

HOSPITAL TO HOME

# How Home Care Supports Safe and Smooth Transitions



**HomeCare™**  
ADVOCACY NETWORK

Relationship-Driven Senior Care™

## ***Your aging mom is recovering from an unexpected surgery.***

*The hospital is ready to discharge her, but your dad is too frail to safely take care of her at home. He also recently stopped driving, so he won't be able to take her to follow-up appointments with her doctors.*

*You want to be there for them... but you live more than an hour away, have a demanding job and a busy family - so, there's no way you can provide consistent care.*

*We can help.*

*At HomeCare Advocacy Network, we work with many families who are in similar situations. They're eager for their loved ones to return home, recover and resume normal routines, but they aren't prepared for the challenges that come with the hospital to home transition. And, depending on the situation, they may have only a few hours to make important care decisions.*

*Our professional caregivers are fully trained to provide critical, non-medical services (detailed on the following pages) that will aid in recovery and improve your loved one's quality of life - ensuring discharge instructions are followed and reducing the risk for hospital re-admission.*

*Whether it's for a few hours a week or around the clock, our team will work closely with you to develop a customized care plan to meet your loved one's unique post-discharge needs.*

*Warmly,*



**Sierra Goetz**

CO-FOUNDER AND OPERATIONS DIRECTOR  
HomeCare Advocacy Network

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While “home health” and “home care” do have some similarities, they are not interchangeable, and it’s important to understand the difference.

## Home Health **vs** Home Care

**Home health care** services are performed by licensed medical professionals, such as registered nurses, physical therapists, physicians and medical social workers. These individuals help patients live comfortably in their homes while receiving critical medical care. Services include:

- Monitoring vital signs
- Wound care
- Removing stitches and sutures
- Administering medications
- Physical, occupational and speech therapy



**Home care** is typically short-term, provided while a patient is recovering from surgery or an injury.

Home care services are non-medical - typically helping people with activities of daily living, such as:

- Bathing and grooming
- Dressing
- Toileting
- Medication reminders
- Meal preparation
- Transportation
- Companionship



Home care agencies, like HomeCare Advocacy Network, complete thorough background checks and provide comprehensive, hands-on training to their professional caregivers.

The amount of care provided can be as little as a few hours a week or around the clock - depending on the situation and the patient’s unique needs.

***...they are not interchangeable.***



# Home Care Services



## Personal Care

Upon discharge, your loved one may be weak, unsteady on his/her feet or have incisions that need special care. Because of this, they may need help with tasks that could make friends and family members a little uncomfortable, such as bathing, toileting and dressing.

Our compassionate caregivers are trained to assist with these types of personal care needs - maintaining your loved one's dignity while giving everyone much needed peace of mind.



## Medication reminders

Almost 90% of older adults take at least one prescription medication. After an injury, surgery or a long hospital stay, they may take more than one - at least temporarily.

Even under the best of circumstances, managing multiple medications can be challenging. Our caregivers can help organize your loved one's medications and ensure they take right meds at the right time.



## Physical therapy and home health support

Physical therapy shouldn't stop when the therapy appointment is over. To achieve the best outcome, your loved one likely will be instructed to continue stretching and exercising on their own at home.

Our caregivers will encourage and motivate your loved one to maintain prescribed daily exercise routines and, if necessary, provide assistance. They will also provide support, as needed, to other home health professionals involved in recovery and rehabilitation.



## Transportation

After a hospital stay, there likely will be prescriptions to pick up, therapy sessions to attend and follow-up doctor's appointments.

We understand that families and friends aren't always available get mom or dad where they need to be. Whether it's coordinating rides or providing safe transportation, we'll make sure your senior gets to and from wherever they need to be.



## Mobility assistance

It's estimated that one in four people age 65 and older fall every year in the U.S. The risk of falling increases after an injury or hospital stay - when patients are weak or unsteady on their feet.

Our caregivers are trained to help seniors safely get in and out of chairs, bed and the bathtub/shower. They will also look for and remove potential tripping hazards that could lead to falls.



## Meal preparation

Healthy, well-balanced meals are essential for a full recovery. However, your loved one may not be able to shop for fresh fruits and vegetables or have the stamina to cook nutritious meals.

A caregiver can assist with grocery shopping, meal prep and kitchen clean-up - making sure your loved one isn't limited to microwave macaroni and cheese or frozen pizza.



## Light housekeeping and laundry

Everyday tasks can be difficult after a hospital stay.

Our caregivers will help with laundry, vacuuming and other household chores, so your loved one can concentrate on his/her recovery.





## Companionship

Oftentimes, companionship is the best medicine. From watching old movies to playing board games, our caregivers love spending quality time with our clients.



## Pet Care

After discharge, it may not be possible for people to properly care for their pets. Our caregivers can help with walking, feeding and grooming so that the pets don't have to be separated from their owners.



## Hospice support

We understand that end of life situations can be challenging and, at times, emotionally overwhelming.

Our specially-trained caregivers provide compassionate, supplemental support to hospice professionals and respite care for family members and friends.



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## Helping Seniors Thrive at Home

At HCAN, we know that there's no place like home.

Our professional caregivers are specially trained to provide the support your loved ones need to rest and recover from an accident, hospital or rehab stay - while giving you much needed peace of mind.

Visit [hcanthrive.com](https://hcanthrive.com) to find an HCAN-supported office near you.

We'll be here when you need us.



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[HCANthrive.com](https://hcanthrive.com)

