



## 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 Focus on Health & Wellness

As a Cornerstone LifeCare Consultant Mary offers you integrative and comprehensive evaluation and ongoing medical liaison services.

If it is your goal to stay independent and in optimal health Mary can help achieve that goal. Implementing some basic lifestyle adjustments in your diet, sleep, and exercise routines as well as learning how to manage stress can increase wellness in your life greatly! Under your doctors' guidelines she will devise a plan specifically right for you.

### Medical Cannabis Consultant

Despite the history and confusion related to the legalization and use of Medical Cannabis, also known as Marijuana, there are incredible testimonies related to its medicinal benefits.

As owner of a Massachusetts Home Health Care Company, Mary was able to assist her clients in the utilization of Medical Cannabis. For the past several years she witnessed the tremendous effects this plant provided to so many, without the risk and side effects of traditional medicines.

Approximately 4,000 people a month are registering for their Florida Medical Marijuana Card. WHY? Because it works!

If you are interested in the steps to obtain your Medical Marijuana Card or simply want to learn more about the many benefits from Medical Cannabis please contact Mary, who currently serves on the Suncoast Cannabis Coalition and has completed the Cannabis Medicine Masters Certified Program.

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