



## The Steps in a Personal Assessment with a Cornerstone LifeCare Consultant

### Cornerstone LifeCare Clients

Our clients come from all walks of life. They may have several people involved in their care plan including adult children, family members, and friends. We can take the burden off these supporters. Cornerstone LifeCare specializes in serving out-of-town family members who assume responsibility for their relatives' care.

### The Initial Meeting

A Cornerstone LifeCare Consultant will meet with the client and supporters to gather information on their health, living environment, general financial situation, and current medical providers. Evaluated items include physical capabilities such as mobility and ability to function in the home, living environment safety and accessibility, and overall personal requirements.

### The Recommendations and Report

Following the initial meeting, the Cornerstone LifeCare Consultant will use their breath of experience to process the information. A report is written with specific recommendations including immediate action steps, such as a medical examination or more in-depth living environment review.

### Aging in Place Versus Senior Living Communities

Along with the written report the Consultant will discuss specific recommendations with the client and supporters. At Cornerstone LifeCare we have high quality, vetted service providers called Partners. A special benefit is the opportunity for personal introductions to these Partners. Living Environment recommendations may include Aging in Place Remodeling (often utilizing Universal Design Principles) and Senior Living Community Options such as Independent Living, Assisted Living or Memory Care. Personal Services recommendations guidance often involve areas such as home health, legal, financial, and medical needs.

## Your One-Stop Resource for "Aging Well and in the Right Place" Connecting ■ Serving ■ Building

**Mary J Labrecque**  
Cornerstone Lifecare  
Consultant

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### Mary's Background & Experience

Mary began her career with a long-term residential rehabilitation institution for post acute traumatic brain injuries. For the past ten years, as owner of a Home Health Agency, she has developed, supervised, and updated, care plans for clients with Alzheimer's and other complex medical challenges. Mary works closely with clients and families as a case manager to identify all clients' needs, develop a comprehensive care plan, and to put that plan into action.

### Mary's Focus & Expertise

In addition to the initial Personal Assessment and subsequent recommendations, Mary is available for ongoing Care Management including:

- Accompaniment to Appointments
- 24/7 Emergency Services
- Facilitating Family Communications During Hospitalization Assuring that Concerns are Being Promptly Addressed
- Support During Hospital Discharge
- Oversight and Supervision of In-Home Care Staff and Service providers
- Crisis Intervention
- Aging in Place Remodeling Oversight
- Assistance in Choosing and Relocating to Different Living Environments
- Health and Wellness Coaching
  - Bredesen Protocol for Reversal of Cognitive Decline
  - Medical Cannabis
- Member of Our Speakers' Bureau for Area Educational Engagements

For more information, call (941) 809-7298, email [don.cornerstonelifecare@gmail.com](mailto:don.cornerstonelifecare@gmail.com), or visit our website.