Service Area

We are grateful to serve 15 counties in western North Carolina with quality care. The team who provides your care also lives in your area, ensuring we have fast response times and provide trusted care.

Every Monday Watch:
Ask a Care Navigator

Call us with any questions and be sure to join Director of Care Navigation Maureen Williams every Monday on Facebook and YouTube for "Ask a Care Navigator" aka "Mondays with Maureen." Ask questions and find out more about how to Age in Place.

Facebook.com/FourSeasonsCFL

The Joint Commission National Quality Approval

BEST PLACES TO WORK 2025 Modern Healthcare

We Honor Veterans ★★★★

Four Seasons is honored to be recognized nationally for our quality and excellence. View our most recent accolades at: Visit FourSeasonsCare.org/Awards.

FOUR SEASONS FOUNDATION

FourSeasonsFDN.org

Thank you to our community for donating to Four Seasons Foundation, ensuring care is accessible to those in need.

REQUEST CARE:
FourSeasonsCare.org or 866.466.9734

Rev 5/2026

FOUR SEASONS
CARE NAVIGATION

the **Right Care** at the **Right Time**

Helping You Navigate Healthcare, Make Informed Decisions, Find Resources, and Plan for "What's Next"

FourSeasonsCare.org or 866.466.9734

The Right Care at the Right Time

During a time that often feels overwhelming and chaotic, Care Navigation fills a gap in navigating though health care options and choices, managing multiple illnesses, and understanding the care that is needed.

Care Navigation provides support for those who may or may not have care needs at this time, yet need to understand when the appropriate time for care has arrived. It's a service that helps not only the individual, but their family as well.

How Care Navigation Helps

ADVOCACY

- We help you live "what's most important to you"
- We help coordinate medical appointments and services
- We accompany you to medical appointments and help you ask the right questions
- We set you up to carry out any treatment plan at home
- We help you manage medications including auditing existing medications so that you don't have any that conflict and help you plan out and manage medications, or coordinate with a medication management service.

COMMUNITY RESOURCES

- We help you identify needs that you have and match you up with resources that may help, and that fit your budget
- Resources may include: transportation, meals and groceries, setting up caregivers or home care and more

LIFE TRANSITIONS

- Is it time to downsize or rework a living space?
- We can help advise on safety adjustments and modifications to living spaces
- Is care needed at an Assisted Living, Memory Care, or Skilled Nursing facility? We can advise about which ones may have openings and may fit best with your budget.

EDUCATION

- We educate you and your family on available care
- We explain your medical conditions and treatment plans
- We have real conversations about what may come next

PLANNING

- We talk about the "what ifs" and "what might happen"
- We help you make emergency plans
- We help you identify who you want to be decision makers
- We connect you with legal and financial resources

We are Aging Life Care™ Professionals

Our Care Navigation team is comprised of Aging Life Care™-professionals who collaborate with you to devise a path for your healthcare journey. We are an invaluable resource to help you make decisions and plan for what's next.

We Serve You in Multiple Settings

Care Navigation can occur in multiple care settings including, but not limited to **Telephone Triage, Tele-Health, In-Person Meetings at Your Home, and Provider Visits at Your Home.**

Care Navigation is provided as a Private Pay service with funding available for those who cannot afford care through the Four Seasons Foundation.

Lisa Cole, who lives in California but coordinated care for her mother in NC said Care Navigation *"provided resources within the community that I don't think I could have found, even if I did live in the same area. Our Care Navigator became like a surrogate daughter to my mom and a sister to me and made such a difference... She became the 'cog' in the machine, connecting all these moving parts together so that Mom's care was consistent and honored her wishes. It was a collaboration between Four Seasons, facility staff, and myself all with Mom running the show."*

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