with this newsletter for more details.

Upcoming Caregiver Events

**Understanding Anticipatory Grief - sponsored by the Adult Center for Enrichment**
August 19, 2015, 10:30 am - 12 noon, The Lusk Center, 2501 Summit Avenue, GSO 27405

“Anticipatory Grief” refers to a reaction that occurs before an impending loss. Are you experiencing a mix of emotions because your loved one has a chronic or terminal illness? Marcia Patterson Vanard, LCSW will help you recognize and cope with anticipatory grief during this session. Marcia is the Director of the Counseling and Education Center at Hospice and Palliative Care of Greensboro. She provides grief counseling, educational presentations and consultations on end-of-life issues to individuals, families, and groups.

**Finding Balance While Family Caregiving - sponsored by the Adult Center for Enrichment**
August 27, 2015, 5 - 6:15 pm, ACE Adult Day Center, 2701 Henry Street, GSO, NC 27405

As a caregiver, finding the right balance between meeting your needs and the demands of caring for a loved one can be difficult. Balance is important for your physical, emotional and mental health, but how do you find it? Join Jodi Kolada, MGS, Director of Caregiver Education with the Adult Center for Enrichment as she offers strategies and resources which may help. Light refreshments will be provided.

Walk to End Alzheimer’s – Join the PACE Walk Team
High Point: September 12, 2015 ~ Greensboro: September 19, 2015
Call PACE for a registration form to walk with our team!
336-550-4046 – message line