

# PARTICIPANT HIGHLIGHT:

## Carl's Story



PACE Central Michigan is proud to celebrate the achievements of our participants. Today, we spotlight Carl's powerful story. Carl's journey is a testament to the impact of the Program of All-Inclusive Care for the Elderly (PACE). Before joining PACE, Carl had suffered a stroke, a heart attack, pneumonia, COVID-19, several falls, and hospitalizations. He was facing significant physical and emotional challenges while in the hospital. His family was over an hour away and his daughter said that she and her mom could not see him for weeks.

Carl was eventually transferred to a skilled nursing facility closer to home. Carl felt that he had "given up" on life. He spent many of his days just lying in bed slowly losing hope that he would ever return home to his family. His daughter said he wanted to go home and would have given up if he stayed in the facility. His wife, Bea, and daughter, Tammy, were instrumental in helping him transition from the nursing home to the home he shares with his family.

Carl's rehabilitation with PACE began, and he started working with the therapy team in July of 2023. One of Carl's favorite moments of his journey was learning how to use a sock aid, which allowed him to put on his socks independently. "The sock aid was a lifesaver," Carl said, reflecting on how the device took the hard work out of an everyday task that many people take for granted. Carl's progress did not stop there. He began transitioning from a wheelchair to using a walker, and by January 2024, he had achieved all his occupational therapy goals.

One of the most heartwarming changes in Carl's life was his outlook on life itself. "PACE gave me something to live for," he said. "It feels so relaxed and so good to be here." The friendly, upbeat atmosphere at PACE motivated him to engage in activities he once thought were out of reach. Now, Carl enjoys socializing at PACE, and he looks forward to his trips to the center twice a week. Bea, Carl's wife, also expressed how grateful she was for the support they received through PACE. "It has been great having him home," she said. "PACE gives me time to do things I need to do, and it's amazing to see Carl learning new skills that help him at home."

For Carl, the best part of his day is the bus ride to the PACE center. "I know I'm coming to a good place," he said, with a smile. "Everybody likes everybody, and I like everybody." Carl's story is a powerful reminder of what is possible with the right care and support. Carl now enjoys a quality of life he never thought he would have again, and he is filled with gratitude for the team that helped him get there. "I don't think I would be here if it wasn't for PACE," Carl said. He feels personally connected to the staff having relatives and an old friend's daughter on his care team. His story is just one of many success stories made possible by the PACE program, where hope, compassion, and care combine to create life-changing outcomes for the elderly.

