LiveWell’s Plan Options

LiveWell can customize your service levels and financial commitment with a choice of four plans that best fit your needs, all providing lifetime coverage.

- **All-Inclusive Gold Plan** - members receive 100% coverage of all LiveWell services up to the most comprehensive daily rate.
- **Silver and Bronze Plans** – members pay reduced membership and monthly fees with varying daily rates and copayments are required for most services.
- **Sterling Plan** – members receive home-based services up to a daily allowance. The cost of facility services are not covered under this plan. This is an extremely economical plan that was specifically designed to complement long-term care insurance policies.

Why Care Coordination Matters . . .

I hear it all the time: what is care coordination and why does it matter? It's only fair that folks ask, as the role of care coordination is one of the most important and distinguishing features of the LiveWell program.

Our healthcare system is fragmented and complicated. Knowing when to use what health resource, then, where to find it, and how to pay for it can be incredibly challenging. Take the example of a woman who falls and breaks a hip. 911 is called and she is transported to the hospital. What happens next?

Her journey could be an 8-week process of inpatient rehabilitation, and then a multifaceted care plan at home. She may need help with filing health insurance claims, selecting a caregiving agency, coordinating with doctors and physical therapists, and getting a handyman to install equipment in her home. If her husband is disabled and her daughter works full-time, who will do it all while she is trying to recover?

The LiveWell care coordinator will quickly help this family target the right resources, develop a comprehensive care plan, and lead the execution of the plan. The LiveWell care coordinator would immediately work on finding an opening at a high quality rehabilitation center. She would set up physical therapy to start as soon as our member goes home. She would line up Blakeford caregivers to help with meals and laundry. And she would schedule and organize transportation for the follow up medical appointments.

All along the way, the care coordinator would stay in close communication with the family and support system.

Our LiveWell members have the peace of mind of knowing that if you need us, we’ll be there. We’ll be there to advise, manage and assist you and your family when you need it most. Give us a call to learn more about how care coordination is such a critical part of the LiveWell program. We’d love to hear from you!

- Jane Kelley, Executive Director

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Member Spotlight: Patsy Campbell
Ask Our Nurse
Upcoming Introductory Seminars
Winter Home Maintenance
LiveWell’s Plan Options

A Newsletter for Living Well at Home

Contact us at 615-665-0694  LiveWellByBlakeford.com

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Patsy Campbell

The way Patsy Campbell sees it, LiveWell is an “investment in living”. For Patsy and her husband, Win, who became members of LiveWell in September 2014, LiveWell is an opportunity to keep living the way they have chosen to live. “We can manage our house and our yard without any trouble and we love it here. This is where we want to stay.”

Patsy loves Nashville, because other than a college stint on the East Coast, she grew up here, as did her parents and grandparents. Both her grandfather and father had positions at Vanderbilt. Not only did she and Win, graduated from Vanderbilt, but so did his father and sister as well as her mother, father, brother, and two of her own children.

As they raised their two sons and two daughters, Patsy taught part-time in public and private schools throughout Nashville. When she was 44, she earned her law degree at night at Nashville School of Law and continues to work part-time today in family law.

In addition to her legal work, Patsy is an avid reader of all types of genres, is an active member at Westminster Presbyterian Church, and takes sculpt and Pilates courses at the YMCA. She especially enjoys spending time with her five young grandchildren, ages 1½ to 11.

On joining LiveWell, Patsy said “we joined LiveWell not because our children wouldn’t or couldn’t help us, but because we didn’t want them to have to make decisions about our care. I realized, when I took care of my own mother, that I wanted to make my own decisions about how and where I live.”

“If you’re a member of a group that might be interested in knowing more about an innovative option for long-term planning, please let us know. We’d love to meet and tell your group more about us.” - Kelley Anderson, Director of Business Development

Terry Duke

Terry Duke, Blakeford’s Director of Maintenance, along with his team, handles a wide variety of issues for the residents of Blakeford – like starting cars, fixing air conditioners, painting, and repairing refrigerators. We asked Terry what his recommendations are for homeowners to stay safe and warm during this Tennessee winter.

What is the #1 thing you worry about for homeowners in the middle of winter? Frozen water pipes.

When we have a hard freeze, which means the temperature drops below freezing for several consecutive days, you have a risk that water pipes will freeze and break. First, be sure you know where your water shut-off valves are. They often are in the basement, crawl space or near the water heater. Second, for pipes that are at risk because they are close to an outside wall or on the cold north side of the house, keep a water drip going in the faucet.

What kind of winter maintenance should be done for a car? Four key things – be sure to get your oil changed, anti-freeze checked or flushed, tires inflated and rotated and ensure you have a good, strong battery.

What supplies do you suggest having on hand during the winter months, just in case? A good flashlight, at least one bag of sidewalk salt, a radio with batteries and lots of blankets. You don’t want to be caught off guard if your home loses power.

Winter Home Maintenance Tips

Terry Duke, Blakeford’s Director of Maintenance, along with his team, handles a wide variety of issues for the residents of Blakeford – like starting cars, fixing air conditioners, painting, and repairing refrigerators. We asked Terry what his recommendations are for homeowners to stay safe and warm during this Tennessee winter.

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Ask Our Nurse

Dear Katherine,

My doctor and daughter are suggesting that I consider taking an antidepressant. I just don’t trust that this is good for me. What advice do you have?

Often when I talk with my clients about the issue of depression, they are averse to pharmaceutical treatment. If your family and your doctor are suggesting an antidepressant medication, I would give it serious consideration along with some other options that can help.

There are many things that might be causing depression. One is the fact that as we age, our bodies may become less efficient at producing and balancing the neurotransmitters that help regulate our moods. Some of the newer antidepressants act almost like a supplement. They stimulate the production of or protect these chemicals that are already in the brain. I have seen a very positive outcome for most of my clients who take an antidepressant.

Of course, pharmaceuticals are not the only answer to the issue of depression. Regular exercise, proper nutrition, adequate sleep, regular socialization that leads to a sense of belonging, participating in volunteer work that helps others, and being able to accept and adapt to the changes that come with aging all contribute to a person’s sense of wellbeing. Recently there has been increased attention given to the benefits of developing a mindfulness practice to assist with managing depression and anxiety.

I have heard that the Osher Center for Integrative Health at Vanderbilt (vanderbilthealth.com/osher) has therapies of all types in one location. You might consider scheduling a consultation there to get help with a plan that is right for you.

I urge you to take the feedback you are getting very seriously and discuss it with your doctor. It is important that you address it.

Yours in good health,

Katherine Diehl, R.N.

Katherine has worked for Blakeford as a registered nurse and on behalf of our at-home clients. She has worked at Blakeford since September 2014 and prior to that served for 7 years as Director of Nursing for a local assisted living community.