

Personalized Home Health Care

Stroke occurs when blood flow to part of the brain is blocked (ischemic), or when a blood vessel in the brain bursts, stopping the blood flow and causing damage to part of the brain (hemorrhagic). According to DHHS statistics for Nebraska, stroke was the fourth leading cause of death for Nebraskans in 2023. This represents 16% of all cardiovascular deaths in the state, claiming 795 lives. Of those hospitalized for stroke, one out of three were under age 65.

Strokes are not always fatal, but often leave survivors with life-limiting disabilities, making stroke the number one cause of disability nationally. Stroke survivors can overcome some or all of their disabilities through physical and occupational therapy, and by working with licensed speech pathologists.

The home health option allows stroke survivors to maximize their recovery results by having the appropriate specialists provide rehabilitation therapies right in their home.

Home Health Helps with:

- > Ambulation evaluation
- > Home equipment assessment, specific to bathroom
- > Assistance with ADLs
- > Medication management
- > Emotional support
- > Dysphagia and aphasia assistance techniques for safe swallow
- > Prevention of pressure ulcers
- > Dietary instruction
- > Vital sign assessment
- > Home safety assessment
- > Community resource support

Evelyn's Home Health Story

When Evelyn—a former teacher known for her quick wit and sharp mind—suddenly started slurring her speech after complaining of a severe, debilitating headache, her husband Arthur rushed her to the emergency room. Doctors quickly determined she had suffered a hemorrhagic stroke and moved to stop the bleeding.

Evelyn spent the next week recovering in the hospital before transferring to an inpatient rehabilitation center. She then continued to receive rehabilitation treatment through home health care.

After several months of in-home therapies, Evelyn has begun to regain her independence in daily living activities such as dressing, bathing and eating. She is also making strides in her ability to speak, understand and communicate.

While the road to recovery continues for Evelyn, her motivation, support from her family and friends, and access to resources provided by her home health care team has greatly impacted her journey.

