Special Feature:
PACE@Home
Celebrating 5 Years!

Pictured (left to right):
Dr. Daniel Andrews,
Medical Director
Emily Jones
Program Director
Samantha McCoy
Center Manager
PACE@HOME
The Celebration of Commitment for Over 5 Years!

What is PACE@HOME? It is NOT what most people think. When you ask that question, most often you will hear “it’s an adult day care center”. Yes, it is that but it is **SO MUCH MORE**.

PACE@Home is a Program of All-inclusive Care for the Elderly that allows individuals in need of skilled nursing home care to remain in their home or community setting. PACE@Home is a voluntary, medical/social-based model of care for those who are eligible.

From the day they opened their doors with one participant on January 2012 to the celebration of their 5th year with over 250 participants, you will find one thing that has not changed, that is their commitment to their mission statement which is:

**THE CHAMPION FOR SENIORS WISHING TO REMAIN IN THEIR COMMUNITY**
As I was waiting for my appointment with the Director, I was captivated by all the activities going on. There were all sorts of things going on from reading and watching TV to therapy and exercise. Most important though, there was constant interaction between the staff and the participants. The main thing I noticed was that you did not see them being pushed into a room and left sitting there. They were being engaged, called by names, asked if they needed anything to drink or a snack. They were being ASKED what they would like to do. Even the few that just wanted to watch TV were being treated with such care to make sure the channel was what they wanted, but most importantly, being loved and well taken care of.

With PACE, you have a community-based program that means exactly that. It is a “village of services” around the individual through the services provided in-home, at the PACE center and with other contracted providers. Their overall objective is to allow each senior to achieve the highest quality of life possible while living at home.

Even before PACE opened their doors, they started orientations which covered extensive training on the culture of our community...the community they serve. Betsy Ellington, a licensed clinical social worker and the PACE Social Worker Director states, “The Community we serve impacts us to want to meet the individual needs of each participant. She goes on to say “We are dealing with precious lives here. Each individual is given the opportunity to have someone walk with them, help with their individual needs and most of all to care. We are an extended family with extensive services.

Amanda Justus who is the Intake Director is very passionate about her work, says it is a “personal calling”. Her career choice stems from personal history of helping with family members. She knows firsthand what it means to help caregivers to be able to keep their loved ones at home and involved. “We look at the caregiver as well as the participant. It is a partnership to add support for the caregivers. We are a place for individuals to come and receive medical care and to assist the caregivers so they can keep their loved ones with them at home as long as possible. The greatest asset of the programs at PACE is giving each precious person we serve a sense of purpose.
In August 2013, I wound up in the hospital and it seemed like everything about me was falling apart. A heart attack put me there and kidney problems and blood clots kept me on my back. I never had to be waited on for before and now I needed help just going to the bathroom. Modesty was a thing of the past and that was hard for me.

After a while, they said I was ready to start rehab. Learning how to get around in a wheelchair was hard but I was determined. After some time spent doing rehab I was ready to come home.

At Christmas, my sister and family had found a great place for me to continue to get help. January 1st, God told me He wasn’t done yet. I started PACE@Home in February 2014. I did not turn down any help or therapy. They were helping me and I was going to help myself. I set a goal for myself. Being very active with sports in high school and college, one thing I wanted to do again was dunk a basketball. Going from just transferring from a wheelchair to dunking a basketball was a “big leap” in more ways than one.

I live with my sister and I come to PACE three days a week. I have been elected as the President of Participant Advisory Council. I welcome new participants and I share my story. I tell them I was just like they were when I started and I want to be an encourager for them. I am very independent and I am looking toward the future. Whatever happens with health, I am going to beat it and with the help of PACE@Home and God. He’s not done with me yet.

My mother, Mary Young, had a massive stroke three years ago. After being in a hospital, not able to walk, talk or do anything for herself, my family and I had to decide what we were going to do. I chose to take care of her and I am committed to her, so there was only one choice, PACE@Home.

PACE picks her up and brings her to their center. They take care of her during the day so I can work and do the things I need to do, so I don’t have to worry. Then they bring her home at 4:30 and I take over. I feed her, I even color her hair like she likes and yes, I have to do things a son never wants to have to do. If it was not for PACE, I would not be able to be a caregiver.

But there is one thing I want to share. Even with all the things PACE offers for my mother, they always want to know how I am doing. They want to know how they can help. They are amazing at communicating with our family when one of us are struggling with an issue and we know they are there for us.

Being a caregiver was not something new to me since it was my profession for many years. We all get older and can’t do the things we used to. My oldest sister Mamie Byrd was in a rest home but always wanted to come home. I wanted to bring her to my house but knew I could not do that without some help so I came to talk with Amanda. I would tell her our needs and her response was “We can do that”. After awhile I just told her to tell me what they couldn’t do. So I brought my sister to live with me.

My sister came to PACE almost till the day she died, and she loved it. When they came to pick her up, she was ready and waiting. Even many days that I knew she did not feel well, I would tell her she did not have to go, but she would not hear of it. If it had not been for PACE I would not have been able to bring my sister home with me. I am so blessed to be able to have done that. Not only did they take care of my sister but every caregiver needs their own time. The folks at PACE knew church was very important to me and would even send someone to sit with my sister on Sunday mornings so I could go to church. Now you tell me, is this is not a good program?
The PACE@Home program delivers all needed medical and supportive services. The services provided are based on participants’ needs and may include:

- Adult day health services
- Medical care and medical specialists
- Dental, vision, hearing and foot care
- Meal planning and nutrition services
- Home healthcare and personal care including assistance with bathing and dressing
- Medications
- Social Services
- Respite care
- Physical, therapy, occupational therapy and speech therapy
- Recreational and social activities
- Transportation to health-related appointments and the PACE@Home center
- Hospital care, emergency services and nursing facility care

**Participants may be fully or partially liable for the costs of unauthorized or out-of-PACE program agreement services. Excludes emergency services.**

PACE@Home complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Intake:** To discuss whether PACE@Home is right for you or a family member, call us today at (828) 468-3980. We will visit your home to assess your needs, answer your questions and explain our services. If you are interested in becoming a participant with us after this visit, the intake team will discuss your health care needs with other team members and arrange a visit for you at our PACE Day Center. Typically, one to two visits are necessary for you to get to know us and for us to get to know you and your special medical needs. We will ask your permission to get medical records from your other providers so we can have a comprehensive view of your specific situation.

**Assessment:** After each team member has reviewed your medical condition, we will meet to talk about the care and services you need. At this meeting, the individualized plan of care is developed.

**Family Conference:** After the team has discussed your health condition, a staff member will call you and your family, or someone close to you, to set up a meeting to discuss your best care options. If it is determined that you qualify and you are interested in participating in PACE@Home, you can enroll in our program. We will discuss at that time:

- Your personal plan of care and the role your family/loved ones will play
- Your monthly costs, if any

**How To Enroll**

**1915 Fairgrove Church Rd**  
**Newton, NC 28658**  
**Ph: 828-468-3980**  
**Fx: 828-464-2845**  
**TTY users dial 7-1-1 or 800-735-2962**  
**www.pace-at-home.org**