

For Referral Partners

Mayra Alfonso, MD — PM&R / Psychiatry | Aging-in-Place & Home Safety

Home Safety, Mobility & Safe Transitions for Older Adults

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A Physician 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 path forward is unclear — families often need a physician's perspective on the mobility, function, safety, and caregiving factors involved, and what practical questions to consider next.

I am a physiatrist (PM&R physician) with over 30 years of experience, including 8+ years in skilled nursing facilities, with a focus on mobility, function, safety, and care transitions. This is a low-volume, high-touch concierge practice. I do not provide primary care, physical therapy, or case management. I help families and referral partners **think through complex mobility decline, fall risk, caregiver burden, discharge and home safety concerns, and aging-in-place questions.**

When to Refer a Client

Consider a referral when 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, with an overwhelmed family or an unclear plan.
- A noticeable decline in mobility, balance, or confidence in the home.
- A complex care decision (“Can Mom stay home safely?” or “Is it time for assisted living?”) where the family wants an objective, physician-informed perspective.
- A sense that no one is looking at the whole picture of mobility, home safety, and caregiver demands.
- A transition between home, hospital, skilled nursing, or assisted living, with concerns about safety at home.

Two Distinct Services — Kept Clearly Separate

1. Covered medical care. When medically necessary, covered, and separately provided, physician evaluation and management (E/M) services may be billed separately to Medicare or other applicable insurance.

2. Private-pay Home Safety & Aging-in-Place Support Programs (non-covered). Educational, observational, and planning-oriented services that help families understand practical home safety, everyday mobility in the home, caregiver needs, and aging-in-place planning. Program fees do not include diagnosis, treatment, therapy, primary care, urgent or emergency care, chronic disease management, or ongoing medical management.

Private-Pay Home Safety & Aging-in-Place Support Programs

Private-pay programs starting at \$1,500. Program options and fees are discussed directly with families after fit-screening.

- **Program 1 — Priority Home Safety Snapshot:** A focused, one-time in-home review of practical safety considerations and everyday mobility, with a concise, family-facing Risk Snapshot and a family call.

- **Program 2 — 30-Day Home Safety & Viability Assessment (Essential):** Adds a more detailed, family-facing Stability & Viability Report and a Family Decision Conference to support practical, non-clinical planning.
- **Program 3 — 30-Day Home Safety & Viability Assessment with Implementation Support (Comprehensive):** Adds weekly check-ins, practical caregiver education, and time-bounded coordination during the 30-day program period.
- **Optional Membership — Ongoing Safety Support:** Available after Program 2 or 3; monthly check-ins, practical updates, and limited coordination subject to a monthly time cap.

These programs are educational, observational, and planning-oriented. They are not emergency care, primary care, diagnosis or treatment of medical conditions, therapy, home health, or medical management, and do not replace the client's existing providers.

How This Helps You & Your Client

For Geriatric Care Managers: A physician partner whose practical, family-facing observations and written summaries can inform the care plans you build and present to families. Your team retains day-to-day case management.

For Elder Law Attorneys: Practical, physician-informed observations and family-facing summaries of home safety and everyday functioning that families and their advisors may use in their own care and planning decisions.

For Concierge PCPs: A physiatry colleague for the complex mobility and aging-in-place questions that take significant time, while you remain in charge of primary medical care.

For Your Client: A clear, practical picture of home safety and everyday mobility, one organized family-facing summary instead of fragmented advice, and support for family decision-making.

How to Make a Referral

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 954-574-2042 or visit drmayraalfonso.com.

A brief, complimentary fit screen is available to assess appropriateness.

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 support families working to preserve independence and plan for aging in place as safely and realistically as possible.

Mayra Alfonso, MD

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Referral Process (Quick Overview)

Email: mayra@drmayraalfonso.com

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Website: drmayraalfonso.com

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Scan for more information