

## Preguntas Frecuentes con Piedmont Health SeniorCare, (PACE)

**¿Que es PACE?**

PACE es un acronimo para Program de Cuidado Todo Inclusivo para los Ancianos. PACE coordina el cuidado de cada participante enlistado en el programa basado en las necesidades individuales de el o ella.

Cuales servicios son disponibles?

Servicios incluidos, pero no limitados a :

- Cuidado Primario (incluyendo servicios de doctor y enfermera)
- Cuidado de Hospital, Servicios de Emergencia, y Servicios de Cuidado Externo
- Servicios de Especialidad Medica, Odontologia, Cirujia,
- Recetas Farmauceticas , Suministros Medicos
- Equipo Medico(silla de ruedas, andadores, etc.)
- Servicios de Cuidado en el Hogar , Apoyo para su Cuidador
- Terapias Fisicas, Ocupacionales y del Habla
- Centro de Salud Diurno Para Adultos
- Terapia Recreacional, Actividades y Ejercicio

- Consejeria Nutritional
- onsejeria de Trabajadora Social, Servicios de Salud Mental
- Servicios Sociales
- Transportacion al Centro de PACE y citas medicas
- Servicios de final de vida

**¿Quien es elegible para enlistarse?**

La persona es elegible para enlistarse si el o ella:

- Tiene 55 anos de edad or mayor; Vive en los condados de Alamance, Caswell, Chatham, Lee o Orange; Califica para el nivel de cuidados de asilo y requisitos como determinado por NC Division of Medical Assistance; Puede vivir seguro en la comunidad al momento de enlistarse

Medicaid o Medicare es requerido para enlistarse?

No. Si la persona no califica para Medicaid or Medicare, un pago mensual sera cobrado para cubrir los servicios

**¿Un referido formal or referido de doctor es requerido para PACE? Como puedo referir?**

No. Cualquier persona puede referir a PACE incluyendo el individuo que necesita el servicio. Un referido de un doctor no es necesario.

**¿Puede la persona permanecer con su propio doctor?**

Cuando una persona enlista en el programa de PACE, el o ella es asignado/a un doctor de cuidado primaria de PACE que es parte de un equipo interdisciplinario con experiencia en el manejo de cuidados para adultos que van envejeciendo.

**¿Puede la persona permanecer con el mismo especialista o dentista?**

**¿PACE tiene una amplia red de especialistas y dentistas familiarizados con el programa de PACE y las necesidades del participante.**

Un participante de PACE debe atender el Centro de Salud Diurno Para Adultos? Con que frecuencia?

**El atender el Centro de Salud Diurno Para Adultos no es requerido, pero realmente recomendado.**

**¿Puedo el participante vivir solo?**

Si, siempre y cuando el individuo califique con la criteria de la seguridad de PACE. Si es necesario, una enfermera registrada conducira una visita al hogar para asesorar su seguridad y identificar preocupaciones.

**¿Hay una lista de espera para PACE?**

No, actualmente no hay una lista de espera.

**¿Hay otras locaciones de PACE en el area?**

Piedmont Health SeniorCare apoya individuos en Alamance, Caswell, Chatham, Lee and Orange counties. Otros programas de NCPACE son basados en Asheboro, Asheville, Burlington, Charlotte, Durham/Raleigh, Fayetteville, Gastonia, Greensboro, Hickory, Lexington y Wilmington.

Recursos del Programa de PACE Piedmont Health SeniorCare, 163 Chatham Business Drive, Pittsboro, NC 27312; 919.545.7337. TTY: NC Relay Service 1-800-735-2962, [www.piedmonthealthseniorcare.org](http://www.piedmonthealthseniorcare.org); North Carolina PACE Association; [www.ncpace.org](http://www.ncpace.org); National PACE Association: [www.pace4you.org](http://www.pace4you.org) or [www.npaonline.org](http://www.npaonline.org)

## “Q” and “A” with Piedmont Health SeniorCare (PACE)

**What is PACE?**

PACE is an acronym for Program of All-inclusive Care for the Elderly. PACE coordinates the care of each participant enrolled in the program based on his or her individual needs.

**What services are available?**

Services include, but are not limited to:

- Primary Care (including physician and nursing services)
- Hospital Care, Emergency Services and Outpatient Services
- Medical Specialty Services, Dentistry, Surgical
- Prescription Drugs, Over-the Counter Medicines and Medical Supplies
- Medical Equipment (wheelchairs, walkers, etc.)
- Home Care Services, Caregiver Support
- Physical, Occupational and Speech Therapies

- Adult Day Health Center
- Recreational Therapy, Activities and Exercise
- Nutritional Counseling
- Social Work Counseling, Mental Health Services
- Social Services
- Transportation to PACE Center and medical appointments
- End-of-Life Services

**Who is eligible for enrollment?**

A person is eligible for enrollment if he or she: Is 55 years of age or older; Lives in Alamance, Caswell, Chatham, Lee or Orange counties; Meets the nursing home level of care requirement as determined by the NC Division of Medical Assistance; Is able to live safely in the community at the time of enrollment

**Is a formal or doctor’s referral required for PACE? How can I refer?**

No. Anyone can refer to PACE including the individual who needs the service. A referral from a doctor is not necessary.

**Can a person keep his or her own doctor?**

When a person enrolls in the PACE program, he or she is assigned a PACE primary care physician who is part of an interdisciplinary team skilled in managing care for aging adults.

**Can a person keep the same specialist or dentist?**

PACE has a broad network of specialists and dentists familiar with the PACE program and participant needs.

**Does a PACE participant have to attend the adult day health center? How often?**

Attendance at the adult day health center is not required, but highly recommended.

**PACE** CONTINUED, PAGE 6

# Piedmont Health SeniorCare

All-Inclusive Care for Seniors Focused on Keeping You Healthy and Living Safely in Your Own Home

Serving Seniors in Chatham, Orange, Alamance, Lee and Caswell Counties



Piedmont Health SeniorCare, a unique and complete health care program, is a Program of All-inclusive Care for the Elderly (PACE). Our mission is to promote and sustain the independence of seniors wishing to remain in the community. We provide seniors with comprehensive long-term health, social, medical and dietary care. Our program is a safe alternative to nursing home care.

We offer an individualized plan of care managed on a daily basis by an interdisciplinary team of providers. A highly-trained team of pyhsicians, nurses, certified nursing assistants, social workers, nutritionists, recreational and rehabilitative therapists, transportation personnel and home-care coordinators offer you the best in senior home health care.

Visit our website for complete information: [piedmonthealthseniorcare.org](http://piedmonthealthseniorcare.org)



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**2 LOCATIONS TO SERVE YOU**

**163 Chatham Business Drive  
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## Women's Birth and Wellness Center celebrates 20 years

This year Women's Birth and Wellness Center (WBWC) in Chapel Hill celebrates 20 years of caring for women in birth and throughout their lives. The center was originally founded as Piedmont Women's Health Center in 1996. Ownership changed in 2003 as Piedmont Health Services ended its relationship with the center and WBWC was incorporated as a 501(c)3 non-profit. The center has remained a consistent presence in the community as the oldest continually operating free-standing birth center in North Carolina.

The center opened with two certified nurse-midwives on staff and quickly required hiring two additional CNMs. Between March and December 1996, the CNMs attended 99 births. Birth center services always included full scope women's healthcare, but as the center grew and midwives were busier attending births, nurse practitioners were added to help support the load. In 2015, WBWC midwives attended 494 births with a staff of nine

midwives, as well as two nurse practitioners, who provided primary care.

An essential part of the center's growth and success has been the strength of their partnership with UNC Family Medicine Maternal Child Health faculty. Our current collaborating physician, Dr. Martha Carlough, was awarded AABC's "Collaborating Physician Award" for 2013.

"Midwife means 'with women' – something we take very literally," says Maureen Darcey, CNM, executive director at WBWC. "We are able to provide seamless care if they have to transfer." All WBWC midwives have credentials at NC Women's Hospital and they are able to follow their patients in the event of a transfer.

Lactation services have always been a part of the model of care at WBWC – IBCLCs have been practicing alongside the midwives at WBWC since the beginning – but as the center grew, so did the need for lactation support. In 2010 Mother and Infant Lactation Care was

added under the umbrella of services, which now offers lactation consultation services six days a week, along with classes, support groups and telephone support for anyone needing breastfeeding help in the community. WBWC was the second birthing facility in the NC to receive Baby Friendly status and has been recognized as a Breastfeeding Friendly Business and Workplace by the North Carolina Breastfeeding Coalition.

Recognizing a need in the community for breastfeeding support, natural and holistic health and parenting products, WBWC launched a boutique in 2007. Besides offering a place parents can go to rent hospital-grade pumps, purchase herbal galactagogues, get fitted for a wide selection of nursing bras, learn about cloth diapers and try on baby carriers, all of the proceeds from boutique sales support the birth center.

Beyond the center's commitment to their local community of women, the WBWC team

spends substantial time and effort developing their professional community, including helping to launch WNC Birth Center in Asheville, western North Carolina's first nationally accredited birth center, which welcomed its first birth in August 2016. Darcey and Honea regularly teach "How to Start a Birth Center" workshops across the U.S. for AABC. WBWC partners annually with Frontier Nursing University, East Carolina University and the University of New Mexico to host students. Additionally, the center is a training site for the Mary Rose Tully Training Initiative, an IBCLC clinical training program for breastfeeding and lactation support.

"We are actively growing our own midwives," says Darcey. "We also open our doors to other providers like paramedics to open their minds to the midwifery model of care. We are the training ground for the next generation."

— Women's Birth and Wellness Center

## The importance of microchips in pets

Any pet parent dreads the thought of losing their pet. Have you done everything possible to make sure your pet can get home safe and sound if they get lost? In a 2012 study by the

American Society for the Prevention of Cruelty to Animals (ASPCA), 15 percent of pet owners had lost their dog or cat in the previous five years. Although most people have collars with

identification tags for their pets, we forget how easily these can fall off or become damaged. A more permanent solution for pet identification is a microchip that links your pet to vital contact information if your pet becomes lost.

A microchip is a small, electronic chip the size of a grain of rice that is embedded under your pet's skin between the shoulder blades. A microchip will last through the life of your pet. Each microchip contains a registration number and the phone number of the registry for the particular brand of chip. A handheld scanner reads the radio frequency of the chip and displays this information. The animal shelter or vet clinic that scans your pet can then call the registry to get your contact information.

According to a study of 53 animal shelters across the U.S. published in the Journal of the American Veterinary Medical Association, only about 22 percent of lost dogs that entered the shelters were reunited with their families. The return-to-owner rate for microchipped dogs was over 52 percent, a 238 percent increase. In the cases where microchipped animals were not returned to their owners, the

contact information listed in the microchip registry's database was either incorrect or the chip was never registered.

To get your pet microchipped, head to your local veterinarian. Microchips can be implanted into dogs and cats, and other small mammals. Implantation of the chip is no more painful than a typical injection and can be put in during a routine visit without surgery or anesthesia. No upkeep is needed, just remember to register your pet's microchip and keep the information up to date. At your pet's annual wellness visit, have your veterinarian scan the microchip to make sure it can be detected.

Farm Friends Rescue, located in Pittsboro, has all their adoptable dogs microchipped, spayed or neutered, and vaccinated, and places them into volunteer foster homes. Fostering provides socialization and frees up space in the local shelters for other dogs in need. For information on Farm Friends Rescue, or to adopt, foster, volunteer, or donate, please visit [www.farmfriendsrescue.org](http://www.farmfriendsrescue.org) or email us at [info@farmfriendsrescue.org](mailto:info@farmfriendsrescue.org).

— Bailey Zwarycz


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### PACE

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#### Can a participant live alone?

Yes, as long as the individual meets PACE safety criteria. If needed, a registered nurse conducts a home visit to assess safety and identify concerns.

#### Is there a waiting list for PACE?

No, currently there is no waiting list.

#### Is there another PACE location in the area?

Piedmont Health SeniorCare supports individuals in Alamance, Caswell, Chatham, Lee and Orange counties. Other NC PACE

programs are based in Asheboro, Asheville, Burlington, Charlotte, Durham/Raleigh, Fayetteville, Gastonia, Greensboro, Hickory, Lexington and Wilmington.

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## TO PLACE AN AD

Contact Julian Sereno  
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