



HOME HEALTH CARE GUIDE

Understanding Home Health Care and Getting Started

EldadCare Home Health Services Inc.

Home health care allows individuals to receive appropriate health-related care and support in the comfort of their own homes. For many patients, receiving care at home can provide greater comfort, familiarity, and support while helping them maintain their independence.

What Is Home Health Care?

Home health care refers to health services provided in a patient's home when the individual has a medical condition, illness, injury, recovery need, or other care needs that can appropriately be managed at home.

Depending on the patient's needs and care plan, services may include skilled nursing, therapy, personal care assistance, and other supportive services.

Who May Benefit From Home Health Care?

Home health care may be appropriate for individuals who:

- Are recovering from an illness, surgery, or hospitalization
- Have a chronic health condition
- Need skilled nursing services
- Need physical, occupational, or speech therapy
- Have difficulty safely traveling to healthcare appointments
- Need assistance managing certain healthcare needs at home
- Need education and support for managing their condition
- Would benefit from coordinated care at home

A healthcare provider should evaluate the individual's needs and determine whether home health services are appropriate.

Common Home Health Services

Skilled Nursing

Skilled nurses may provide services such as:

- Monitoring health conditions
- Wound care
- Medication education
- Disease-management education
- Certain injections and treatments
- Patient and caregiver education

- Communication with the healthcare team

Physical Therapy

Physical therapy may help individuals improve:

- Strength
- Balance
- Mobility
- Coordination
- Functional independence

Occupational Therapy

Occupational therapy can help patients safely perform everyday activities and adapt to changes in their abilities.

Speech-Language Therapy

Speech-language services may assist individuals experiencing communication, swallowing, or related functional difficulties.

Personal Care Support

Depending on the patient's needs, care may include assistance with activities such as bathing, grooming, dressing, and other daily routines.

Benefits of Receiving Care at Home

Home-based care may offer several advantages:

- Familiar surroundings
- Greater comfort
- Family involvement
- Personalized care
- Reduced need for unnecessary travel
- Support for independence
- Better continuity of care

How to Get Started

If you or a loved one may benefit from home health care:

1. Speak with your physician or healthcare provider.
2. Discuss your current health and care needs.
3. Ask whether home health services may be appropriate.
4. Review available home health agencies.
5. Complete the required assessment and care planning process.
6. Begin services according to the established care plan.

Questions to Ask a Home Health Agency

Before beginning services, consider asking:

- What services do you provide?
- How are patients assessed?
- Who will provide my care?
- How is the care plan developed?
- How will my family be involved?
- How will you communicate with my healthcare provider?

- What insurance plans do you accept?

Our Commitment

At **EldaCare Home Health Services Inc.**, our goal is to provide compassionate, individualized support that helps patients receive appropriate care in the comfort of home.

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Disclaimer: This guide is for general educational purposes and does not replace advice from a qualified healthcare professional.