

Your Ideal Recovery Begins at Home

Changes in health often mean changes in abilities, daily routine and ease of comfort in the home environment. AseraCare Home Health recognizes the need of patients to return to the healthy and active life they enjoyed before they were impacted by illness, injury or surgery. As a provider of physical, occupational and speech therapy, we offer our program-based rehabilitation programs to patients in a variety of settings. Whether they are recovering in the comfort of their own home or an assisted living facility, we can meet their needs.

Our highly professional staff is skilled in providing therapy services to patients following:

- Joint replacement
- Surgery and amputation
- Cardiac/pulmonary episode
- Decreased mobility related to general weakness

Program-based therapy to target specific needs

At AseraCare Home Health, we tailor our therapy offerings to the needs of each patient. Our management staff and our therapists have in-depth knowledge and experience with programs proven to deliver optimal results. We know that some patients have a need for more specialized therapies that target specific conditions, or they may be struggling with a deficiency that requires adapting to new behaviors or abilities. The specialized therapies we provide include:

- Continence Management
- Dementia Management
- Cognitive Specialization
- Balance Management

Maximizing functional abilities with physical therapy

We realize that physical therapy pertains to more than just being able to sit, stand and walk on one's own. While our therapists do help patients regain or improve their abilities to do these things, we also help them identify and maximize their movement and flexibility potential as it relates to prevention,

treatment and rehabilitation. Our physical therapy program helps patients develop their potential in regards to:

- Muscle imbalance
- Stair climbing
- Negotiating environmental obstacles
- Use of assistive devices

Better communication and health with speech therapy

Speech language therapy is more than just helping patients regain the fundamentals of speaking—it is helping them cope with motor speech disorders, language disorders and swallowing. Our speech language pathologists evaluate each person's communication skills, working closely with them to help them convey their needs for themselves. Our speech therapy program helps patients with specific issues such as:

- Voice conditions such as hoarseness or volume
- Swallowing problems such as coughing or choking
- Diet modification due to swallowing complications
- Functional reading and writing

Achieving independence with occupational therapy

Our occupational therapy program has one goal in mind and that's to give people the skills they need to achieve a healthy and balanced life. For example, a patient recovering from a stroke may need to relearn home management skills such as making the bed, grocery shopping or meal preparation. A patient recovering from back surgery may need to regain their joint mobility or adapt to bathing and showering on their own. Our occupational therapy program teaches patients how to safely use appropriate techniques and adaptive equipment to perform activities such as:

- Grooming, hygiene, dressing
- Meal preparation
- Mobility
- Functional communication such as phone use

Educating families and caregivers

We realize that family members and other caregivers play an important role in helping patients as they work through therapy programs. AseraCare Home Health works with those closest to our patients to help them learn the techniques that their loved one may need as they strive to achieve a healthier, more active and more fulfilled life. These techniques can include:

- Correct cuing and other tools needed to maintain function and independence for patients at home
- Ways to modify independent living skills, such as laundry and meal preparation, to help reduce the patient's fatigue

AseraCare Home Health provides some of the industry's leading therapy programs, and we are able to develop the best care plan suitable for each individual patient. We look for ways to combine wellness and rehabilitation programming to maximize the health and independence of all our patients. If you're looking for a proven leader in home health therapy, you've found it—AseraCare Home Health.

For more information, please visit
www.aseracare.com

AseraCare offers services and programs to patients without discrimination on the basis of race, color, creed, religion, sex, national origin, age, disability, status as a Vietnam era veteran, qualified special disabled veteran, recently separated veteran, or other protected veteran, or source of payment.