



# Your One-Stop Resource for "Aging Well and in the Right Place"

Connecting ■ Serving ■ Building

## 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 Vs. 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.



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Consultant  
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## Josephine's Background & Experience

Josephine graduated with a degree in Psychology from S.U.N.Y. StonyBrook in 1988 and went on to earn her Master of Social Work degree from Florida State University in 1990. She has been Licensed as a Clinical Social Worker in Florida for over 25 years.

Josephine has done extensive work with Elder Care Communities, coordinating care for Elders, conducting biopsychosocial assessments, providing psycho-therapy and supportive services, as well as being an outspoken Advocate for the Rights of Florida's Elder population, ensuring their decision making authority is prioritized and honored.

## Medical Cannabis Specialist

She has played a crucial role in the development, implementation and subsequent expansion of Florida's Medical Cannabis Program. Now that Florida's program is operational, she educates Healthcare Professionals on the benefits of cannabis as a therapeutic agent, provides guidance to authorized Medical Cannabis Physicians, assists in navigating patients and families through the Medical Cannabis process and facilitates individualized education/support sessions to both potential and currently registered medical cannabis patients.

Based on her long experience in compassionate Elder care and outstanding educational skills, she illuminates the path towards health and wellbeing.

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