



Secure Your Independence at Home



Friends LifeCare®

Your Life • Your Independence • Your Home



Spiritrust Lutheran®

Take Charge of Your Future

Enjoy your retirement years with an affordable long-term care plan that can help to maximize your savings and to protect your health and independence.

Friends Life Care membership can be the answer to your questions about how you will ensure that your retirement years are all that you imagined.

You can even choose a plan to supplement long-term care insurance you already have. And membership is a great fit with life in a senior living or continuing care retirement community, giving you the freedom to age in the environment most comfortable to you — your home.

We help you build a plan that works for your lifestyle and finances. Your plan can cover the cost of care you may need to stay in your home; care that is arranged and monitored by a credentialed Care Coordinator, your trusted health care advocate.

Don't just age in place, thrive in place!

Nearly **70%** of people over age 65 will experience a life altering health event requiring some kind of long-term care.





Are You Ready?

Membership in Friends Life Care provides you with a unique approach to maintaining your independence, in your own home, as you age. Live your life to the fullest with an affordable and customized plan that helps to maximize your life savings and reassures you that you will not become a burden to loved ones should you need long-term care.

Care Coordination: The Key Difference

From day one, you are partnered with a personal Care Coordinator, a highly credentialed employee of Friends Life Care who will design and oversee a wellness plan focused on prevention to help you stay healthy.

Your Care Coordinator is your health care advocate for short- or long-term needs, available to you at any time for consultation and guidance. If you have a change in health status, your Care Coordinator can help you navigate the complex health care system and will locate, oversee and coordinate your care. Care will be provided by SpiriTrust Lutheran's trusted network of caregivers.

An Affordable Plan

Whether you are still actively working, getting ready to consider retirement, or already semi- or fully-retired, it's never too early to consider your future. The good news is that Friends Life Care offers an array of options available to help you age in place safely and in comfort.

Friends Life Care membership is open to individuals between the ages of 40–85, in relatively good health, and living independently in Pennsylvania or Delaware.



*“Whatever the future holds,
I want to remain independent
in my own home for as long
as possible.”*

Prevention and Wellness

VigR® stands for vitality, independence, growth and resilience. It is our philosophy centered around wellness and has a strong focus on prevention.

Everything we provide to our members, from wellness workshops to home accessibility evaluations, is designed to help maximize health and well-being.

Our Partnership

SpiriTrust Lutheran and Friends Life Care have partnered to expand their missions to advance long-term care through innovative and exceptional health and human services.

The Friends Life Care program provides a unique combination of care coordination and financial benefit needed to help insure older adults have the resources and support they need to remain in their own homes as they age.

If home care is ever needed, it is coordinated by Friends Life Care and provided by SpiriTrust Lutheran's trusted network of caregivers.

The time to act is now.

Attend one of our free informational seminars or webinars, or contact us today for a free consultation. Call 215-628-8964 or visit FriendsLifeCare.org.



Peace of mind today
for a secure future
tomorrow.



Learn more about our history,
Care Coordinators, and services
by visiting **FriendsLifeCare.org**.



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