

Live LIFE...At Home

LIFE (Living Independence for the Elderly) offers comprehensive medical care, adult day services and homecare to help participants live at home.



724-545-8000

Call 711 for TTY Relay Services

A Partnership of Lutheran SeniorLife and ACMH Hospital



Live LIFE...at home

Life is ever changing.

As one ages, the familiarity of home becomes more important, especially when health care and personal assistance are needed.

The LIFE Programs can make it possible for an older adult to live independently at home.

LIFE provides comprehensive, coordinated medical care and services for qualified* older adults. LIFE is a one-stop health plan for all of their medical and social needs. Loved ones get the care they need while families and caregivers receive support, respite and peace of mind.

LIFE Program participants are provided with primary and specialty medical care and rehabilitation services to meet their individual needs. These services are provided within the Adult Day Health Center, in their home and in their community. Participants also attend the Center for socialization and recreational activities.

Additionally, the LIFE Program provides assistance in the home with daily activities as needed by the individual, such as bathing, dressing and medication management, as well as equipment for safety and independence.

Because the care is personalized, the LIFE Program team members get to know the participant and can recognize even subtle changes that may require treatment plan modifications.

Participants agree to receive all health care services exclusively from the LIFE Program interdisciplinary team that includes the:

- Physician
- Clinic and/or homecare nurse
- Social worker
- Physical, occupational and/or speech therapist
- Recreational therapist
- Dietitian
- Certified nurse assistant
- Transportation staff

An on-call nurse, physician and social worker are available 24 hours a day, seven days a week.

The LIFE team works closely with caregivers as they continue to play an important role in their loved ones' health and independence.



Goals of the LIFE Program

Meet Kathryn, a LIFE participant



- Foster independence in older adults
- Restore dignity and quality of life in the participant's home or the home of a family member
- Partner with families to provide an innovative alternative to nursing home care

LIFE may provide the following services:

- Transportation to and from the LIFE Center and to and from medical appointments
- Adult day services
- Primary medical and specialty care
- Home care, housekeeping and laundry
- Recreational programs
- Physical, occupational and speech therapies
- Social Services
- Meals and assistance with meal preparation
- Prescription drug coverage and medication management, including home delivery
- Nutritional counseling
- Medical equipment such as wheelchairs and walkers, and supplies
- Diabetic testing supplies and incontinence supplies
- Equipment for safety in the home
- Contracted professional services – dentistry, optometry and audiology

At age 82, Kathryn** still enjoys her independence, her home and the company of other people. LIFE services help her live a fuller, more comfortable life.

LIFE provides personal care in the morning to help her get ready to come to the Center three times a week and provides transportation so that she can travel from her apartment to see the LIFE physician, participate in recreational programs and have the opportunity to make new friends. The LIFE bus also takes her to her LIFE-contracted cardiologist as ordered by her LIFE physician.

At the LIFE Center, a physical therapist works with her to restore mobility and strength after

a recent fall in her home. To increase her safety in her home, LIFE installed grab bars in her bathroom, provided a personal safety alert system and taught her how to use it.

LIFE makes sure that Kathryn takes her medication appropriately. LIFE provides take home meals to help meet her nutritional needs.

Furthermore, LIFE helps Kathryn maintain her home by offering assistance with her housekeeping and laundry twice a month.

***Not her real name; this is an example of an individualized plan for a LIFE participant*



Eligibility and Cost

A person is eligible for LIFE if he or she is. . .

- 55 years of age or older
- Having difficulty managing his or her own health-related needs independently at home and meets a level of care determined by the local Area Agency on Aging
- Living in the county served by the particular LIFE Program
- Able to live safely at home with LIFE services

*** Fee for the program**

What you pay for LIFE depends on your financial situation.

- If you have Medicaid, you won't pay a monthly premium for the long-term care portion of the LIFE benefit.
- If you don't qualify for Medicaid but you have Medicare, you'll be charged a monthly premium to cover the long-term care portion of the LIFE benefit and a premium for Medicare Part D drugs.
- There's no deductible or copayment for any drug, service, or care approved by your health care team.
- If you don't have Medicare or Medicaid, you can pay for LIFE privately.



LIFE enrollees must agree to all needed health care, including primary care and specialty physician services (other than emergency services) from LIFE and its providers. Participants may be fully and personally liable for the costs of unauthorized services or those outside of the LIFE network.

Enrollment in LIFE is voluntary and you may disenroll at any time.

LIFE serves individuals regardless of race, age, color, creed, religion, sex, national origin or ancestry, sexual orientation, mental or physical disability, or source of payment.

How to Enroll

The LIFE Program staff facilitates the steps involved in the enrollment process.

1. Enrollment staff will meet with the applicant, caregivers and family members in the home, if desired, to introduce the program and discuss eligibility.
2. If desired, LIFE will help complete the financial and medical eligibility paperwork.
3. LIFE will help to coordinate all assessments required to determine medical eligibility.
4. Roundtrip transportation will be provided to the LIFE Center so that the participant can meet the staff and other participants and make an informed decision about joining the LIFE Program.
5. After eligibility for enrollment is determined, a plan of care is developed and reviewed with the participant and family.
6. If the care plan is accepted, the participant signs the LIFE enrollment agreement and the enrollment staff works with the applicant to determine his or her enrollment date.

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A Partnership In Caring



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724-545-8000

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LIFE (Living Independence for the Elderly) is provided and funded through a unique agreement with Medicare and Medicaid.

VieCare Armstrong, LLC, d/b/a LIFE Armstrong County, is a partnership of Lutheran SeniorLife and ACMH Hospital.

www.lutheranseniorlife.org/LIFE

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LIFE is a comprehensive health plan known nationally as PACE (Program of All-Inclusive Care for the Elderly). LIFE is not affiliated with the Pennsylvania PACE prescription drug program.

