

HOW HOME CARE HELPS WITH **HEART FAILURE**

How Home Care Helps after a Heart Failure

Home care specialists provide support and assistance as your loved one returns home after being hospitalized for heart failure.

How Home Care Helps after Heart Failure

What is Home Care?

Home care is a more personalized alternative to nursing homes and assisted living facilities. It provides services such as personal care, homemaking, companionship and more to individuals living at home, so they can remain comfortable and independent for as long as possible.

Home Care vs Home Health

Home health is typically short-term medical services administered in the home to treat an illness or injury. This type of medical assistance is usually provided by a registered nurse, physical, occupational or speech therapist. Home care agencies are often requested to provide supplemental care as the patient transitions.

Who is a Good Candidate for Home Care?

Home care can be beneficial for individuals who are getting older, are chronically ill, are recovering from a surgery or are disabled. Perhaps your loved one needs assistance with day-to-day tasks but does not need to be in a nursing home or hospital. Home care could be the right fit for them.

What Types of Home Care Services Are Available?

Home care looks different for everyone. Each individual's needs are unique, and home care can be tailored to fit those needs. Depending on what your loved one's needs are, caregiving services can be available 24-hours a day or a few hours each week. Some of the services include:

Personal care:

- Bathing, Grooming, Dressing
- Toileting and Incontinence
- Medication Reminders
- Mobility Assistance
- Repositioning to Avoid Bedsores
- Transportation to and from Medical Appointments



Homemaking:

- Grocery Shopping, Cooking and Clean-up
- Errands and Shopping
- Transportation
- Light Housekeeping, Laundry and Ironing
- Changing Bed Linens
- Pet and Plant Care



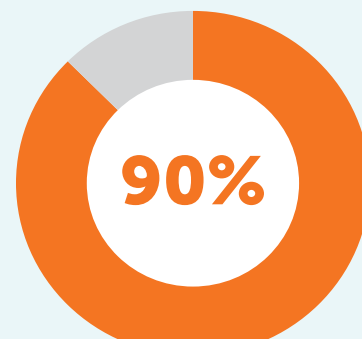
Companionship:

- Conversation
- Reading Aloud
- Hobbies and Projects
- Outings and Events
- Morning Wake-Up & Evening Tuck-In
- Assistance with Attending Religious Services



The Importance of Home Care

Home care is a valuable option for an individual who desires to maintain their independence and continue their life in the comfort of their home.



A study done by the [AARP](#) showed that **90% of individuals over age 65** want to stay at home as long as possible.

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Home Care Interventions for Patients being discharged for Heart Failure

The term “heart failure” sounds like the heart has completely stopped working but in reality, heart failure means that the heart isn’t pumping as well as it should. Heart failure is one of the most common reasons that people over 65 go to the hospital. 24.8% of patients will be readmitted to the hospital within 30 days and approximately 50% will be readmitted within six months of being discharged for heart failure.

According to the American Heart Association (www.heart.org), people who have experienced heart failure can continue to live a full, enjoyable life as long as their condition is managed with medication and lifestyle changes. It is essential to put these changes into place to prevent readmission to the hospital. Home care can help provide services so those lifestyle changes are an easy and smooth transition.

Below are services that home care can provide that align with evidence-based practices that are proven to reduce readmission rates for heart failure:

1. Medication Reminders



It is critical that people who have heart failure take their medicine. Failure to take medications regularly—or not taking the proper dose—can cause a hospital readmission. Caregivers can help with medication reminders, knowing the proper doses, transportation to the pharmacy, and being educated on medication side effects.

(source): www.heart.org

2. Diet Prep and Planning



It’s important for individuals who had heart failure to follow a diet that is low in sodium and pay close attention to how much fluid they are taking in. Caregivers can provide meal planning and prepping, help read labels, grocery shop, and track if there are any dietary restrictions based on medications an individual takes.

(source): www.heartfailurematters.org

3. Transportation to Doctor Appointments



Checking in with a healthcare team is essential after heart failure. Many patients will have multiple doctors including a cardiologist, a sarcoidosis specialist and a pacemaker specialist. Home care specialists can provide transportation to and from doctor visits as well as document each doctor’s instructions and help make sure there is proper follow up.

(source): www.webmd.com

Impact of Home Care for Outcomes for Seniors

1. Cost

Home-care services are more affordable than assisted living facilities and nursing homes.

Type	Average	Annual
Nursing Home: Semi-Private Room	\$214/day	\$78,110
Nursing Home: Private Room	\$239/day	\$87,235
Assisted Living	\$3,477/month	\$41,724
Home Care: Home Health Aide	\$21/hour	\$21,480
Home Care: Homemaker	\$19/hour	\$19,760
Adult Day Services	\$70/day	\$18,200

(source): www.npr.org

2. Families

Families have peace of mind knowing their loved ones are getting the care they need.

3. Quality of Life

Aging individuals desire is to remain at home.

4. Health

Individuals will have increased longevity due to more personalized care.

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Contact Information