



A trusted source of services and advocacy for people who want to live as independently as possible.



Posada Life at Home is a unique blend of services developed by Posada Life over our nearly thirty years of experience in fostering a culture of proactive wellness. Tailored to meet your individual needs, Posada Life at Home offers both medical and non medical in-home services.

Posada Life at Home offers a full array of services, **from hourly companion and errand services to fully licensed home health services.**

Managing all of the complexities of today's ever-changing health and wellness services can be a daunting and frustrating task. Posada Life at Home offers individual guidance, recommendations and assistance in acquiring the correct services, at the correct time, in the place you call home.

Additional Posada Life Services

Community Connect

Resource for services and information

Adult Day Services

Day activities for seniors and respite for their caregivers

Outpatient Therapies

Physical, occupational, and speech therapies from La Posada staff

Casa Community Center

Senior lunch program, social events, and daytrips

Behavioral Health Services

In-home or in-office counseling



**501 S. La Posada Circle
Green Valley, AZ 85614**

**E-mail: Plhome@laposadagv.com
www.PosadaLife.org**

520-648-8106

For Our Clients

Determining the type of assistance you may need can seem to be an overwhelming task. Posada Life at Home helps keep the process and decision making as smooth as possible. We offer personal and supportive in home services for people that may be:

- Living alone or at risk
- In need of assistance with personal care or support
- In need of medication assistance
- In need of case management or care coordination
- Coping with dementia or memory loss
- Isolated and in need of transport
- Recovering from an illness



Getting Started

We offer a complete in home assessment, at no cost, to help you determine what services best fit your unique situation. We then work with you to create a customized wellness plan, one that will help maximize your independence in the place you call home.



“When my wife’s memory loss became more than I could manage myself, the Posada Life at Home staff explained all of my options.

This included many I wasn’t aware of. We came up with a solution that not only makes my life easier, but is the healthiest choice for my wife.”

Our Services

Posada Life at Home is a unique service that combines all the elements of a fully licensed home health organization, with fully customizable home support elements. Some of our services include:

- Home health and personal care
- Medication management
- Dressing and bathing assistance
- RN case management
- Wound management
- Supportive companion services
- Non clinical case coordination
- Transportation and errand assistance
- Light housekeeping and meal preparation
- Bookkeeping and financial assistance

Our Staff and Program

Posada Life at Home is part of La Posada’s community services. The staff of Posada Life at Home are all employed by La Posada, a trusted, local expert in the field of aging for nearly thirty years.



Where We Serve

Posada Life at Home is designed to serve you in the place you call home. Some of the areas we serve our clients include:

- In home or apartment
- In assisted living facilities
- In group homes or senior housing
- In skilled nursing facilities

Costs

Posada Life at Home accepts:

- Long term care insurance
 - insurance coverage and payment is dependent on individual policy restrictions
- Private pay