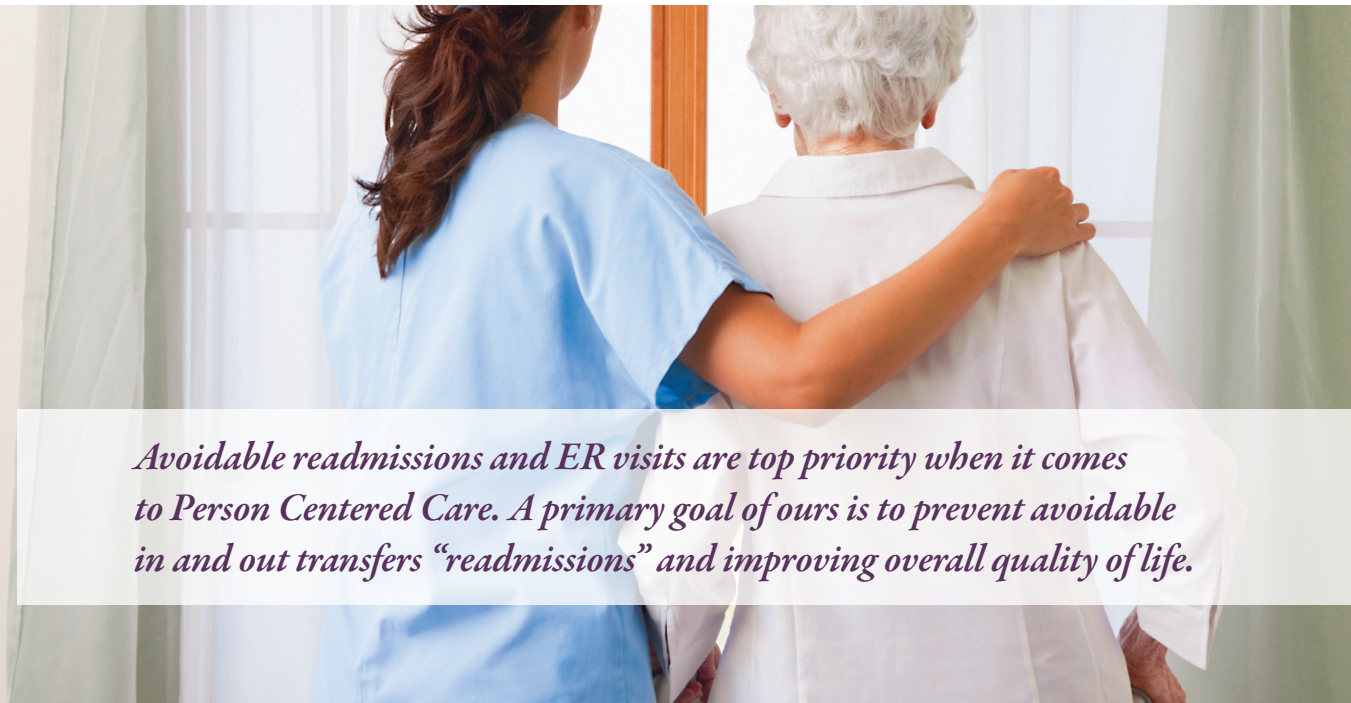


## Preventing The Repeat



*Avoidable readmissions and ER visits are top priority when it comes to Person Centered Care. A primary goal of ours is to prevent avoidable in and out transfers “readmissions” and improving overall quality of life.*

### What To Expect When Returning Home

The transfer period after hospitalization is stressful enough without having to deal with the addition of awkward situations and stresses that come with care complications. We can help you with reducing unnecessary burdens and tension by considering the following: the patient’s overall physical level of function, physiological issues, social and mental conditions as well as, details in medication administering.

#### Clear Your Path

Remove throw rugs, tape down electrical cords, and watch out for pets underfoot. Furniture should be rearranged to clear pathways. Prevent wet and slippery floors, and avoid uneven surfaces.

#### Post Emergency Information

Keep emergency medical information visible for emergency personnel to easily see.

#### Keep Items Accessible

Canned foods and daily items should be stored between waist and shoulder level. Place often used items within easy reach, whether it’s in your closet, kitchen or bathroom.

#### Make Use of Non-skid Items

Rubber-soled shoes help prevent slipping and rubber-backed bath mats prevent them from sliding out from under you when you get out of the shower. Likewise, non-slip mats in the bath tub help maintain footing.

### Early Intervention– Proactive Care

Proactive care and interventions are a priority to our care professionals. Early intervention and detection of a patient’s change in condition can greatly help to reduce the risk of rehospitalization.

Furthering collaborative interventions between hospital systems and Person Centered Care professionals, while developing processes that help patients and families work directly with engaged physicians, is another way HCF is providing care of excellence.

It’s through these collaborative relationships that enable patients to make educated decisions regarding their end of life care. This proactive care approach helps prevent unwanted medically ineffective treatments and reduce patient and family suffering.

### We’re Available When You Need Us

For additional health care discussions surrounding chronic illness, please contact any one of our HCF care communities.

Arms of Care™



HCF  
a tradition of caring

## Post-Hospital Care, Redefined.



Care and Rehabilitation Centered Around You.



HCF

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## Arms Of Care™

### Our Holistic Approach To Clinically Complex Individuals

Our Arms of Care approach is essential in achieving excellent care and receiving expert attention for adults with complex, advanced illnesses and other distressing symptoms, which include both physical and psychological symptoms. Arms of Care ensures a team based approach when viewing and caring for the patient in his or her entirety. Developing a custom treatment plan improves the quality of life for both the patient and family.

### Understanding Our Care Continuum

The care continuum concept is the broad range of available and integrated health care services offered. Through the care continuum we guide and track patient care with an increased intensity of care while addressing overall health wellness and psychological needs. Our care continuum encompasses care ranging from prevention to treatment to rehabilitation and maintenance, required to support optimum health and well-being.

*Patients and families find comfort in our Arms of Care approach! Allow our team of experts to coordinate your care for optimal results.*

### Arms of Care Key Benefits

- Improved communication, coordination and understanding of disease treatments among patients, families and health care providers
- Education and emotional support to family, friends and caregivers as they cope with and care for a loved one with a serious illness

*When received early, the Arms of Care philosophies can improve ones quality of life, survival and mood; leading to less hospital and ICU care.*

- Provide confidence and security in the overwhelmed setting of a loved one's illness
- Establishing patients' goals, reducing unwanted/unnecessary painful interventions
- Better quality of life; relief from suffering; family support; control and choice

### Addressing The Whole Person In Pain And Symptom Management

Arms of Care offers expertise in pain and symptom management, particularly for complicated cases where symptom relief is hard to achieve.

We provide care coordination and time intensive patient-family communication about the goals of pain management and overall care. By supporting the plan of care and helping coordinate with the working physician's orders, we are ensuring a safe discharge and smooth transition home.

### Caring For Chronic Diseases and Rehabilitation Management

HCF works directly with hospitals and community clinicians to identify and implement chronic disease-specific, evidence-based and rehabilitation care management practices. Focus on chronic disease management, to help prevent an unnecessary hospital readmission as well as preventing acute conditions and complications.

Upon admission, we immediately begin education and discharge planning, while continually assessing the patients' symptoms. Improving the overall functional status by ensuring effective interventions are in place by our team of experts. Actively involving patients and their caregivers in care decisions, goal identification and daily activities are our keys to successful chronic disease management and rehabilitation.

### What Does It Mean To Have a Chronic Condition

Chronic conditions may affect one's physical health, mental health, social life, and employment status in many different ways. Chronic conditions come with varying levels of severity and physician recommended treatments.

Some chronic conditions are highly disabling, while others may have less of a physical impact. Some chronic conditions may not disable a person immediately, but may lead to severely disabling effects if the condition is not treated early and effectively. Some individuals with chronic conditions live full, productive, and rewarding lives; for others, isolation, depression, and physical pain are consequences of an ongoing chronic illness.

Typically, the more chronic conditions a person has the greater the likelihood that they will have difficulties navigating through the care continuum.