



# Planning for your care at home

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HOME HEALTH

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**Main Line Health®**



**Home health care services** can help you recover after surgery, illness, or injury in the comfort of your own home. It can also be helpful for those with a chronic disease or disability. Home health is also one of the most personal kinds of care because it happens in your home.

## How we can help: Follow-up and education

Main Line Health HomeCare has a team of professionals who are specially trained to provide the services you need, right in your own home. We work closely with you, your doctors and caregivers to plan for your care.

Our team will help you meet your goals by teaching you:

- How to take your medicines safely
- How to stay out of the hospital
- How to manage your medical treatments and diet
- How to get better after surgery
- How to move about safely and avoid falls

Main Line Health HomeCare is a Medicare-certified, state-licensed, and Joint Commission-accredited home health agency.

## About our team

Our caring team of health care professionals plays an important role in listening to your concerns and understanding your medical needs.

Together with your doctor, we create a personal care plan for you. We keep your doctor up to date on your condition, which results in better outcomes and more support for you and your family.

We understand that you want to feel comfortable with the person who is caring for you.

We have skilled health care providers who are considerate and gentle and work as a team to help you heal.

Our team includes:

- Registered nurses
- Occupational therapists
- Medical social workers
- Home health aides
- Physical therapists
- Speech therapists
- Registered dietitians

Medicare, Medicaid and most private insurance companies, including HMO and PPO plans, cover home health services.

## Our services

### CHRONIC DISEASE MANAGEMENT

- Cardiac
- Diabetes
- Respiratory

### TELEMONITORING

Our program uses easy-to-use technology to help you track your blood pressure, heart rate, weight and blood oxygen levels at home. Your readings are sent automatically to our nurses in our office. The nurses watch for warning signs to keep you healthier and out of the hospital.

### PALLIATIVE CARE PROGRAM

Community-based palliative care is special care for patients with an advanced illness. The goal of palliative care is to improve the patient's quality of life by helping manage symptoms and providing support.

### REHABILITATION SERVICES

Our team of therapy specialists helps make you safe at home and teaches you ways to be as independent as possible.



## Frequently asked questions

### WHEN DO SERVICES START?

The nurse or therapist will call you within 24 hours of discharge to arrange a visit.

During the first home visit, our nurse or physical therapist will work with you, your caregiver and your physician to identify your goals and home care needs.

Please have the following materials ready for your first visit:

- Discharge instructions
- Medicine bottles
- List of current medications
- Insurance card
- Photo identification

### HOW IS CARE PROVIDED?

A team of nurses, physical, occupational and speech therapists, and other health care professionals coordinates and provides care based on a plan ordered by your physician. The team visits you at home to assess your condition and provide instruction and treatment. They listen to your concerns and ideas and work with you to meet your care goals.

### WHEN IS HELP AVAILABLE?

Our team makes home visits between 8:30 [am](#) and 5:00 [pm](#). We will schedule your visit based upon your care needs. If you have a question after hours, a nurse is always available. You can reach us 24 hours a day at 484.580.1601.

### HOW LONG DOES HOME CARE LAST?

Home health services end when your goals are met or you no longer need skilled care. When you improve to the point of being able to leave home to get care, our services will end.

# Your discharge plan

## Home care services:

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## Medical equipment *(what was ordered, who will deliver it and when to expect delivery):*

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## Medical supplies *(what was ordered, who will deliver it and when to expect delivery):*

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## How will you get home?

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Skilled and trusted care in the comfort of your home.  
Call us first **484.580.1601**

# Keeping you safe at home is a partnership between you and our care team.

## WHEN OUR CARE TEAM IS VISITING:



### Secure your pets

We understand that your pet is part of your family.

For the safety of you, your pets and our care team, we respectfully ask that your pets are placed in another room during visits.



### Put away weapons

We respect your right to have weapons in your home.

For the safety of all, please make sure weapons are stored safely and put away.



### Act respectfully

We value respect for you, the people in your home and our staff.

For the safety of all, please do not use hurtful words, have loud or demanding behavior or make threats of harm during visits.

Home care liaison: \_\_\_\_\_

484.580.1601

Be seen.



**Main Line Health<sup>®</sup>**

Contact us for any questions about your care or  
to learn more about other available services.

484.580.1601 | [mainlinehealth.org/specialties/homecare](https://mainlinehealth.org/specialties/homecare)