

# PACE: COMPREHENSIVE SENIOR HEALTHCARE



## WHAT IS PACE?

PACE stands for "Program of All-Inclusive Care for the Elderly" and is a comprehensive healthcare program for people 55 years of age or older who need extra help to continue living at home. Seniors who have multiple health challenges and are at-risk of nursing home placement could be a good fit for this program.

PACE is a national healthcare program that offers high-touch, highly qualified and engaged teams who deliver robustly coordinated care. PACE works because it combines a full medical clinic, a social day center, a senior rehab gym, and home care with a team who specializes in caring for seniors. PACE provides care when and where a senior needs it.

PACE has been providing care to California's seniors for almost 40 years, beginning with On Lok in San Francisco. It is referred to as the gold standard for person-centered, integrated care for seniors who need support and services to remain in their homes. PACE is a Medicare provider-type and option for state Medicaid programs, now in 32 states.

## HOW PACE MAKES A DIFFERENCE

PACE helps seniors live successfully in their homes and community rather than living in a skilled nursing facility. The PACE healthcare model keeps seniors at the center of how all medical and social services are delivered. Communications are streamlined and coordinated

throughout care team members, usually between 8-12 disciplines, such as physicians, home care nurses, nutritionists and physical therapists. PACE offers personalized healthcare that is meaningful, respectful and honors the needs of the senior and their family. Care plans are customized and developed based on what matters most to the senior.

Seniors sometimes face significant health, social, and mental health challenges, and that's when PACE shines the most. PACE's flexible healthcare program enables specialized care teams to get creative to solve problems. PACE allows the care team to do whatever is necessary to support the participant because PACE does not have the same rigid restrictions as other healthcare plans.

## TO QUALIFY A SENIOR MUST:

1. Have health challenges that make it difficult to live at home without help or have difficulty managing medications.
2. Be 55 years or older.
3. Live in a PACE service area.
4. Be certified by the California Department of Health Care Services as having long-term care needs.

LEARN MORE AT  
**PACE4YOU.ORG**





## HOME CARE WHEN NEEDED

With PACE, home care is part of the care plan. When extra help is needed, the care team will evaluate the situation and a trained geriatric aide can help with bathing, dressing, light cleaning and laundry.

## DAY CENTER & SOCIAL SERVICES

Social isolation can be life threatening for many seniors. Having a place to go during the day to meet friends and engage in social activities gives seniors a sense of purpose and meaning. People share meals together and listen to music as they become friends. Social workers provide many connections to community resources and care.

## SENIOR REHAB GYM

Staffed with professional physical and occupational therapists, the senior rehab gym provides regular access to recovery and strength-building exercises. The PACE care team will work with the participant on a customized care plan, that includes access to physical therapy, occupational therapy and recreational therapy that meets the participants needs.

## TRANSPORTATION

Door-to-door transportation is a big part of the coordinated care that PACE provides. PACE certified drivers pick up seniors for scheduled medical appointments and day center visits.

## DENTAL, VISION, AND HEARING

Dentures, glasses and hearing aids are included with PACE. Any needed durable medical equipment such as wheelchairs, walkers, canes, etc., are available at no charge.

## COSTS

Seniors currently on Medicare and Medi-Cal have no cost premiums or out-of-pocket co-payments. Everything is included in this comprehensive healthcare program for seniors.

- No co-pays for anything including medications.
- No deductibles to meet.
- No insurance claims or waiting period.
- If there is a Medi-Cal share of cost, that will continue.
- Treatments can be ongoing without waiting for insurance approvals.



## WHO CAN BE A MEMBER OF PACE?

People who are 55 years or older and have medical needs that require ongoing attention may qualify to become participants of PACE. Most participants need assistance with daily activities such as cooking, bathing, dressing, or medication management. They may be recovering from a medical event such as a heart attack, a stroke or have chronic diseases like diabetes, COPD, CHF, or dementia.

## BENEFITS OF COORDINATED CARE

By enrolling in PACE, a dedicated team of experts takes great care of the senior. The PACE team is responsible for the plan-of-care for each participant. The team is comprised of a PACE primary care provider, physical therapist, dietitian, social worker, home health coordinator, recreational therapist, and other specialists. There is no need to navigate a complicated system to get medical and social needs met. It's simplified and accessible under one roof.

## PROVIDERS WHO SPECIALIZE IN SENIOR CARE

PACE providers specialize in treating and caring for seniors who need care coordination beyond what a traditional health plan can offer. PACE providers understand the unique needs and challenges of getting older. PACE providers and nurses truly get to know, listen to, and discover what matters most to their participants. They create plans for seniors to be stronger, heal, and live healthier, more vibrant lives. Any visits to a medical professional outside the PACE network without preapproval are the financial responsibility of the participant.

**WHERE ARE PACE CENTERS  
LOCATED AND HOW CAN I LEARN  
MORE?**

To find a PACE location in your area, scan here:



# WHAT PACE PARTICIPANTS AND THEIR FAMILIES ARE SAYING ABOUT PACE

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“The staff at PACE are great. They are helpful and friendly and very patient. This is the best program I have ever found. They keep my father safe and at home. I couldn't do it without them.”

- JUDY

“PACE picks me up from home and takes me to all of my doctor's appointments.”

- CONSUELO

“I really love PACE. The staff is gracious and kind as well as efficient and courteous.”

- ROBERT

“Before joining PACE, I was not alert and my attention span was very poor. I was also very tense. I didn't talk with people much. PACE has helped me to talk with more people and interact better. I am less tense and I enjoy the friendly employees and participants.”

- DENNIS

## OTHER RESOURCES:

[WWW.CALPACE.ORG](http://WWW.CALPACE.ORG)  
[WWW.PACE4YOU.ORG](http://WWW.PACE4YOU.ORG)