

# HOW HOME CARE HELPS WITH PNEUMONIA

## How Home Care Helps after Pneumonia

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

### How Home Care Helps after Pneumonia

#### 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



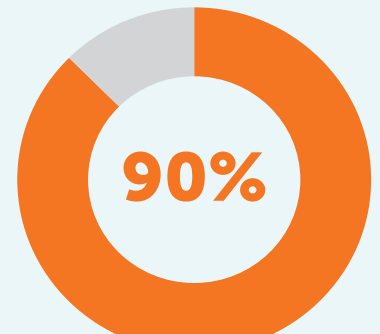
##### Companionship:

- 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 Pneumonia

Pneumonia is a lung infection caused by bacteria or a virus and is often a complication from the flu virus ([www.lung.org](http://www.lung.org)). Pneumonia causes fluid to be collected in the lungs, so individuals often experience difficulty breathing.

For patients who are discharged from the hospital after having pneumonia, 18% of them will be readmitted within 30 days. If someone has recently been hospitalized for pneumonia, home care can help with their return home and aid in their recovery.

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

### 1 Homemaking Assistance

After being discharged from the hospital, an individual with Pneumonia may feel weak for an extended period of time and will need time to regain strength and energy. They will need plenty of rest in order to avoid relapse. A caregiver can assist with light housekeeping, carrying items around the house and running errands and so the patient can get the rest they need in order to recover.

(source): [www.lung.org](http://www.lung.org)



### 2 Help Them Build Immunity

Pneumonia typically occurs when a patient's immune system is weakened due to another illness, such as bronchitis or the flu. Caregivers can help patients build up their immunity by making sure they get plenty of fluids and healthy liquid meals. They can also monitor visitors to make sure no one with a cough or cold is contaminating the home.

(source): <https://medlineplus.gov>



### 3 Vaccine Transportation

Getting the pneumococcal and [influenza vaccine](#) can help prevent different strains of bacterial pneumonia and help lessen the severity of the flu. Since pneumonia is often a secondary infection of the flu, getting both vaccines is critical for seniors. A home care specialist can provide transportation to and from vaccination appointment.

(source): [www.lung.org](http://www.lung.org)



## 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](http://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

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