



For Referral Partners

Mayra Alfonso, MD — Aging-in-Place Physiatry Concierge **Mobility, Function & Safe Care Transitions for Older Adults**

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Service Area	Boca Raton and nearby communities

Your Clinical Partner for Clients at Risk of Losing Independence

When your client has a fall, leaves the hospital, or is losing mobility—and the family is overwhelmed or the plan is unclear—who provides the physician-level diagnosis? Who is in charge of the mobility strategy?

This is a low-volume, high-touch concierge practice. I do not provide primary care, physical therapy, or case management. Instead, I provide the missing piece: **physician-led diagnosis of the functional problem and oversight of the solution.**

When to Refer a Client

Consider a referral when you need a physician-level functional diagnosis and a defensible mobility plan, and your client or their family reports:

- A recent fall, near-fall, or a new fear of falling.
- Discharge from a hospital or skilled nursing facility (SNF), and the family is overwhelmed or the plan is unclear.
- A noticeable decline in mobility, balance, or confidence that is not improving with standard care.
- Being "stuck" in the system—seeing multiple specialists without a single, unified plan for their functional decline.
- Facing a complex care decision (e.g., "Can Mom stay home safely?" or "Is it time for assisted living?") and needing an objective, physician-level functional assessment.
- Frustration that "no one is in charge" of their mobility and safety plan.
- A client is transitioning between home, hospital, skilled nursing, or assisted living and there is concern about mobility, safety, or decision-making risk.

What I Provide: Physician-Led Diagnosis & Strategy

Every Stability Roadmap is individualized based on the client's medical condition, functional status, home environment, and caregiver support — not a protocol and not delegated. My role is to be the physician who diagnoses the functional problem and quarterback the solution. I provide what the system often misses:

- Physician-led musculoskeletal and functional diagnosis (the "why" behind decline).
- Ongoing physician oversight of mobility, balance, and fall-risk decisions during high-risk transitions.
- A unified, client-specific Stability Roadmap (a prioritized clinical plan with sequencing considerations).
- Clinical oversight and alignment with the existing care team (your team retains day-to-day case management).
- Red-flag identification and facilitation of appropriate specialist referrals when needed.

How This Benefits You & Your Client

My practice is designed to make your job easier and provide your clients with a higher level of care. I work alongside your existing team; I do not replace your role or the client's primary doctor or therapists.

For Geriatric Care Managers: I am your clinical partner, providing the physician-level diagnosis you need to build a robust, evidence-based care plan. My Stability Roadmap gives you a clear, defensible strategy to present to families.

For Elder Law Attorneys: I provide the objective functional assessment and documentation needed to support care planning and level-of-care decisions, justify safety-related services and care expenditures from trusts, or inform legal planning.

For Concierge PCPs: I am your off-site physiatry consult, handling the complex mobility and functional decline cases that take up an inordinate amount of your time, allowing you to focus on primary medical care.

For Your Client: They get a clear answer to "why" they are declining, receive a single unified plan instead of fragmented advice, and have a physician quarterback overseeing their mobility and safety, reducing family stress and preventing crisis-driven decisions.

The Core Program: The 4-Week Stability Sprint

My primary offering is a comprehensive, private-pay stabilization program designed to stabilize complex mobility concerns during a high-risk period. This is a private-pay, high-touch service used by families who are comfortable investing out-of-pocket in safety and aging in place; I set expectations about fees directly with families.

- **Program Fee:** \$6,800 (Private Pay)
- **Includes:** Physician-led diagnostic evaluation, the written Stability Roadmap, family/caregiver training, and 4 weeks of intensive physician oversight and alignment with the existing care team (PT/OT/home care). The Roadmap translates clinical findings into practical, actionable steps for the family and care team.
- **Medicare:** Medically necessary physician visits may be billed to Medicare. The Stability Sprint program itself is a non-covered, private-pay service.
- **Ongoing Support:** Optional ongoing physician oversight may be offered after completion of the 4-Week Stability Sprint for select clients who require continued monitoring, through a separate membership arrangement.

Private-pay Diagnostic Strategy Session (\$2,400): available for private-pay clients only. For Medicare beneficiaries: diagnostic evaluation is performed as part of the Stability Sprint (program fee applies), and medically necessary physician visits may be billed to Medicare.

How to Make a Referral

When you identify a client who may benefit from my services, the process is simple:

1. **Direct Introduction:** You can introduce us via email at mayra@drmayraalfonso.com.
2. **Client Self-Referral:** You can direct the client or their family to call me at 954-574-2042 or visit drmayraalfonso.com.

This is not an emergency service. For urgent symptoms or injuries, call 911 or go to the ER.

I look forward to collaborating with you to help our clients maintain their independence and age safely in place.

Mayra Alonso, MD

Almost 30 years of physiatry experience, including 7+ years in skilled nursing facilities. Helping older adults maintain independence through physician-led mobility and functional care.

Referral Process (Quick Overview)

Email: mayra@drmayraalfonso.com
Phone: 954-574-2042
Website: drmayraalfonso.com

A brief no-obligation fit screen is available to assess appropriateness.



Scan for clinical scenarios & more information