

Wellness Coordination by Friends Life Care

Holistic Well-being for a Healthier Future



Friends LifeCare®

Your Life • Your Independence • Your Home

FriendsLifeCare.org | PA: (215) 628-8964 | DE: (302) 426-1510



A Better Way to Age in Place

Friends Life Care provides a holistic approach to wellness, prevention, and care 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.

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. If a change in health is identified, Friends Life Care triggers suggestions for action before an event occurs. These comprehensive assessments are included in membership at no additional cost.

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 Wellness Coordinator will oversee and coordinate a care plan tailored to your needs. And the financial benefit included in your plan can be tapped for covered charges.

Friends Life Care membership is for people who currently have a Long-Term Care Insurance policy and for those who don't. This is because membership includes Wellness and Care Coordination as well as specially contracted home health care rates.

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



Wellness Coordination

What makes Friends Life Care different from other options available today? Our members have a dedicated Wellness Coordinator to partner with them on a personalized plan they can rely on and help protect their lifestyle and finances.



Our Priority—Your Wellness

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®).

Holistic Well-being

Wellness Coordinators are equipped with proprietary and standard assessments in their toolbox to help members set and achieve goals for holistic well-being. We recognize you are the expert in knowing what you want. Therefore, we partner with you as you move toward achieving your wellness goals.



Patricia's Journey with Friends Life Care



Reflecting on her experience

For years, Patricia cares for her aging mother with little support. She often does not know where to turn for guidance, and it is a stressful time for them both.



Building a relationship

Patricia expresses a lack of motivation for exercising. Her wellness coordinator provides her with some local fitness studios that offer various classes. Now, Patricia attends an aqua dance class a few times a week!



Helping you plan

Patricia begins to have trouble breathing and ends up in the hospital. Her wellness coordinator helps her find a rehab unit that meets her needs for after discharge.



Applying for a membership

Acknowledging she does not want to have the same experience as her mother, Patricia decides to explore her options and signs up for a Friends Life Care plan. Doing so assures Patricia has supportive, knowledgeable professionals to advocate for her as she ages.



Evaluating your health and wellness

Patricia feels off balance. Her wellness coordinator visits and does a home safety assessment as well as a falls assessment and makes recommendations to make the home safer. A month later, Patricia is pleased that the recommended interventions have made a huge difference.



Advocating for what's best for you

At the rehab unit, her wellness coordinator visits to ensure she's getting the care she deserves. Patricia worries she isn't ready to return home. They decide that having a home care aide would help. Her wellness coordinator finds an aide who Patricia adores!



Importance of planning ahead

Patricia wonders what her life would be like had it not been for Friends Life Care and thinks about the experience of caring for her mom. Being a caregiver was exhausting, but it taught her the importance of a plan and led her to Friends Life Care. She looks forward to the future with the support of a team who is dedicated to helping her be happy and healthy.

The difference between aging and aging well.

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

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.

VigR[®]

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

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



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