

PACE PROGRAM GUIDE

What Families Need to Know

WHAT IS PACE?

PACE stands for Program of All-Inclusive Care for the Elderly.

It is a national Medicare and Medicaid program designed to help frail older adults stay living at home and avoid nursing-home placement when possible.

PACE combines medical care, long-term care, social support, and caregiver assistance into one coordinated program.

Official Medicare Information:

<https://www.medicare.gov/health-drug-plans/health-plans/your-coverage-options/other-medicare-health-plans/PACE>

National PACE Association:

<https://www.npaonline.org>

WHO QUALIFIES FOR PACE?

General qualifications include:

- Age 55 or older
- Lives in a PACE service area
- Qualifies for nursing-home-level care according to the state
- Can safely live at home with support from PACE

Many participants have:

- Multiple medical conditions
- Mobility issues or frequent falls
- Cognitive decline or dementia
- Difficulty managing medications
- Increasing caregiving needs

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PACE is often a good fit for older adults who are medically fragile but want to remain at home.

WHAT DOES PACE COVER?

Services may include:

- Primary and specialty medical care
- Prescription medications
- Transportation to appointments
- Adult day programs
- Home care assistance
- Physical, occupational, and speech therapy
- Meals and nutritional support
- Social work and caregiver support
- Medical equipment and supplies
- Hospital and nursing-home care when needed

PACE coordinates care through one interdisciplinary team.

HOW MUCH DOES PACE COST?

For individuals with both Medicare and Medicaid, costs are often very low or fully covered.

Many participants pay:

- No deductible
- No copays
- No monthly premium

*Costs vary for people with Medicare only.

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PROS OF PACE

- Helps older adults remain at home longer
- Highly coordinated care
- Transportation included
- Reduces caregiver stress
- Adult day programs provide socialization and supervision
- One team manages care and communication
- May reduce hospitalizations and ER visits

CONS OF PACE

- Participants usually must use PACE doctors and providers
- Not available in every area
- Some people dislike changing physicians
- Adult day center participation is often encouraged or required
- Qualification process can take time

PACE VS GUIDE

GUIDE:

- Dementia-focused support program
- Helps caregivers navigate dementia care
- Participants usually keep existing doctors

PACE:

- Broader long-term care program
- For frail adults needing nursing-home-level care
- Includes medical care, home care, transportation, and more

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PACE is not just for dementia, it supports many types of long-term care needs.

FIND A PACE PROGRAM

National PACE Map <https://www.npaonline.org/find-a-pace-program>

Disclaimer

This guide is for informational and educational purposes only and is not intended as medical, legal, financial, or insurance advice. PACE program eligibility, services, availability, and coverage may vary by state, provider, and individual circumstances. Always contact your local PACE organization, healthcare provider, or qualified professional to verify current program details and determine what options may be appropriate for your specific situation.