

# HEALTH CARE AT HOME

## Is Home Health Right for You?

- If leaving your home is a considerably taxing effort.
- When recovering from surgery, illness, or injury and you prefer to recover in your own home.
- When feeling unsafe or unbalanced on your feet.
- If you have experienced recent falls, or falls have been occurring more regularly.
- When managing chronic conditions like diabetes or heart disease.

## Who Pays for Home Health?

Home Health is a part of your **Medicare** benefit – which means most often there is no out-of-pocket cost if you are over 65.

## Why Choose Home Health?

- Personalized care
- Comfort and convenience of home
- Improved health outcomes
- Reduced hospital readmissions
- Support maintaining independence

# COLLABORATIVE CARE

We take a team approach to home health care, involving physicians, nurses, therapists, patients, and their families to create a comprehensive and personalized care plan, ensuring that all aspects of a patient's health are addressed.



### The Patient

Identifies recovery goals and participates in the creation of the care plan and treatments.



### Your Physician

Oversees your care plan and treatments as well as the members of your unique care team.



### Our Team

Our clinicians help to implement treatments and collaborate to meet your goals.



### Family & Caregivers

Collaborate and support health management and recovery goals.



# SERVICES WE OFFER

## Skilled Nursing Care

- Medical care by licensed nurses, including:
  - Teach Medication management
  - Wound care
  - Blood draws/labs
  - Teach & monitor of chronic conditions

## Therapeutic & Rehabilitation Services

- **Physical Therapy:** improving mobility, strength, and physical function through personalized exercise programs.
- **Occupational Therapy:** Helps patients regain the ability to perform daily activities independently, enhancing their quality of life.

## Medical Social Work

- **What It Includes:** Provides counseling, support, and resources to patients and families, addressing social, emotional, and financial challenges.
- **Who It's For:** Patients and families needing assistance with care planning, emotional support, and navigating healthcare services.

## Home Health Aide

- Bathing & personal care assistance while on home health services.



## WHO WE ARE

We are committed to providing comfort, compassion, and care to those we serve. Whether at home or in a facility, we hope to enhance the quality of life for your loved one.

We serve Thurston County, Washington.

## OUR VALUES

Our core values differentiate us and guide us in our decision-making and inspire us to be better people, in and out of work.

- **Customer Second:** In order for our clients to receive the care they deserve, we put our employees first.
- **Accountability:** We hold ourselves to the highest standards of care and professionalism.
- **Passion for Learning:** Ongoing training and innovation are a part of our DNA.
- **Love One Another:** We strive to treat each other as people whose interest matters as much as our own.
- **Intelligent Risk Taking:** We trust your judgement. Be innovative. Be entrepreneurial.
- **Celebration:** We love to celebrate successes and make work fun.
- **Ownership:** We reward and support our employees who treat this company as if they owned it.



## CONTACT US



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**VISIT OUR WEBSITE  
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### Non-Discrimination Statement

Puget Sound Home Health & Hospice complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Puget Sound Home Health & Hospice cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, origen nacional, edad, discapacidad o sexo.



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