

Home health serves as a valuable partner in medical management of patients' non-emergent symptoms, chronic conditions and developing disease processes. Through skilled nursing, physical, occupational and speech therapies, aides, and social workers, home health supports the provider's plan of care.

Some of the conditions described here may be more readily evident to family members or other caregivers who have frequent contact with the patient. In addition to an office examination, it is important to consider and evaluate their observations and any concerns they may voice.

For Medicare eligibility for a home health referral, patients must be homebound, have a provider-signed plan of care, and have a face-to-face appointment with a provider related to the disease/condition.

Triggers for In-Home Care Services

CLINICAL INDICATORS

- > Recurrent hospitalizations
- > New diagnosis
- > Infusion therapy
- > Wound care (including pressure sores)
- > Ostomy care
- > Catheter care
- > Difficulty swallowing or choking on food/liquids
- > Diabetes management
- > Arthritis management
- > Orthopedic surgery
- > COPD management
- > Pneumonia recovery
- > Heart Failure
- > Stroke
- > Lymphedema
- > Vertigo
- > Parkinson's diagnosis
- > Alzheimer's/dementia diagnosis
- > Changes in function
- > Complaints of weakness
- > New/significant change in vision or hearing

ACTIVITIES OF DAILY LIVING

Along with **excessive energy expenditure during basic activities of daily living**, be alert for changes or deficits in:

- > Bed mobility
- > Wheelchair management/assessment
- > Meal preparation/eating
- > Home safety assessment
- > Adaptive equipment
- > Visual acuity
- > Dressing
- > Grooming
- > Bathing
- > Feeding self
- > Toileting
- > Hygiene

NUTRITION

- Significant weight loss or gain
- Diminished appetite / willingness to prepare meals
- > Presence of spoiled or expired food in home
- > Change in diet/food consistencies/restrictions

Triggers for In-Home Care Services

AMBULATION

- > History of falls
- > Difficulty walking (joint health, range of movement, assistive devices)
- > Difficulty balancing (sitting and standing, trunk control)
- > Difficulty getting up from or down to a sitting position
- > Difficulty getting in and out of bed
- > Increased use of a wheelchair
- > Fear of falling limits willingness to do activities

MEDICATION MANAGEMENT

- > Forgetting to take medication or to get prescriptions refilled
- > Difficulty managing multiple prescriptions

COGNITION/ SPEECH

- Inability to perform or understand:**
 - > Own medication management
 - > Personal finances/paying bills
 - > Routine activities of daily living
- > Confusion in performing previously familiar tasks
- > Difficulty concentrating
- > Difficulty carrying on/understanding a conversation
- > Difficulty speaking clearly
- > Difficulty hearing
- > Poor safety choices

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Award-Winning Home Health Care

Eventide Home Health Care has been providing award-winning rehabilitation therapies, medication management and skilled nursing medical care in Nebraska since 1966.



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