

Aging Well with John Muir Health

Resources to stay healthy, remain
independent, and prepare for life's changes

SIR Community Presentation
Maureen Stevenson, MD

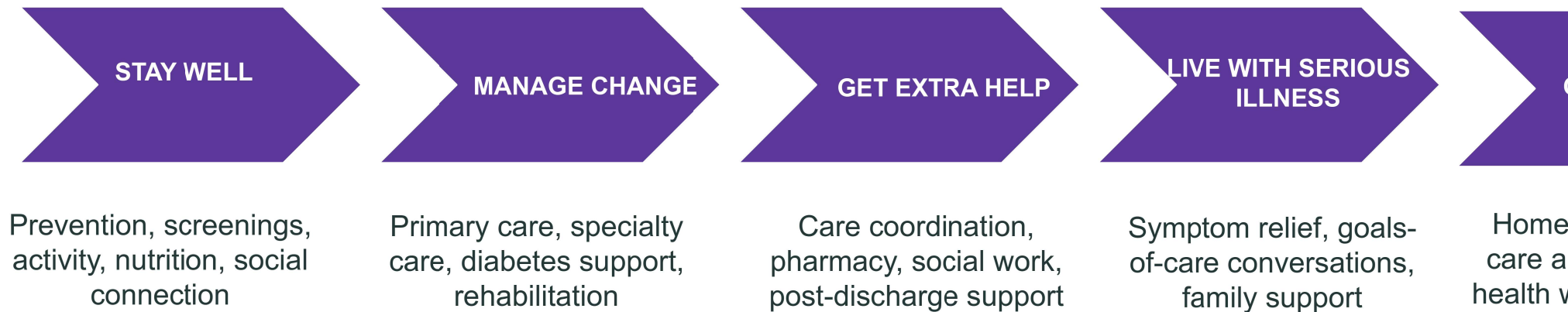


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Aging is a journey, and support needs change

John Muir Health offers different entry points as health, independence, and family needs evolve.



The goal: the right support, at the right time, while honoring what matters most to you.

Start with the foundations of healthy aging

Small, consistent actions can protect function, confidence, and quality of life.

Know your health

Annual visits, recommended screenings, vaccines, vision, hearing, and medication review.

Keep moving

Strength, balance, flexibility, and activities. Ask about rehabilitation when function changes.

Fuel well

Nutrition guidance can support heart health, diabetes, kidney disease, weight goals, and recovery.

Stay connected

Relationships, purpose, learning, and community participation are essential parts of well-being.

Your primary care clinician can help prioritize what matters most for you.

When care feels complicated, start with navigation

Care Coordination and Resource Services can help connect the pieces.



A multidisciplinary team may help with:

- Coordinating care needs
- Navigating the health system
- Connecting with community resources
- Education and self-management
- Guidance for advance care planning

Referral through your JMH clinic

Support for common health changes

Programs combine medical care with education, rehabilitation, and self-management support.

Diabetes services

Certified diabetes educators
Individual appointments and group classes
Tools to manage diabetes and reduce long-term complications

Rehabilitation and fall recovery

Physical, occupational, and speech therapy resources
Support after illness, injury, surgery, or loss of function

Heart, lung, brain, and cancer care

Specialty programs for treatment, rehabilitation, and support close to home

Nutrition services

Individualized nutrition assessment and medical nutrition therapy for many chronic conditions

Behavioral health

Evaluation and treatment options when mood, anxiety, coping, or cognitive changes affect daily life

Recovering after a hospital stay

The first days at home are a key time to clarify medications, symptoms, and follow-up.

BEFORE LEAVING

WITHIN 7–14 DAYS

AT HOME

BACK TO ROUTINE

1

Understand the plan

2

Follow up with your primary care provider based on the complexity of your condition.

3

Watch symptoms and organize medications

4

Reconnect with primary care and specialists

Schedule a follow-up appointment with your primary care provider within 7–14 days after discharge, depending on your medical complexity. Bring your medication list, discharge instructions, and questions.

Care at home can preserve comfort and independence

Home-based services have different purposes and eligibility.

Primary care home visits

For patients who have difficulty getting to appointments. The home-based team may assume ongoing primary care responsibilities when accepted into the program.

Skilled home health

Short-term skilled nursing, physical therapy, occupational therapy, speech therapy, wound care, and social services for eligible patients.

Ask your clinician which service matches your needs.



Planning ahead is an act of care

Advance care planning helps your family and healthcare team understand your wishes.



1

What matters most if my health changes?

2

Who should speak for me if I cannot?

3

What tradeoffs would I accept?

4

Where are my documents, and how do I access them?

**Start the conversation before a crisis
so that you can share
as your health and priorities change.**

Extra support during serious illness

Supportive care focuses on comfort, clarity, quality of life, and what matters most.

SYMPTOM RELIEF

**UNDERS
OPT**

**PATIENT +
FAMILY**

**EMOTIONAL +
SPIRITUAL SUPPORT**

**GOALS
PREFE**

**Supportive care can be provided alongside treatment
intended to cure or control illness.**

John Muir Health services: staying well and managing change

Use this guide to identify a starting point. Availability, eligibility, and insurance requirements may vary.

PRIMARY CARE

Prevention, wellness visits, screenings, vaccines, and chronic condition management.

ACCESS: Call your primary care office. Your primary care team can also help direct referrals.

CARE COORDINATION + RESOURCE NAVIGATION

Care navigation, community resources, education, support, and advance care planning.

ACCESS: Ask your John Muir Health primary care team or specialist for a referral. Questions: (925) 988-7500

DIABETES SERVICES

Diabetes education, self-management support, and medication-related guidance.

ACCESS: Ask your primary care team or specialist whether a referral is appropriate.

NUTRITION SERVICES

Individual nutrition assessment and medical nutrition therapy for health conditions.

ACCESS: Ask your clinician about nutrition service requirements.

REHABILITATION SERVICES

Physical, occupational, and speech therapy after illness, injury, surgery, or loss of function.

ACCESS: Ask the treating clinician for the appropriate rehabilitation referral.

BEHAVIORAL HEALTH

Evaluation and treatment when mood, anxiety, coping, or other concerns affect daily life.

ACCESS: Start with your primary care team or clinician for guidance.

John Muir Health services: added support at home or during

Ask early, before needs become a crisis.

HOME-BASED PRIMARY CARE

Ongoing primary care for eligible patients who have difficulty traveling to appointments.

HOW TO ACCESS: Discuss home-based primary care with your primary care clinician.

SKILLED HOME HEALTH

Short-term skilled nursing, physical therapy, speech therapy, wound care, and social services.

HOW TO ACCESS: A clinician or facility can be directed to Muir Home Health at (916) 434-2200.

SUPPORTIVE / PALLIATIVE CARE

An extra layer of support for serious illness, including symptom relief, care preferences, and family support.

HOW TO ACCESS: Ask your primary care clinician or specialist whether supportive care is appropriate.

ADVANCE CARE PLANNING

Help discussing and documenting what matters most to you, who should speak for you, and future care preferences.

HOW TO ACCESS: Begin with your primary care clinician for support through Care Coordination and Reimbursement.

Not sure where to begin? Contact your primary care team and describe what has changed.

Tips for family caregivers

Caring for someone else is important work. A simple system can reduce confusion and protect care

GET ORGANIZED

Keep one current list of medications, clinicians, diagnoses, allergies, appointments, and emergency contacts.

PREPARE FOR VISITS

Write down the top qu updated information, instructions in plain la

SHARE THE WORK

Be specific when asking relatives or friends for help with meals, transportation, calls, or respite.

WATCH FOR CHANGE

Report new confusion weakness, breathing intake, or medication promptly.

PROTECT YOUR HEALTH

Keep your own medical appointments, sleep, movement, nutrition, and social connection on the calendar.

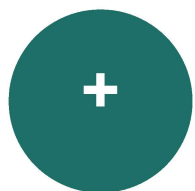
PLAN AHEAD

Learn the person's wi the health care agent important documents

Caregivers need care, too. Asking for help is part of a safe care plan.

Key takeaways

Five simple ideas to help you and your family navigate aging well.



STAY WELL

Keep up with primary care, screenings, vaccines, medications, movement, nutrition, and social connection.



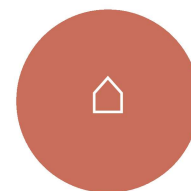
ASK EARLY

Discuss changes in memory, mobility, mood, appetite, or daily function before they become a crisis.



FOLLOW UP

After a hospital stay, follow up with your primary care provider within 7–14 days based on complexity.



USE SUPPORT

John Muir Health offers care coordination, rehabilitation, home-based care, supportive care, and more.

You do not have to navigate aging alone. Start with your primary care team.

Your practical next steps

Choose one action today that makes future care easier.

1

Build your care team

Identify your primary care clinician and key specialists.

2

Organize your information

Keep an updated medication list, diagnoses, allergies, and emergency contacts.

3

Ask for navigation

If care is confusing, ask whether Care Coordination and Resource Management can help.

4

Plan ahead

Discuss your values, healthcare agent, and advance directive with your family and clinicians.

Questions? What support would be most useful to you or your family?