Care Coordination by Friends Life Care

Personalized Care for a Secure Future
A Better Way to Age in Place

Friends Life Care provides an affordable alternative or add-on to long-term care insurance and continuing care retirement communities for those who prefer to age in the comfort of their own home. Membership is flexible, provides financial security, and allows for peace of mind.

Care Coordination
What makes Friends Life Care different from other options available today? Our members have a dedicated Care Coordinator at their side to deliver a personalized plan they can rely on to protect their lifestyle and finances. All Care Coordinators are highly credentialed employees: occupational therapists, nurses, social workers, and other professionals.

With You from Day One
A designated Care Coordinator is with you from day one of membership. As your health care advocate for both short- and long-term needs, he or she first focuses on smart prevention and your continued wellness. Should you require care in the future, he or she becomes your navigator through the complex health care system.

Independence is knowing you have a strong support system should you need it in the future.

Personalized Service
Nearly 70% of people over age 65 will experience a life altering health event requiring some kind of long-term care. If that time comes, you’ll enjoy peace of mind knowing that your Care Coordinator is ready to take action—overseeing and coordinating a care plan tailored to your needs. And the financial benefit included in your plan can be tapped for covered charges.

If you do have long-term care insurance, Friends Life Care membership provides the added benefit of lower contracted rates for care and wellness and prevention initiatives.
Your Comprehensive Wellness Assessment

Friends Life Care provides every member with an annual wellness assessment to help track their health over time and identify interventions that may reduce risk factors as they age. These comprehensive assessments, a combination of 12 proprietary and industry standard tools, are included in membership at no additional cost.

If a change in health is identified, such as increased risk of falling, Friends Life Care triggers suggestions for action before an event occurs. These things may include physical therapy, personal training for strength exercises, tai chi, or medication management. Your Care Coordinator will be right by your side to guide you and to ensure you fully understand each recommendation.

Prevention is Our Priority

Prevention is a logical approach to holistic wellness. Friends Life Care prides itself in its progressive and proactive stance on prevention in offering its services to its members. A steadfast focus on prevention and wellness is just one way Friends Life Care employs its philosophy of vitality, independence, growth, and resilience (VigR™).

Vitalize 360 is an award-winning and innovative tool, and is one of the 12 assessments that Friends Life Care uses to help members live full, healthy lives. This engaging, person-directed approach to wellness coaching is derived from a scientifically-grounded system that works to help individuals live vibrantly and independently longer.

Learn more at www.Vitalize360.org
The difference between aging and aging well.

Although Americans are living longer, we’re not necessarily living better. Many adults spend years, or even decades, in a state of steady decline. VigR is designed to help change all that.

At Friends Life Care, we believe a combination of vitality, independence, growth, and resilience (VigR) is required to stave off the effects of chronological aging. That’s why we’ve created this program for members and friends alike. Delivering smart health and wellness solutions is critical to the very foundation of what Friends Life Care’s Quaker-based mission is all about.

Visit FriendsLifeCare.org to register for an upcoming VigR workshop today and to sign up to receive the eMeetinghouse blog in your email inbox.

Learn more about Friends Life Care membership, our Care Coordinators, and other benefits by visiting FriendsLifeCare.org.

Friends Life Care is a division of Friends Life Care Partners.