

What is Community for Life?

A unique program created in partnership with the Maryland Department of Aging (MDoA), Maryland



Who should become a Community for Life member? Cost-Conscientious Older Adults 65+ Who Want...

- To have choices about staying in their own home by focusing on their overall health and well-being
- To put modifications in place to help prevent falls as well as accommodate post-hospitalization or post-rehab needs
- To get ahead of home safety repairs before their house becomes more dangerous, expensive to fix, and loses value
- Transportation options that provide options for getting out to appointments and important events
- The security of referrals to reliable and honest service contractors who won't rip them off
- Access to timely solutions for many of the common day-to-day problems that older adults face at home and in life
- Know that responding to emergencies is painful and costly, and that lowering risks enables them to live their best lives

Keswick in the Community

Keswick Community Health, through its Wise & Well programs and services, enhances the health and well-being of older adults through community-based resources. Community for Life at Keswick will assist older adults who wish to remain living in their homes, doing the things they love for as long as possible. When you are a Community for Life member, we serve as your partner in your health journey, supporting your efforts to remain safe and independent, to manage chronic conditions, to utilize local resources and to maintain social and community networks by offering access to individualized, quality, vetted services that enable you to Live Well, Age Well and Be Well.



Keswick Community Health

**For more information,
please contact us:**

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[ChooseKeswick.org/Services/Community-Health/](https://www.ChooseKeswick.org/Services/Community-Health/)

Keswick Community Health

PRESENTS

Maryland Community for Life



KESWICK

wise & well

What Membership Includes...

- **Home Assessment** - A personalized home assessment at no cost to you - to identify maintenance, home safety and fall prevention improvements - to help you stay well, right at home.
- **Handyman & Home Maintenance Service**
 - Address issues identified in home assessments with 12 hours of labor/year and a \$100 credit towards materials for priority items to support aging well at home. Service provided by a Keswick contracted home maintenance specialist. Additional labor hours are available at an affordable rate.
 - List and referrals to pre-vetted contractors and vendors for additional home repairs and outdoor projects.
 - Proposal Review Service for major home projects, for pre-vetted contractors.

- **Wise & Well Center for Healthy Living Membership** & \$100 voucher for Wise & Well class offerings to Live Well, Be Well, Age Well. Center offers classes, coaching and personalized services, including fitness, strength and balance activities, visual and culinary arts and social activities.

- **Transportation Support** - Gain awareness, access and linkage to the best transportation options to meet your specific needs. Membership also includes credit for one local personal transport per month within a 10-mile radius of your home.

- **Groceries and Medication** - Set-up and assistance with on-line grocery ordering and medication delivery sent directly to your home.

- **Health and Wellness Concierge** - A trustworthy partner in supporting your desire to live the way you want, where you want and how you want. Includes initial welcome visit, home maintenance and transportation consults and weekday availability to answer your questions and address your concerns. If we don't hear from you, we'll check in just to remind you we're here (at least bi-monthly).

- **Personal Balance/Falls Risk Screening** for you followed by a recommended action plan from a certified rehabilitation therapist.

What it costs...

Due to financial support from the Maryland Department of Aging and the Keswick Foundation, this initial launch of the Maryland Community for Life - Keswick is offered at a rate of \$100 per month with a 12-month commitment.

Keswick's Community for Life program also offers an extensive list of services available for an additional fee, including: private consultation with personal trainers, counselors, massage therapists, art therapists, life coaches, financial service information, technology assistance, coordination of meal and prescription delivery services, housekeeping services and more.