



Living Independence For the Elderly

All-inclusive medical care, adult day and home care at no cost to qualified older adults who wish to remain independent in their own homes.



To find out more, call 412-388-8050
or visit LIFEPittsburgh.org.

LIFE  **Pittsburgh**
Living Independence For The Elderly



“After my fall and head injury, there were basic things I could no longer do for myself. I was stuck in a nursing home for seven years. LIFE Pittsburgh has helped me to walk and talk again.” - John



What is LIFE Pittsburgh?

LIFE Pittsburgh is an all-inclusive program for people whose health issues interfere with their daily lives but who are capable of living safely and independently with our help. Our coordinated plan of care includes medical, social and daily living support. At LIFE Pittsburgh, older adults are treated with the respect and dignity they deserve. They receive the very best care from dedicated geriatric care professionals without sacrificing their independence. Primary care and community services are provided through the Day Health Center and through our in-home program according to an individual Participant's needs. LIFE Pittsburgh goes beyond simply “treating medical problems” to actually improving *the quality of life* for most of our Participants.

“We believe that all older adults – not just a lucky few – deserve the highest quality of care from people who are passionate about providing it.”
- Joann Gago, Executive Director

How Does It Work?

Your LIFE Pittsburgh physician will become your primary care doctor. He or she specializes in the care of older adults with chronic medical conditions. Moreover, your LIFE Pittsburgh physician meets daily with a team of care professionals (your social worker, your dietitian, your therapists, your personal care assistant, and so on) to ensure you are staying in the best possible health. This team approach has been proven throughout the United States to provide the most coordinated, proactive care, so that you can enjoy the best possible quality of life.

What Services Are Included?



At Home

- Doctor and nurse visits when needed
- Personal care
- Housekeeping
- Meal preparation
- Medication reminders
- Home safety assessments



At the Center and Beyond

- Primary and specialty medical care
- Nursing care
- Medications (full prescription coverage)
- Podiatry
- Dentistry
- Hearing and eye care
- Diagnostic tests
- Lab tests and procedures
- Physical, occupational and speech therapy
- Recreational therapy and social activities
- Nutritional support
- Social services
- Hot meals
- Adult day care
- Spiritual care
- Fellowship
- Individual and family counseling/support
- Transportation to/from our day health center and medical appointments
- Medical supplies
- Durable medical equipment



In the Community

- Outpatient and inpatient services
- Emergency care



“LIFE Pittsburgh gives me a reason for getting up in the morning – they give me a purpose in life and make me feel special.

The activities are great and help you meet people. The lunches are delicious. The staff is wonderful.

I’m 76 and there are people from age 55 to 101 and everyone is treated with respect and kindness.”

– Margaret





“LIFE Pittsburgh gave me a new life and even got me walking with my cane. I love the staff. The food is great. Without LIFE Pittsburgh, I’d be in a nursing home. Instead, they are like a second family. I feel like I could not live without them.” – Richard



Who Can Enroll?

To join LIFE Pittsburgh you must:

- Be 55 years or older;
- Live in our service area (see zip codes);
- Be assessed as eligible for nursing facility level of care as determined by the Allegheny County Area Agency on Aging;
- Be financially eligible as determined by the Allegheny County Assistance Office or be able to privately pay; and,
- Be able to live safely in the community with our services.

Is LIFE Pittsburgh Completely Free?

If you are financially eligible and meet the above enrollment criteria, there is **no cost whatsoever** as long as you stay within the LIFE Pittsburgh provider network.



LIFE Pittsburgh provides the full range of health care services needed without benefit limitations, or co-pay or deductible requirements. Participants are financially responsible only for care not coordinated by LIFE Pittsburgh.

Not sure? Call us today and we’ll be happy to assist you with eligibility and other questions.

Phone: **412-388-8050**

Email: info@LIFEPittsburgh.org

How Do I Enroll?

Call us at **412-388-8050**. We'll explain the enrollment requirements and walk you through the medical and financial eligibility process.

Have Questions?

That's what we're here for! Call us today and we'll answer any questions you have: **412-388-8050**.

Who Is Part of My Health Care Team?

Each of our centers has a full time physician, registered nurse, dietitian, physical therapist, occupational therapist, recreational therapist, groups of social workers, personal care assistants and more, all focused on your care. Even our transportation professionals are trained to keep an eye on you to ensure you stay in the best possible health. Every morning, at every center, a representative team meets to ensure that you have all needs met. This continuous coordination of care sets the LIFE program apart from any other care model, and ensures you enjoy the best possible quality of life.

"For our staff, taking care of our Participants is more than a job, it's a calling. Our dedicated geriatric care professionals truly care about you personally. Come visit any of our centers. Within minutes you'll be able to see the difference." – Joann Gago, Executive Director



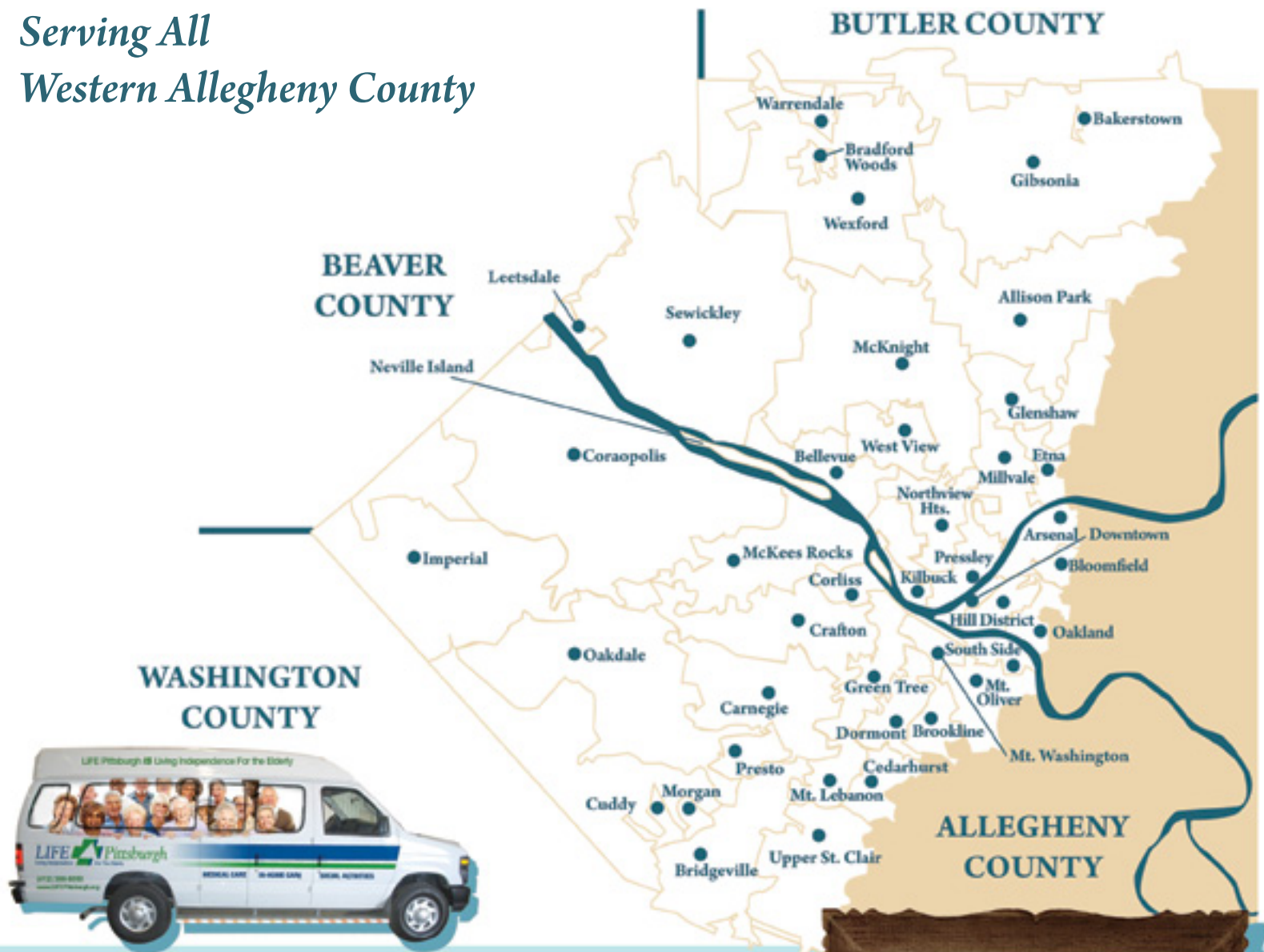
"I'm so grateful my daughter and son-in-law were strong and persistent about my joining LIFE Pittsburgh. It's the best decision I've made in my whole life." – Roy



"My aunt gets all this health care and personal care, and because she was financially eligible, it costs us nothing."
– The Rev. Canon Scott



*Serving All
Western Allegheny County*



*LIFE Pittsburgh Serves
the Following Zip Codes:*

- | | | | |
|-------|-------|-------|-------|
| 15006 | 15106 | 15211 | 15237 |
| 15007 | 15108 | 15212 | 15241 |
| 15015 | 15116 | 15213 | 15243 |
| 15017 | 15126 | 15214 | |
| 15031 | 15127 | 15216 | |
| 15044 | 15136 | 15219 | |
| 15046 | 15142 | 15220 | |
| 15056 | 15143 | 15222 | |
| 15064 | 15201 | 15223 | |
| 15071 | 15202 | 15224 | |
| 15082 | 15203 | 15225 | |
| 15086 | 15204 | 15226 | |
| 15090 | 15205 | 15228 | |
| 15091 | 15209 | 15229 | |
| 15101 | 15210 | 15233 | |



There are other LIFE programs that cover the rest of Allegheny County as well as other counties in Pennsylvania and around the United States. Contact us at LIFE Pittsburgh and we'll be happy to locate services in your area.

LIFE Pittsburgh centers are located in Greentree, Allegheny Center and the North Shore.

A Day in John's Life

8:00 a.m. Personal Care Assistant (PCA) arrives at John's apartment to provide personal care, prepare breakfast, help with his portable oxygen tank and assist him to the van.

10:30 a.m. Non-denominational church service at LIFE Pittsburgh, led by the chaplain.

11:30 a.m. Lunch prepared daily by LIFE Pittsburgh chef.

12:30 p.m. PCA helps John with a shower in a private, handicapped accessible shower room.

1:00-3:00 p.m. Participates in activities overseen by certified therapeutic recreational specialists such as exercise, Bingo, cards, book club, men's group, even movement and competitive games on Wii™ and Xbox Kinect™. John is also seen by Interdisciplinary Team Members such as medical, therapy and social work, as needed.

3:00 p.m. PCA assists John from the van into his home.

Between 5:00-9:00 p.m. PCA arrives and prepares a meal for dinner, does some light housekeeping and laundry, helps John with his medications and prepares him for bed.



Contact us anytime!

Phone: 412-388-8050

Email: info@LIFEPittsburgh.org

Website: www.LIFEPittsburgh.org

LIFE Pittsburgh provides services to individuals regardless of race, color, creed, religion, sex, nationality, age, sexual orientation, handicap or disability.

LIFE Pittsburgh is affiliated with the nationally recognized PACE (Program of All-inclusive Care for the Elderly), and is administered through the Pennsylvania Department of Public Welfare.

LIFE Pittsburgh is a non-profit organization and is affiliated with Lutheran SeniorLife and the Pittsburgh Mercy Health System.

Greentree Center
One Parkway Center
875 Greentree Road, Suite 200
Pittsburgh, PA 15220

North Shore Center
1200 Reedsdale Street
Suite 4 Rear
Pittsburgh, PA 15233

Allegheny Center
3 Allegheny Center
Pittsburgh, PA 15212