

RE-HOSPITALIZATION CONDITIONS

FAMILY CAREGIVERS



Chronic Obstructive Pulmonary Disease
Re-hospitalization conditions

How Home Care Helps after a Chronic Obstructive Pulmonary Disease

Home care specialists provide support & assistance as your loved one returns home after being hospitalized for Chronic Obstructive Pulmonary Disease (COPD)

How Home Care Helps after Chronic Obstructive Pulmonary Disease

What is Home Care?

Home care is a more personalized alternative to nursing homes and assisted living facilities. It provides services such as personal care, homemaking, companionship and more to individuals living at home, so they can remain comfortable and independent for as long as possible.

Home Care vs Home Health

Home health is typically short-term medical services administered in the home to treat an illness or injury. This type of medical assistance is usually provided by a registered nurse, physical, occupational or speech therapist. Home care agencies are often requested to provide supplemental care as the patient transitions.

Who is a Good Candidate for Home Care?

Home care can be beneficial for individuals who are getting older, are chronically ill, are recovering from a surgery or are disabled. Perhaps your loved one needs assistance with day-to-day tasks but does not need to be in a nursing home or hospital. Home care could be the right fit for them.

What Types of Home Care Services Are Available?

Home care looks different for everyone. Each individual's needs are unique, and home care can be tailored to fit those needs. Depending on what your loved one's needs are, caregiving services can be available 24-hours a day or a few hours each week. Some of the services include:

Personal care:

- Bathing, Grooming, Dressing
- Toileting and Incontinence
- Medication Reminders
- Mobility Assistance
- Repositioning to Avoid Bedsores
- Transportation to and from Medical Appointments



Homemaking:

- Grocery Shopping, Cooking and Clean-up
- Errands and Shopping
- Transportation
- Light Housekeeping, Laundry and Ironing
- Changing Bed Linens
- Pet and Plant Care



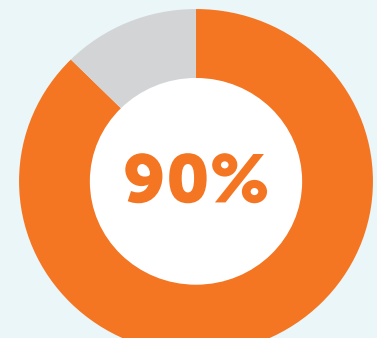
Companionship:

- Conversation
- Reading Aloud
- Hobbies and Projects
- Outings and Events
- Morning Wake-Up & Evening Tuck-In
- Assistance with Attending Religious Services



The Importance of Home Care

Home care is a valuable option for an individual who desires to maintain their independence and continue their life in the comfort of their home.



A study done by the [AARP](#) showed that **90% of individuals over age 65** want to stay at home as long as possible.

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Home Care Interventions for Patients being discharged for Chronic Obstructive Pulmonary Disease

Chronic obstructive pulmonary disease (COPD) is a lung disease where the airways that carry air in and out of the lungs are partially blocked, making it difficult to breathe.

For patients who are discharged from the hospital after having COPD, 17 to 25% of them will be readmitted within 30 days (www.namdlrc.org). If your loved one was hospitalized for COPD, home care can help with their return home and aid in their recovery.

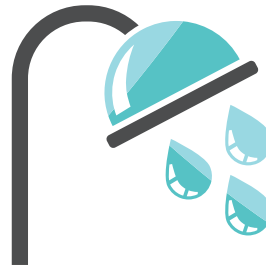
While there is no cure for COPD, there are many things that can be done to relieve symptoms and to keep the disease from getting worse. After an individual is discharged from the hospital with COPD, it's important that they protect their lungs and stay healthy. Home care can help so your loved one stays healthy.

Below are services that home care can provide that align with evidence-based practices that are proven to reduce readmission rates for COPD:

1 Personal Care

Individuals with COPD can experience shortness of breath that may get in the way of doing simple tasks like household chores or dressing. A home care specialist can help with personal care so your loved one gets the assistance they need. Caregivers can help shower, dress, bathe and more so individuals don't feel burdened to do things on their own.

(source): www.healthline.com



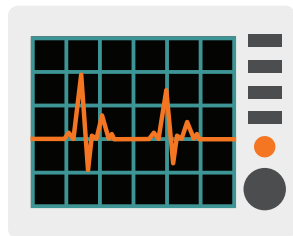
2 Transportation to Pulmonary Rehabilitation

Doctors usually recommend patients in Stage two and higher attend pulmonary rehabilitation. Caregivers can provide transportation to pulmonary rehabilitation as well as attend rehabilitation with patients and ensure there is proper follow up regarding exercise, nutrition and other disease management techniques.

(source): www.copdfoundation.org



3 Monitoring Home and Patient



Caregivers can check the quality of the patient's home and make sure it is free from factors that could worsen the condition such as smoke or air pollution. While monitoring the home, they can also monitor the patient to see if there are any signs that the condition has worsened or changed. Caregivers can help monitor a patient's health and make doctor appointments if they see something has changed.

(source): <https://medlineplus.gov>

Impact of Home Care for Outcomes for Seniors

1. Cost

Home-care services are more affordable than assisted living facilities and nursing homes.

Type	Average	Annual
Nursing Home: Semi-Private Room	\$214/day	\$78,110
Nursing Home: Private Room	\$239/day	\$87,235
Assisted Living	\$3,477/month	\$41,724
Home Care: Home Health Aide	\$21/hour	\$21,480
Home Care: Homemaker	\$19/hour	\$19,760
Adult Day Services	\$70/day	\$18,200

(source): www.npr.org

2. Families

Families have peace of mind knowing their loved ones are getting the care they need.

3. Quality of Life

Aging individuals desire is to remain at home.

4. Health

Individuals will have increased longevity due to more personalized care.