

# Moving at Your Own PACE

PACE – A Lifeline for the Elderly

Case Management Society of America  
Detroit Chapter  
Education Session

**Presenter:**

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Trinity Health

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# Disclaimer

The presenter for today's presentation declares she does not have a financial interest/arrangement with one or more organizations that could be perceived as a real or apparent conflict of interest in the context of the subject of this activity.

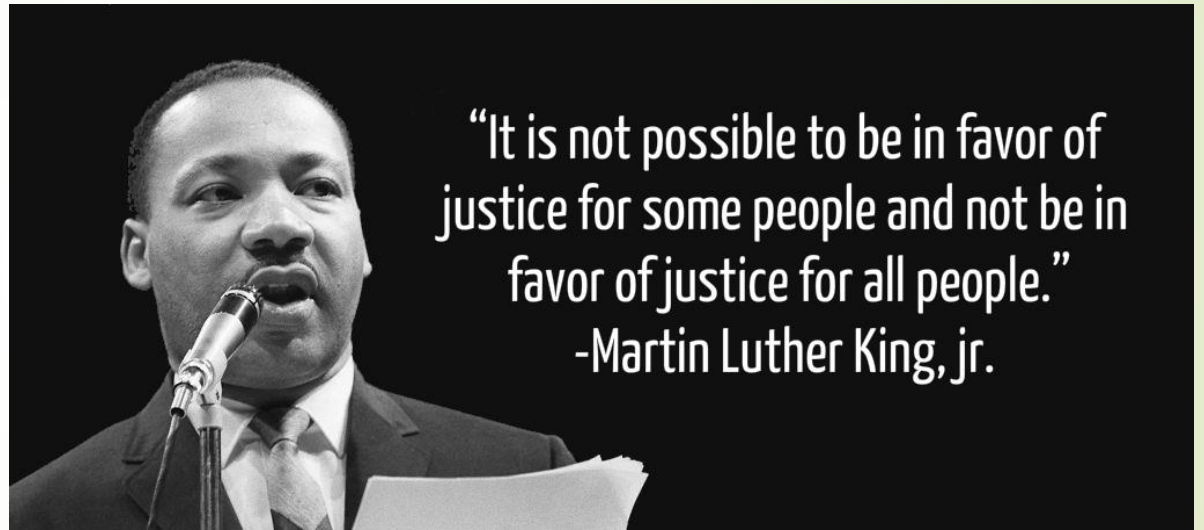
Thank you



## A few housekeeping tasks....

- ▶ Please mute your line via phone, Zoom, or computer
- ▶ Prepare to engage in polls
- ▶ Post questions in chat
- ▶ Enjoy!

# Reflection





# Objectives

- ▶ Increase knowledge of the Program of All-Inclusive Care for the Elderly.
- ▶ Identifying opportunities for effective care and improved health outcomes.
- ▶ How to connect with PACE.



# The Frail Elderly

In **medicine**, frailty defines the group of older people who are at highest risk of adverse outcomes such as falls, disability, admission to hospital, or the need for long-**term** care. Older people with moderate to severe frailty are often well known to local health and social care professionals.

<https://www.england.nhs.uk/blog/frailty/>



# Characteristics of the Frail Elderly

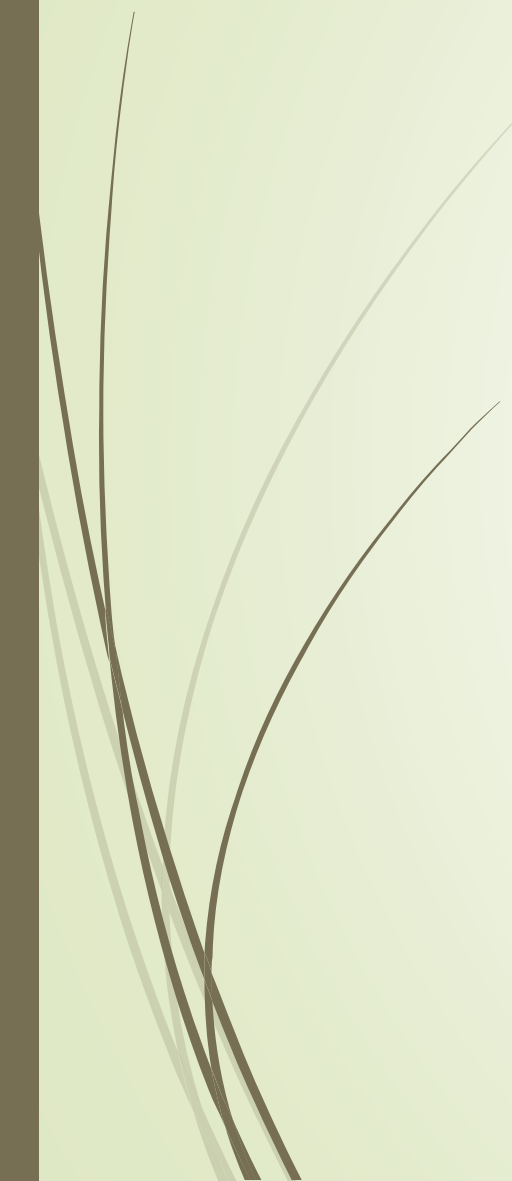
- Clinical features include
  - *Over 65 years of age*
  - *Has frailty indicators such as gait abnormality, malnutrition, failure-to-thrive, fall history, muscle wasting/weakness, senility, DME use, etc.*
- Some socially isolated/lonely
- Considered as a high-need population

National Academy of Medicine, "Effective Care for High-Need Patients: Opportunities for Improving Outcomes, Value and Health," 2017. <https://nam.edu/HighNeeds/>.



# Poll Question

Have you ever heard of PACE?







What is PACE?

# PACE is ...

Known as a Program for All-Inclusive Care for the Elderly

Sometimes referred to as LIFE – Living Independently for the Elderly

A unique program providing a wide spectrum services that supports the Elderly holistically – mentally, physically, spiritually, emotionally, and socially

# PACE Objectives ...

The purpose of a PACE program is to provide pre-paid, capitated, comprehensive health care services designed to:

- Enhance the quality of life and autonomy for frail, older adults
- Maximize dignity of and respect for older adults
- Enable frail, older adults to live in their homes and community as long as medically and socially reasonable
- Preserve and support the older adult's family unit

# History of PACE

Began at On Lok Senior Health Services, Chinatown-North Beach community of San Francisco

➤ 1973

➤ Opened first adult day health center

➤ 1974

➤ Receives reimbursement for day center

➤ 1975

➤ Social daycare center

➤ In-home care

➤ Home-delivered meals

➤ Housing assistance

# History of PACE (continued)

Received four-year grant from Department of Health and Human services to develop a consolidated model of delivering care to persons with long-term care needs

1979

1983

Tested monthly capitated payment system for program participants

Congress extended On Lok's Medicare/Medicaid waivers indefinitely for the program

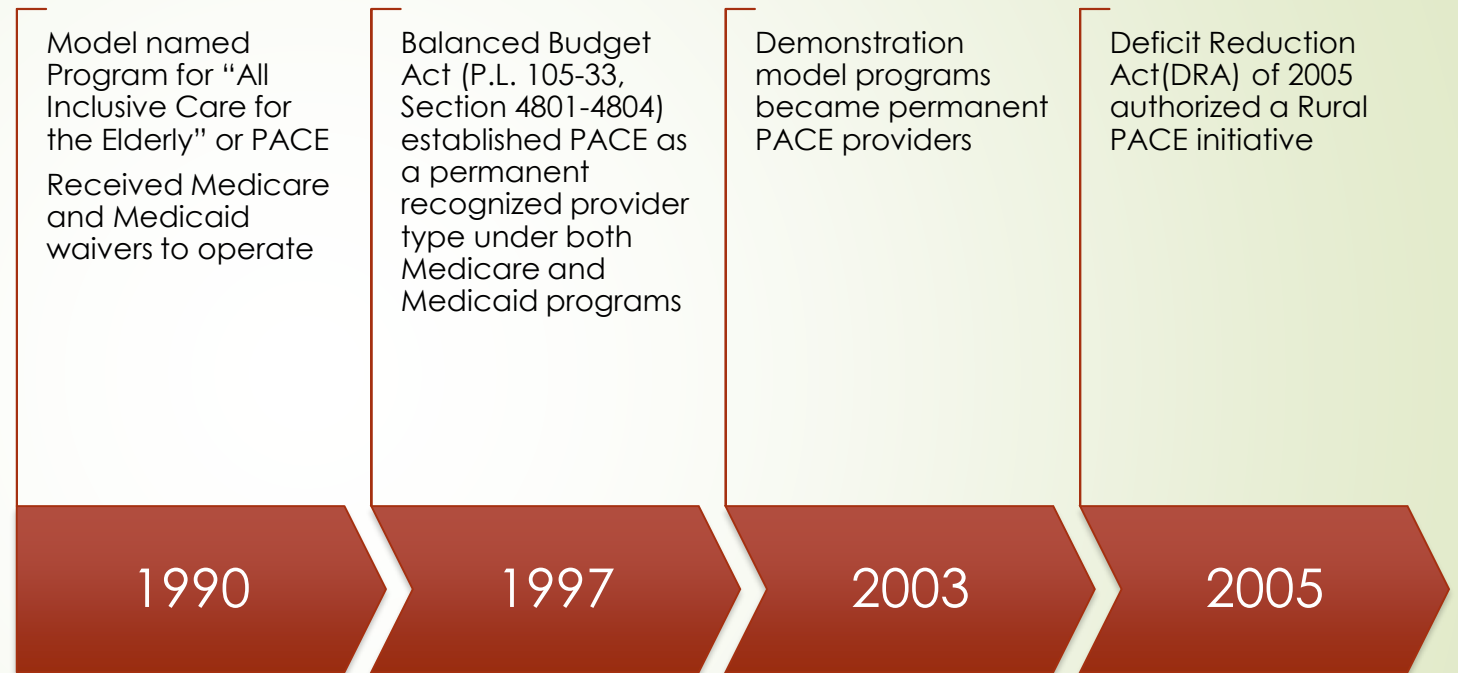
1985

Congress provided waivers to replicate the model at 10 sites  
On Lok received technical support to develop new sites and develop a cross-site database to track performance

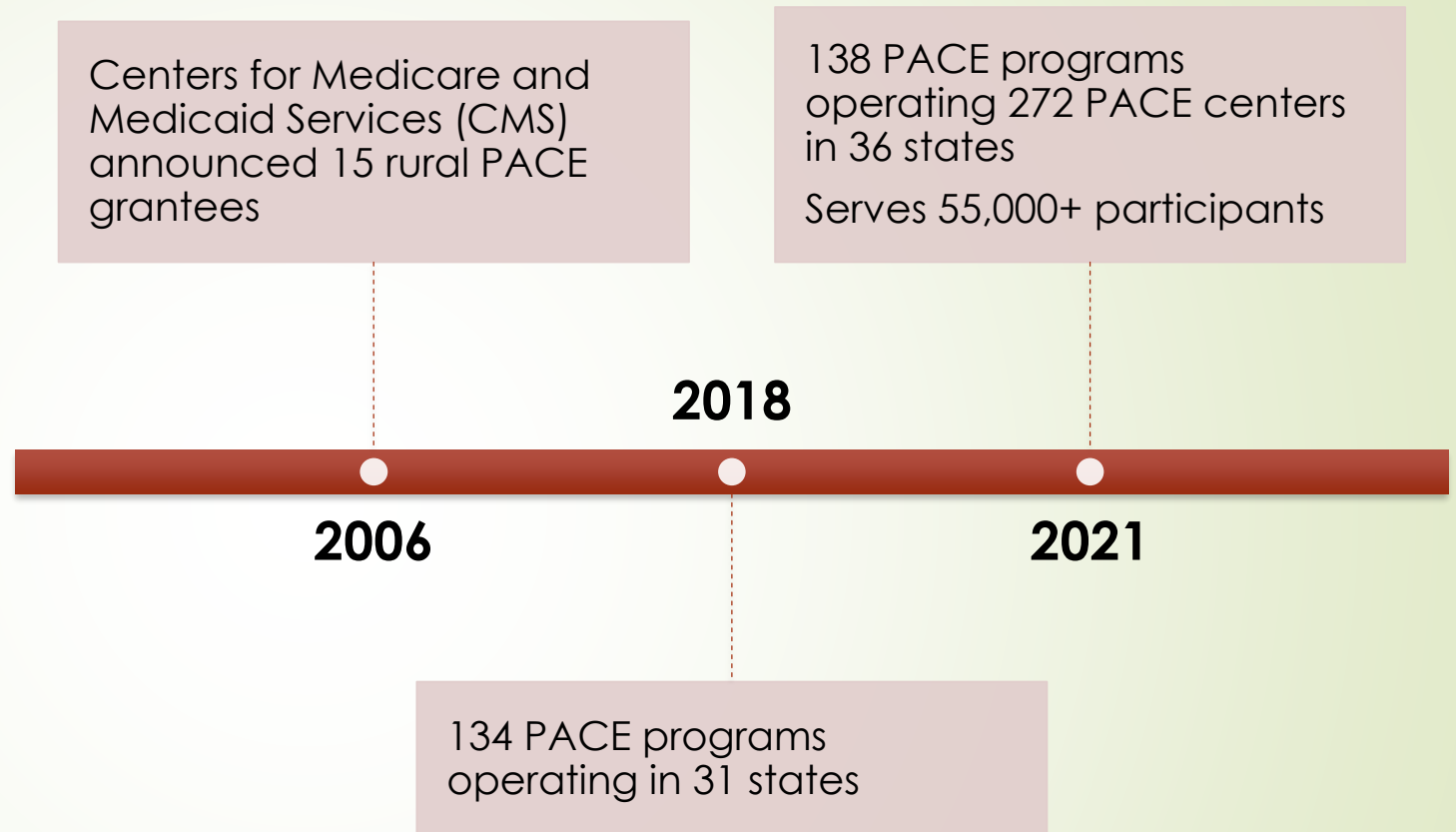
1986



## History of PACE (continued)

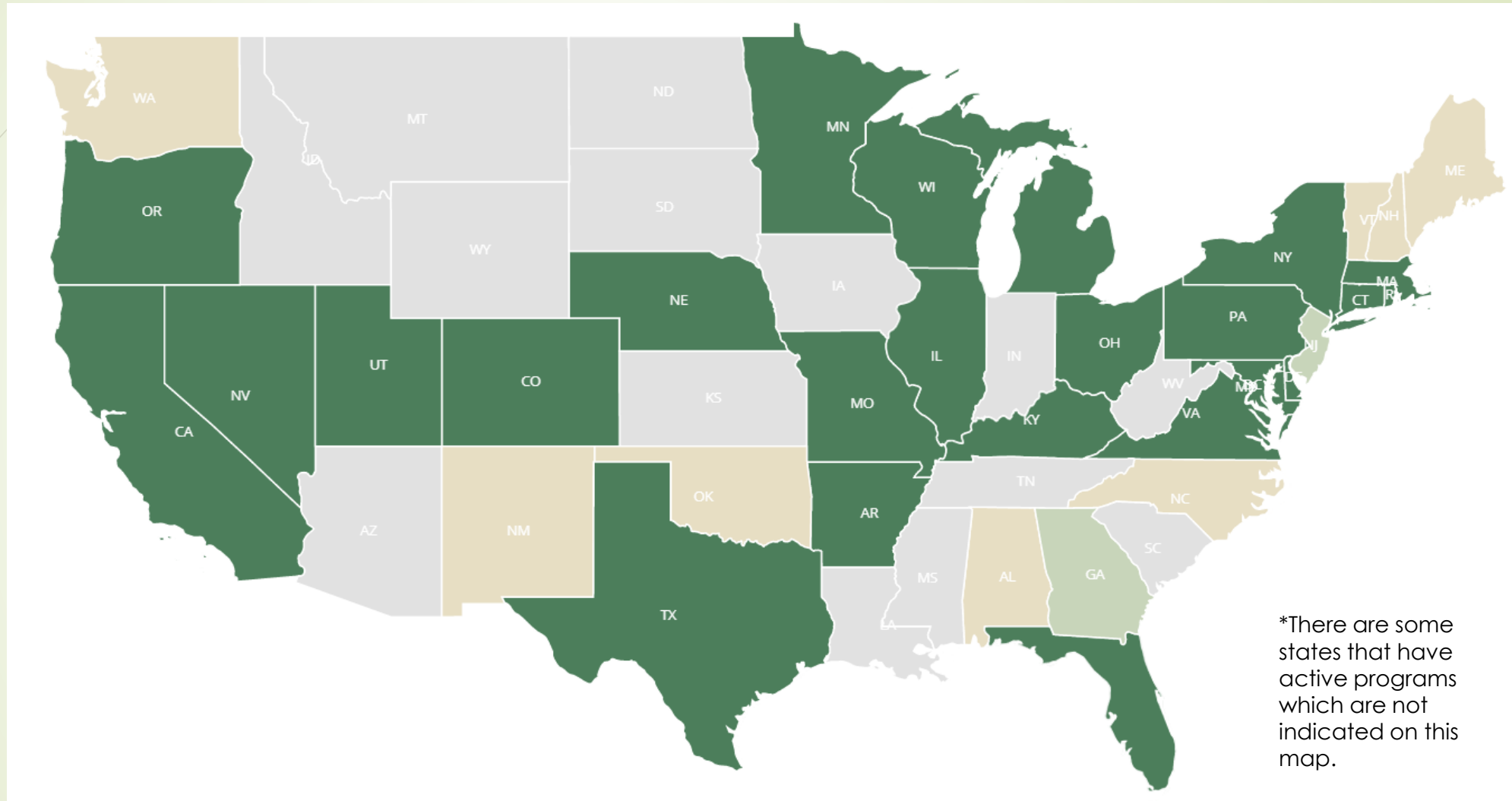


## History of PACE (continued)



# PACE Across the United States

Map of states with active PACE programs, programs in development, and PACE-enabled states



\*There are some states that have active programs which are not indicated on this map.

## Map key



Active program(s)



Program in development



PACE-enabled





## PACE Eligibility Requirements

PACE recipients must meet the following conditions:

Age 55 or older

Live in a PACE organization service area

Certified as needing nursing home level care per state requirements

Able to live safely in the community if PACE services are granted



## PACE Eligibility Requirements - Michigan

- ▶ Medically qualified, must meet Medicaid's LTC eligibility criteria
- ▶ Must be at least 55 years of age or older
- ▶ Must live within the approved geographic area of the PACE organization
- ▶ Must be able to live safely in the community (not residing in a nursing facility) at the time of enrollment
- ▶ Must not be concurrently enrolled in the Medicaid MIChoice waiver
- ▶ Must not be concurrently enrolled in a Health Maintenance Organization (HMO)
- ▶ Private pay accepted

# Services of PACE


Many programs offer these core services (but aren't limited to):

- Adult Day Care
- Recreational Therapy
- Meals
- Dentistry
- Optometry\*
- Nutritional Counseling
- Social Services
- Laboratory/X-ray services
- Primary Care (physician & nursing)
- Hospital Care
- Medical Specialty Services
- Prescription Drugs
- Nursing Home
- Emergency Services
- Home Care
- Mental Health\*
- Physical Therapy
- Speech Therapy
- Recreational Therapy
- Occupational Therapy
- Pastoral Care

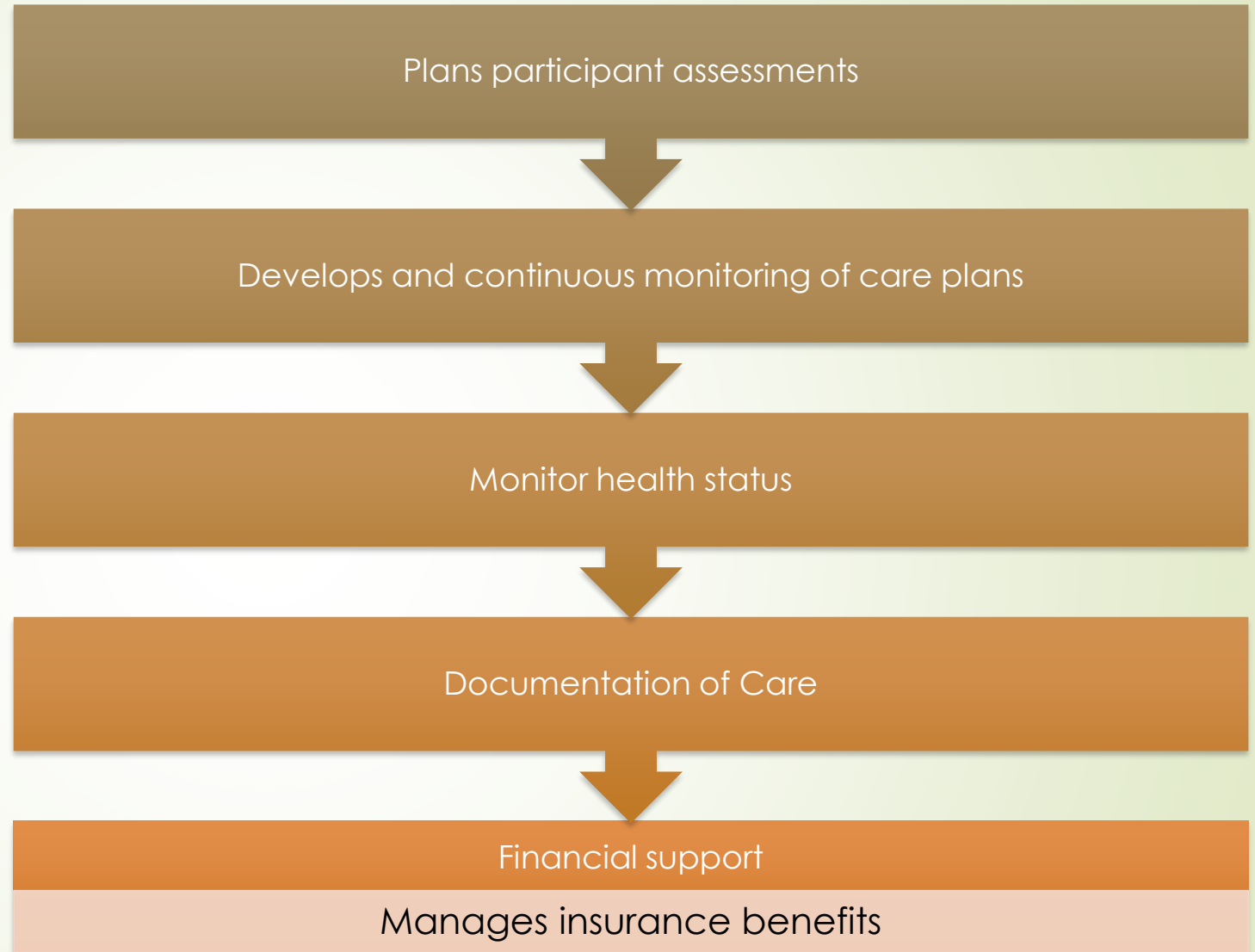
\*Services offered at select Programs

# Care Management Model

- ▶ Interdisciplinary Team
  - ▶ Primary Care Provider (Physician, Nurse Practitioner, Physician Assistant)
  - ▶ Registered Nurse
  - ▶ Social Worker (Masters Level)
  - ▶ Physical Therapist
  - ▶ Occupational Therapist
  - ▶ Recreational Therapist or Activity Coordinator
  - ▶ Dietitian
  - ▶ PACE Center Manager
  - ▶ Home Care Coordinator
  - ▶ Personal Care Attendant
  - ▶ Transportation



Care  
Management  
Model  
(continued)





# Poll

- ▶ What state did the concept of PACE begin?
- ▶ What is the minimum age to enroll in PACE?



# PACE Videos

[PACE in Action \(June 2020\) – YouTube](#)

[Care Resources PACE — Virtual Tour - YouTube](#)





# Identifying Opportunities







# Role of the Care Manager – Identifying Opportunities

- Investigator
- Communicator
- Coordinator
- Negotiator
- Facilitator
- Navigator
- Advocate
- Educator
- Problem solver
- Networker
- Supporter
- Counselor
- Empowerer

### Housing insecurity

- Utilities
- Rent
- Maintenance

Social  
isolation/loneliness

Food insecurity

Lack of emotional  
support

## Socio-economic Impacts on Health

# Health Care Needs of the Frail Elderly



FREQUENT  
EMERGENCY  
DEPARTMENT USE



LIMITED  
ACCESS/LACK OF  
PRIMARY CARE  
PROVIDER



HOSPITALIZATIONS



UNMANAGED  
HEALTH  
PROBLEMS



MEDICATION  
MISMANAGEMENT



DIZZINESS, FALLS,  
MEMORY  
CHANGES



POOR OR  
INADEQUATE  
NUTRITION



MALNUTRITION, POOR  
WOUND HEALING,  
MUSCLE WEAKNESS,  
DECREASED BONE MASS

# Opportunities for Improved Care

Client Concerns	PACE Resource Solution
Decreased isolation	Social activities; Day Center
Caregiver Fatigue	Respite care for families
Access to health care on a regular basis	Primary care clinics
Psychosocial insecurities	Social work services
Food insecurities	Registered Dietitians
Desire to worship/spirituality	Pastoral Care
Inability to attend medical appointments	Transportation



# Poll

Thinking about opportunities to service the frail and elderly, provide two resource opportunities offered by PACE.



How to  
Connect with  
PACE



# Connecting to PACE

- ▶ Michigan has 22 PACE centers
- ▶ Locating Michigan centers - [MDHHS - Program of All-Inclusive Care for the Elderly \(PACE\) \(\[michigan.gov\]\(http://michigan.gov\)\)](http://www.michigan.gov/MDHHS/0,4570,7-249_7-250_7-251_7-252_7-253_7-254_7-255_7-256_7-257_7-258_7-259_7-260_7-261_7-262_7-263_7-264_7-265_7-266_7-267_7-268_7-269_7-270_7-271_7-272_7-273_7-274_7-275_7-276_7-277_7-278_7-279_7-280_7-281_7-282_7-283_7-284_7-285_7-286_7-287_7-288_7-289_7-290_7-291_7-292_7-293_7-294_7-295_7-296_7-297_7-298_7-299_7-300_7-301_7-302_7-303_7-304_7-305_7-306_7-307_7-308_7-309_7-310_7-311_7-312_7-313_7-314_7-315_7-316_7-317_7-318_7-319_7-320_7-321_7-322_7-323_7-324_7-325_7-326_7-327_7-328_7-329_7-330_7-331_7-332_7-333_7-334_7-335_7-336_7-337_7-338_7-339_7-340_7-341_7-342_7-343_7-344_7-345_7-346_7-347_7-348_7-349_7-350_7-351_7-352_7-353_7-354_7-355_7-356_7-357_7-358_7-359_7-360_7-361_7-362_7-363_7-364_7-365_7-366_7-367_7-368_7-369_7-370_7-371_7-372_7-373_7-374_7-375_7-376_7-377_7-378_7-379_7-380_7-381_7-382_7-383_7-384_7-385_7-386_7-387_7-388_7-389_7-390_7-391_7-392_7-393_7-394_7-395_7-396_7-397_7-398_7-399_7-400_7-401_7-402_7-403_7-404_7-405_7-406_7-407_7-408_7-409_7-410_7-411_7-412_7-413_7-414_7-415_7-416_7-417_7-418_7-419_7-420_7-421_7-422_7-423_7-424_7-425_7-426_7-427_7-428_7-429_7-430_7-431_7-432_7-433_7-434_7-435_7-436_7-437_7-438_7-439_7-440_7-441_7-442_7-443_7-444_7-445_7-446_7-447_7-448_7-449_7-450_7-451_7-452_7-453_7-454_7-455_7-456_7-457_7-458_7-459_7-460_7-461_7-462_7-463_7-464_7-465_7-466_7-467_7-468_7-469_7-470_7-471_7-472_7-473_7-474_7-475_7-476_7-477_7-478_7-479_7-480_7-481_7-482_7-483_7-484_7-485_7-486_7-487_7-488_7-489_7-490_7-491_7-492_7-493_7-494_7-495_7-496_7-497_7-498_7-499_7-500_7-501_7-502_7-503_7-504_7-505_7-506_7-507_7-508_7-509_7-510_7-511_7-512_7-513_7-514_7-515_7-516_7-517_7-518_7-519_7-520_7-521_7-522_7-523_7-524_7-525_7-526_7-527_7-528_7-529_7-530_7-531_7-532_7-533_7-534_7-535_7-536_7-537_7-538_7-539_7-540_7-541_7-542_7-543_7-544_7-545_7-546_7-547_7-548_7-549_7-550_7-551_7-552_7-553_7-554_7-555_7-556_7-557_7-558_7-559_7-560_7-561_7-562_7-563_7-564_7-565_7-566_7-567_7-568_7-569_7-570_7-571_7-572_7-573_7-574_7-575_7-576_7-577_7-578_7-579_7-580_7-581_7-582_7-583_7-584_7-585_7-586_7-587_7-588_7-589_7-590_7-591_7-592_7-593_7-594_7-595_7-596_7-597_7-598_7-599_7-600_7-601_7-602_7-603_7-604_7-605_7-606_7-607_7-608_7-609_7-610_7-611_7-612_7-613_7-614_7-615_7-616_7-617_7-618_7-619_7-620_7-621_7-622_7-623_7-624_7-625_7-626_7-627_7-628_7-629_7-630_7-631_7-632_7-633_7-634_7-635_7-636_7-637_7-638_7-639_7-640_7-641_7-642_7-643_7-644_7-645_7-646_7-647_7-648_7-649_7-650_7-651_7-652_7-653_7-654_7-655_7-656_7-657_7-658_7-659_7-660_7-661_7-662_7-663_7-664_7-665_7-666_7-667_7-668_7-669_7-670_7-671_7-672_7-673_7-674_7-675_7-676_7-677_7-678_7-679_7-680_7-681_7-682_7-683_7-684_7-685_7-686_7-687_7-688_7-689_7-690_7-691_7-692_7-693_7-694_7-695_7-696_7-697_7-698_7-699_7-700_7-701_7-702_7-703_7-704_7-705_7-706_7-707_7-708_7-709_7-710_7-711_7-712_7-713_7-714_7-715_7-716_7-717_7-718_7-719_7-720_7-721_7-722_7-723_7-724_7-725_7-726_7-727_7-728_7-729_7-730_7-731_7-732_7-733_7-734_7-735_7-736_7-737_7-738_7-739_7-740_7-741_7-742_7-743_7-744_7-745_7-746_7-747_7-748_7-749_7-750_7-751_7-752_7-753_7-754_7-755_7-756_7-757_7-758_7-759_7-760_7-761_7-762_7-763_7-764_7-765_7-766_7-767_7-768_7-769_7-770_7-771_7-772_7-773_7-774_7-775_7-776_7-777_7-778_7-779_7-780_7-781_7-782_7-783_7-784_7-785_7-786_7-787_7-788_7-789_7-790_7-791_7-792_7-793_7-794_7-795_7-796_7-797_7-798_7-799_7-800_7-801_7-802_7-803_7-804_7-805_7-806_7-807_7-808_7-809_7-810_7-811_7-812_7-813_7-814_7-815_7-816_7-817_7-818_7-819_7-820_7-821_7-822_7-823_7-824_7-825_7-826_7-827_7-828_7-829_7-830_7-831_7-832_7-833_7-834_7-835_7-836_7-837_7-838_7-839_7-840_7-841_7-842_7-843_7-844_7-845_7-846_7-847_7-848_7-849_7-850_7-851_7-852_7-853_7-854_7-855_7-856_7-857_7-858_7-859_7-860_7-861_7-862_7-863_7-864_7-865_7-866_7-867_7-868_7-869_7-870_7-871_7-872_7-873_7-874_7-875_7-876_7-877_7-878_7-879_7-880_7-881_7-882_7-883_7-884_7-885_7-886_7-887_7-888_7-889_7-890_7-891_7-892_7-893_7-894_7-895_7-896_7-897_7-898_7-899_7-900_7-901_7-902_7-903_7-904_7-905_7-906_7-907_7-908_7-909_7-910_7-911_7-912_7-913_7-914_7-915_7-916_7-917_7-918_7-919_7-920_7-921_7-922_7-923_7-924_7-925_7-926_7-927_7-928_7-929_7-930_7-931_7-932_7-933_7-934_7-935_7-936_7-937_7-938_7-939_7-940_7-941_7-942_7-943_7-944_7-945_7-946_7-947_7-948_7-949_7-950_7-951_7-952_7-953_7-954_7-955_7-956_7-957_7-958_7-959_7-960_7-961_7-962_7-963_7-964_7-965_7-966_7-967_7-968_7-969_7-970_7-971_7-972_7-973_7-974_7-975_7-976_7-977_7-978_7-979_7-980_7-981_7-982_7-983_7-984_7-985_7-986_7-987_7-988_7-989_7-990_7-991_7-992_7-993_7-994_7-995_7-996_7-997_7-998_7-999_8000)
- ▶ Locating PACE programs throughout the United States - <https://www.npaonline.org/pace-you/pacefinder-find-pace-program-your-neighborhood>
- ▶ Additional Information regarding Michigan PACE programs
  - ▶ Integrated Programs Management Section  
Medical Services Administration  
PO Box 30479  
Lansing, MI 48909  
517-241-4293
- ▶ National PACE Association – <http://www.npaonline.org/>



# Takeaways...

- ▶ PACE can be an alternative to nursing home placement
- ▶ PACE fills many health and socio-economic gaps
- ▶ PACE provide focused, individualized care
- ▶ PACE programs exist throughout the state of Michigan and the United States





# Poll

- ▶ Yes-or-No: I will use PACE as a resource for future referrals.
- ▶ How likely will you refer to PACE?

Happy to be a  
part of PACE

[https://vimeo.com/289955281/  
a22bb38859](https://vimeo.com/289955281/a22bb38859)






## Final Comment...

“Knowing is not enough; we must apply.  
Willing is not enough; we must do.”

- Goethe

The image shows the cover of a resource guide. It features a dark red arrow-shaped graphic pointing to the right, which contains the title text in white. The background is a light green color with several thin, curved lines in a slightly darker shade of green on the right side.

# Michigan PACE Program Resource Guide

# PACE Providers in Michigan

## **PACE Southeast Michigan**

24463 W. 10 Mile  
Southfield, MI 48033  
855-445-4554

## **PACE Southeast Michigan**

Dearborn Center  
15401 N. Commerce Dr.  
Dearborn, MI 48120  
855-445-4554

## **PACE Southeast Michigan**

Thome Rivertown  
250 McDougall St.  
Detroit, MI 48207  
855-445-4554

## **PACE Southeast Michigan**

Sterling Heights Center  
35501 Mound Road  
Sterling Heights, MI 48310  
855-445-4554

## **PACE Southeast Michigan**

Eastpointe Center  
17401 East Ten Mile Road  
Eastpointe, MI, 48021  
855-445-4554

## **PACE Southeast of Michigan**

Pontiac Center  
823 Golf Drive  
Pontiac, MI 48341  
855-445-4554

The area served by PACE of Southeast Michigan is in all zip codes in Wayne, Macomb, and Oakland counties **except:** 48111, 48165, 48167, 48168, 48170, 48178, 48187, 48188, 48374, 48375, 48377, 48390, 48393

# PACE Providers in Michigan (continued)

## **Senior Care Partners PACE**

200 West Michigan Ave. St.  
Battle Creek, MI 49017  
269-441-9300 or 877-284-4071

## **Senior Care Partners PACE**

445 W. Michigan Ave.  
Kalamazoo, MI 49001  
269-488-5460 or 800-488-5860

## **Senior Care Partners PACE**

800 E. Milham St.  
Portage, MI 49002  
269-280-9560

## **Senior Care Partners PACE**

300 B Drive North  
Albion, MI 49224  
517-680-4410

The area served by Senior Care Partners PACE is all of Calhoun and Kalamazoo counties and the following zip codes in Allegan, Barry and Van Buren counties: 49009, 49010, 49026, 49055, 49065, 49067, 49071, 49078, 49079, 49087, 49070, 49080, 49017, 49046, 49050, 49060.

# PACE Providers in Michigan (continued)

## **Care Resources**

4150 Kalamazoo Ave. SE  
Grand Rapids, MI 49508  
616-913-2006 or 800-610-6299

The area served by Care Resources is all of Kent County and the following zip codes in Ottawa County:  
49428, 49418, 49435, 49534, 49544.

## **LifeCircles-PACE Muskegon**

560 Seminole Rd.  
Muskegon, MI 49444  
231-733-8686 or 1-888-204-8626

## **LifeCircles-PACE Holland**

12330 James St.  
Holland, MI 49424  
616-582-3100

The area served by LifeCircles is Muskegon County and the following zip codes in Allegan and Ottawa Counties: 49315, 49318, 49330, 49401, 49415, 49423, 49424, 49426, 49434, 49451, 49460, 49464, 49010, 49026, 49055, 49056, 49090, 49315, 49406, 49408, 49419, 49423, 49450, 49453, 49403, 49404, 49409, 49417, 49448 and 49456.



# PACE Providers in Michigan (continued)

## **Thome PACE**

2282 Springport Rd.  
Jackson, MI 49202  
517-768-9791

The area served by Cascade PACE is Jackson, Lenawee, and Hillsdale counties.

## **PACE of Southwest Michigan**

2900 Lakeview Ave.  
St. Joseph, MI 49085  
855-243-8876

The area served by PACE of Southwest Michigan is all of Berrien County and the following zip codes in Cass and Van Buren Counties: 49013, 49022, 49031, 49038, 49043, 49045, 49047, 49057, 49064, 49079, 49085, 49098, 49101, 49102, 49103, 49104, 49106, 49107, 49111, 49112, 49113, 49115, 49116, 49117, 49119, 49120, 49125, 49126, 49127, 49128, 49129, and the Van Buren County portions of 49056, 49065, 49067, 49090.



# PACE Providers in Michigan (continued)

## **Huron Valley PACE**

2940 Ellsworth Rd.  
Ypsilanti, MI 48197  
855-483-7223

The area served by Huron Valley PACE is all of Washtenaw County and the following zip codes in Wayne, Monroe, Oakland and Livingston counties: 48111, 48116, 48117, 48131, 48133, 48134, 48139, 48140, 48143, 48144, 48145, 48157, 48159, 48160, 48161, 48162, 48164, 48165, 48166, 48167, 48168, 48170, 48174, 48178, 48179, 48182, 48187, 48188, 48189, 48191, 48196, 48242, 48374, 48375, 48377, 48390, 48393, 49238, 49267, 49270 and 49287.

## **Ascension Living PACE Michigan**

412 E. First Street  
Flint, MI 48502  
810-236-7500

The area served by Ascension Living PACE Michigan is all of Genesee county zip codes. All of Lapeer county zip codes except 48435 and 48744. The Shiawassee county zip codes 48414, 48418, 48429, 48433, 48436, 48476 and 48857. The Livingston county zip codes 48418, 48430, 48442, 48451, 48816 and 48855. The Tuscola county zip codes 48420, 48464, 48727 and 48760.

# PACE Providers in Michigan (continued)

## **Great Lakes PACE**

3378 Fashion Square Blvd.  
Saginaw, MI 48603  
989-272-7610

The area served by Great Lakes PACE is following zip codes in their entirety:

48417, 48435, 48449, 48601, 48602, 48603, 48604, 48607, 48609, 48611, 48614, 48615, 48616, 48620, 48623, 48626, 48631, 48634, 48637, 48638, 48640, 48642, 48649, 48650, 48655, 48662, 48701, 48706, 48708, 48722, 48723, 48724, 48732, 48733, 48734, 48744, 48746, 48747, 48757, 48767, 48768, 48817, 48841, 48867 and the Saginaw, Midland, Bay, Gratiot, Tuscola, Shiawassee and Arenac County portions of the following zip codes: 48415, 48457, 48460, 48807, 48831

## **VOANS Senior Community Care of Michigan**

1921 E. Miller Road  
Lansing, MI 48911  
517-319-0700

The area served by VOANS Senior Community Care of Michigan is the following list of zip codes in Ingham, Eaton, Clinton, Shiawassee, Livingston, Barry or Ionia counties: 48808, 48813, 48819, 48820, 48821, 48822, 48823, 48824, 48825, 48827, 48831, 48835, 48837, 48840, 48842, 48848, 48853, 48854, 48861, 48864, 48866, 48872, 48876, 48879, 48890, 48892, 48894, 48895, 48906, 48910, 48911, 48912, 48915, 48917, 48924, 48933, 49021, 49076, 49096, 49251, 49264, 49284, 49285.

# PACE Providers in Michigan (continued)

## **Community at PACE, Inc.**

231 West Pine Lake Drive  
Newaygo, MI 49337  
1-800-689-6675

The area served by Community at Home, Inc. is the following zip codes in Lake, Mason, Mecosta, Oceana, Osceola, Newaygo and Montcalm counties: 49303, 49304, 49305, 49307, 49309, 49310, 49312, 49320, 49322, 49327, 49329, 49330, 49332, 49336, 49337, 49338, 49339, 49340, 49342, 49343, 49346, 49347, 49349, 49402, 49405, 49410, 49411, 49412, 49413, 49420, 49421, 49425, 49431, 49436, 49437, 49446, 49449, 49452, 49454, 49455, 49458, 49459, 49623, 49631, 49639, 49642, 49644, 49655, 49660, 49665, 49677, 49679, 49688, 49850, 48886.

# PACE Providers in Michigan (continued)

## **PACE Central Michigan**

1750 E. Bellows  
Mt. Pleasant, Michigan 48858  
989-953-5800

The area served by PACE Central Michigan is all of Clare, Gladwin, Isabella, Roscommon counties and the following zip codes in Gratiot, Midland, and Montcalm counties: 48801, 48806, 48811, 48818, 48832, 48847, 48856, 48871, 48877, 48880, 48883, 48889, 48612, 48618, 48628, 48652, 48657, 48858, 48883, 48829, 48834, 48838, 48884, 48885, 48888, 48891, 49310

## **PACE North**

2325 N. Garfield Rd  
Traverse City, MI 49686  
1-833-410-2086

The area served by PACE North is all of Grand Traverse, Benzie, and Leelanau counties and the following zip codes in Wexford, Kalkaska, Antrim, and Manistee counties. 49601, 49618, 49620, 49625, 49633, 49638, 49649, 49663, 49668, 49683, 49689, 49612, 49646, 49659, 49676, 49680, 49690, 49615, 49622, 49629, 49648, 49613, 49614, 49616.



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