

What is Home Health?

Home health care encompasses a wide range of health care services that are provided in your own home.

Home health care is being used increasingly as an effective, lower cost and more convenient option for patients.

The goal of home health care is to treat illness or injury. Home health care strives ***to help your regain independence, and become as self-sufficient and safe in your own home as possible.***

In general, home health care includes:

- Wound care for pressure sores or a surgical wound
- Physical and occupational therapy – often used after stroke or injury
- Speech Therapy – often used after stroke, or in conjunction with Parkinson's Disease
- Patient and caregiver education
- Mental Health Nursing
- Monitoring serious illness and unstable health status
- Medical social work – to assess and offer community resources
- Home health bath aide

A referral for home health services requires your doctor's order. He or she will be able to determine what services are needed and for how long.

Please note: Medicare requires a patient to be **homebound** in order to receive home health services. Homebound does not mean bed bound. Homebound means that you are not able to safely leave your home without a "taxing" effort. Patients **may** leave their home for doctor's appointments, church services or special occasions. However, it is physically "taxing" to do so and requires the help of others.

Your doctor can help to make the determination as to whether you are appropriate for home health.