

## Q&A

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**YES! I struggle with mobility and/or worry about falling.**

LIFE Pittsburgh has certified physical therapists and occupational therapists to meet with you as often as necessary to help restore and maintain your ability to function well. They will help you with walking, fall precautions, recovering from injury and managing everyday tasks. All your needed equipment such as canes, walkers, wheelchairs, hospital beds, grab-bars and bed side commodes are all provided. *You will receive ongoing therapy at your own pace.*

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**YES! I have difficulty paying for and/or managing my medications.**

LIFE Pittsburgh provides prescription medications *without any deductible or co-pays*. LIFE Pittsburgh is your Part D provider. Medications are monitored by pharmacists, as well as your LIFE Pittsburgh doctor and nurse, to avoid dangerous drug interactions or other complications. All your medications are distributed at the Day Health Center or delivered right to your door. *No need to worry about filling your medications at a pharmacy.*

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**YES! I have issues getting to my doctors and/or remembering to go.**

LIFE Pittsburgh has a physician on site at each Day Health Center to treat your needs. Our physicians work only with LIFE Pittsburgh participants, which allows for easy access of care. No appointments are needed. We also schedule and take you to all specialist appointments as needed. Our doctors are on-call and available to LIFE Pittsburgh participants 24 hours a day, 7 days a week, 365 days a year. LIFE Pittsburgh has courteous and

reliable transportation which is provided to and from the Day Health Center as well as to all medical appointments. Our staff can provide assistance door-to-door and it is completely free. *LIFE Pittsburgh handles it all for you.*

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**YES! I find it difficult to cook, clean and/or do laundry.**

LIFE Pittsburgh has a dedicated team of Personal Care Assistants (PCAs) who can provide in home services when needed. Our PCAs can assist with things such as light housecleaning, laundry and meal preparation. LIFE Pittsburgh provides a dedicated dietitian to support nutrition for optimal health. The dietitian coordinates grocery shopping and/or home delivered meals if needed - whatever is necessary to help you live safely and independently in your own home.

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**YES! I need to see a podiatrist, dentist and/or eye doctor.**

LIFE Pittsburgh also provides Audiology, Dental, Vision, and Podiatry services – all free. There are no deductibles and no co-pays. These services are provided as needed. *Everything is coordinated for you so nothing is missed.*

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**YES! I sometimes feel lonely.**

LIFE Pittsburgh has Day Health Centers where you can receive most of your services. Most Participants come 1-3 times per week from 8:00 a.m. to 4:30 p.m. Monday thru Friday, but this is based on your needs and interest. A hot meal is provided daily at the Day Health Center. A dietitian oversees the daily preparation of this meal and will accommodate various

physician-ordered dietary restrictions, such as thickened liquids, and diabetic or renal diet. At LIFE Pittsburgh, each Day Health Center provides fun activities to exercise the mind and body. Activities include games, spiritual services, men's group, Red Hat Society, exercise and educational discussions. You can participate as little or as much as you like. *There is something for everyone.*

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### **YES! I feel overwhelmed with managing my healthcare.**

At the LIFE Pittsburgh Day Health Center you can be seen by a caring medical team, receive therapy, personal care, a hot meal and participate in social activities. Each LIFE Pittsburgh Participant works directly with their "team" – doctor, nurse, social worker, dietician, chaplain, physical therapist and occupational therapist – who will provide regular assessments of your health and functionality.

LIFE Pittsburgh has a team of nurses who are able to provide breathing treatments, IV medication, wound care, vaccinations, nursing assessments, home visits, medication counseling and management, and are able to pre-fill medication boxes. There is always a nurse on call 24 hours a day, 7 days per week, 365 days per year. Our nurses work closely with Participants and family members to triage and support their medical needs to avoid emergency room visits and hospitalizations when possible. *You will know your care team personally.*

Each LIFE Pittsburgh Participant has a social worker to ensure all needs are met. These needs can include applications for public assistance, housing, assessing and coordinating additional community services, helping with paperwork for yearly recertification of eligibility, even funeral planning. Social workers also provide education and support to family and other

caregivers. *The social workers at LIFE Pittsburgh are advocates for you. You are part of our family and will receive the very best care from dedicated professionals without sacrificing your independence.*

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**YES! I struggle with bathing, grooming and/or dressing.**

LIFE Pittsburgh has a dedicated team of Personal Care Assistants (PCAs) who can provide in-home services. Our PCAs can assist with dressing, bathing, grooming and medication reminders in your own home. Home Care Services can be provided on a daily basis, including the weekends. PCA services will be provided based on individual needs as assessed by the team. We can tailor the care to your individual unique situation. *Our goal is for you to keep your independence and to support you where you need it most.*

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For more information, including enrollment information and to see if you qualify, contact a LIFE Pittsburgh specialist at: (412) 388-8050.