

What To Expect From Your First Home Health Visit



WELCOME

To the world of home healthcare!

If you or a loved one is about to receive home health services, it's natural to have questions and perhaps even some anxiety about what to expect. This guide aims to demystify the process, providing you with a clear understanding of what happens during the first visit and how you can prepare for it. Home healthcare is designed to offer professional medical care and support in the comfort of your own home, promoting recovery, independence, and well-being.



01 Understanding Home Health Care

What is Home Health Care?

Home healthcare is a wide range of medical services provided in the comfort of your home for an illness or injury. These services are usually more convenient, less expensive, and just as effective as the care you get in a hospital or skilled nursing facility.

Who Provides Home Health Care?

A variety of professionals provide home healthcare, including:

- **Registered Nurses (RNs):** They manage your overall care, perform clinical assessments, and administer treatments.
- **Licensed Practical Nurses (LPNs):** They assist with more routine care under the supervision of an RN.
- **Physical Therapists (PTs):** They help you regain mobility and strength through targeted exercises.
- **Occupational Therapists (OTs):** They assist with improving daily living skills and adapting your home environment.
- **Speech Therapists:** They work with you on communication and swallowing disorders.
- **Medical Social Workers:** They offer counseling and help connect you with community resources.

Who Needs Home Health Care?

Home healthcare can be beneficial for individuals of all ages dealing with various medical conditions, such as:

- Recovering from surgery or a hospital stay
- Managing chronic illness like diabetes or heart disease
- Requiring rehabilitation after an injury
- Receiving palliative care or end-of-life care



02 Preparing for Your First Visit

Scheduling the Visit

After your healthcare provider has referred you to Hometown, you will typically receive a call to schedule your first visit. This call is an excellent opportunity to ask any initial questions you might have and to confirm any preparations you need to make before the visit.

Gathering Necessary Information

To ensure a smooth and productive first visit, gather the following information:

- **Medical History:** Prepare a comprehensive list of your current and past medical conditions, surgeries, and treatments.
- **Medication List:** Include all prescription medications, over-the-counter drugs, vitamins, and supplements you're taking, along with their dosages.
- **Emergency Contacts:** Have a list of your emergency contacts, including family members, friends, or caregivers.
- **Primary Care Provider Information:** Include the contact details of your primary care physician and any specialists you are seeing.
- **Insurance Information:** Have your insurance cards and information readily available for verification.

Preparing Your Home

Make sure your home environment is conducive to providing care:

- **Clean and Tidy:** We never expect your home to be immaculate, but it is helpful to our team to provide a house that is free from clutter.
- **Comfortable Seating:** Have a comfortable chair available for the healthcare professional.
- **Adequate Lighting:** Ensure that the space is well-lit to facilitate examinations and procedures.
- **Pet Management:** If you have pets, consider securing them in another room during the visit to prevent disruptions.



03 During Your First Visit

Meeting Your Home Health Professional

When the healthcare professional arrives, they will introduce themselves and show you their identification badge. They will explain their role and what you can expect from their visit. You will sign consents, and our initial assessment will take approximately 1-1.5 hours.

Initial Assessment

The first visit typically involves a comprehensive assessment, which may include:

- **Medical History Review:** The healthcare professional will review your medical history, including any recent hospital stays, surgeries, and current health conditions.
- **Vital Signs Check:** They will check your vital signs, such as blood pressure, heart rate, temperature, and respiratory rate.
- **Physical Examination:** A thorough physical examination may be conducted to assess your overall health and specific areas of concern.
- **Medication Review:** The professional will review your medications, ensuring you understand their purpose, dosages, and any potential side effects.

Education & Training

Part of the visit will involve education about the care you will receive. This may include:

- **Medication Management:** Instructions on how to take your medications correctly.
- **Wound Care:** Guidance on how to care for any surgical or injury-related wounds.
- **Exercise and Mobility:** Demonstrating exercises to improve strength and mobility.
- **Using Medical Equipment:** Training on how to use any necessary medical equipment, such as oxygen tanks or mobility aids.

Addressing Concerns & Questions

Your first home health visit is an excellent time to address any concerns or questions you might have.

Don't hesitate to ask about:

- **Specific Care Procedures:** Clarify any procedures or treatments you are unfamiliar with.
- **Safety Measures:** Inquire about how to make your home environment safer and more accessible.
- **Emergency Protocols:** Understand what steps to take in case of an emergency related to your condition.

04 After the Visit

Follow-up & Ongoing Care

After the initial visit, follow-up appointments will be scheduled to monitor your progress, adjust treatments as necessary, and provide ongoing support.

Communication & Documentation

Effective communication is vital for successful home healthcare. You should feel comfortable reaching out to your home health agency with any questions or concerns that arise between visits. Our agency offers 24/7 support lines for urgent issues. Keep a record of all visits, including the date, the professional's name, and the care provided. This documentation can help you track your progress and ensure continuity of care.

Self-Care & Monitoring

Between visits, you can take an active role in your care by:

- **Adhering to the Care Plan:** Follow the instructions provided by your healthcare team.
- **Monitoring Your Condition:** Keep an eye on any changes in your symptoms and report them promptly.
- **Staying Active:** Engage in any recommended physical activities or exercises to promote recovery.
- **Maintaining a Healthy Lifestyle:** Eat a balanced diet, stay hydrated, and get enough rest.

05 Benefits of Home Health Care

Healthcare that *can* be delivered in the home *should* be delivered in the home. Here's why:

Personalized Care

Home healthcare offers a higher level of personalized care tailored to your specific needs and preferences, working to ensure your care plan is effective and adaptable to any changes in your condition.

Comfort & Convenience

Receiving care in the familiar surroundings of your home can reduce stress and promote healing, eliminating the need for frequent trips to medical facilities.

Independence & Empowerment

Home healthcare supports your independence by teaching you and your caregivers how to manage your condition effectively. This empowerment can lead to improved confidence and a better quality of life.

Cost Effectiveness

Home healthcare can be a cost-effective alternative to hospital stays or long-term care facilities. It helps reduce medical expenses while still providing high-quality care.

GET STARTED

On your home health care journey!

Your first home health visit marks the beginning of a collaborative journey towards better health and well-being. By understanding what to expect and how to prepare, you can make the most of the services offered and ensure a positive experience. Home healthcare is designed to provide professional, compassionate care that respects your independence and enhances your quality of life.

Remember, you are not alone in this journey. Your home health team is there to support you every step of the way, providing the care and guidance you need to achieve your health goals. If you have any questions or concerns, never hesitate to reach out to your home healthcare provider. Your health, comfort, and peace of mind are their top priorities.

We hope this guide has helped you feel more prepared and confident about your upcoming home health visit. Here's to your health and well-being!



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