

## Your Home Health Care Journey

If you are receiving home health services (nursing, physical, occupational or speech therapy) you should expect to follow this journey.

### **Admission – On your initial visit you will learn or confirm:**

- How and when to contact us – please call us first
- Who will visit (PT, Aide, Nurse, OT, SLP, SW)
- Who is paying for the visits – please have your medicare/insurance card available
- The proper use of your medication
- Strategies to address your needs and manage better at home to avoid hospitalization
- All services being provided to you
- Confirm who your primary care physician is and next visit

*Note: The first visit is generally much longer than a routine visit. Please plan to spend between 1.5 and 2 hours with your Admitting Clinician.*

### **By the second visit, with your input, we will:**

- Establish goals with you for your care
- Identify and address safety concerns (to prevent falls)
- Provide tools and information to help you avoid hospitalization – call us first
- Share zone management tool

### **With ongoing visits, we will work together to:**

- Teach measures to manage pain, comfort and medical symptoms
- Communicate with your doctors
- Review medication side effects and discuss all changes in your medications
- Respond to your concerns and special care needs
- Modify your plan, if needed, to assure that it meets your individual needs
- Address emotional, spiritual, and cultural needs

### **By the last visit, we expect you to:**

- Feel ready for discharge
- Know your medicine
- Have the information tools and support in place to care your yourself

**Discharge!**

