



Our Lady
of Peace

HOSPICE & HOME HEALTH CARE



RECOVERING *at home* AFTER HOSPITAL

Our Lady of Peace Education Series

It's no secret. People sleep better in their own bed with uninterrupted sleep. And, statistics reveal they heal faster in a familiar environment, surrounded by the people they love. When a patient leaves the hospital, where they received a high-level of 24/7 care, transitional care is an option for those who are still unable to care for themselves. But a lot of people don't realize that home health care is also an option, and it's covered by Medicare, Medicaid, and most private insurance, including Blue Cross Blue Shield and HealthPartners.

Nancy Larson is the Director of Our Lady of Peace Hospice and Home Health Care. She says, "Now that technology has improved and equipment is smaller, we can do everything that can be done in the hospital, from blood draws to x-rays, wound care, and dispensing medication. We can also provide Physical Therapy, Occupational Therapy, and Speech Therapy."

Orthopedic clinics in the metro area are expanding and have invested in same day surgery for shoulders, knees, and hip replacements. Minimally invasive surgery, with less muscle disturbance, and smaller replacement joints is making these procedures possible. As a result, Our Lady of Peace Home Health Care is caring for more orthopedic patients.

Baby Boomers are also seeking alternatives that bring them back to the comfort of their own home, and service providers are adapting to meet their needs. Courtney Baires Escobar is a registered nurse (RN) with Our Lady of Peace Hospice and Home Health Care who loves helping people.

"Most people don't realize that there are a lot of resources out there to help them recover at home," she says. "It's wonderful to give my patients the opportunity to remain in their home."

Courtney's patients are all ages, from the youngest, a 19-year-old recovering from a car accident to older adults whose adult children find peace of mind with professional care.

"I remember a patient who was receiving cancer treatment," says Courtney. "She wanted to attend her granddaughter's wedding, so my goal was to manage her symptoms, build her strength and keep her motivated to get there. I'm happy to say, she made it."

Our Lady of Peace Home Health Care can manage the side effects of chemotherapy, along with diabetes, ad broken bones. "Taking the right medication at the right time can be a big challenge for elderly people," says Courtney. "And, by managing it, we keep them safe while

bringing peace of mind to adult children. They also rest well knowing we're providing the professional care they can't give."

Home health care nurses are also a good resource. When patients are discharged from our home health care program, but they still need non-medical care, we call a social worker to assess their needs and facilitate meeting them. The Block Nurse program or private pay companion agencies often step in at this point. "We can help direct them to additional services, such as meal preparation, and 24-hour care providers," says Nancy Larson. "We can set up Meals on Wheels for those who meet the age requirement and Seattle Sutton for others. Adult day programs are also an option at this point, giving a day or two of respite to family members who are providing everyday care."

Nancy and Courtney believe we will see virtual home care in the future. "The COVID-19 pandemic has shown us what is possible," says Nancy Larson. "We can virtually support, educate, and assess physical issues with good outcomes. This is very good news, especially for people in rural areas who have a difficult time accessing healthcare."

Healing happens at home, so the next time you or a loved one are discharged from the hospital, consider a little help from your friends—highly skilled home health care nurses.

If you or a loved one could benefit from home health care, our team is here for you.



We're here for you.

We are passionate about community outreach.
We would love to meet you and discuss how
Our Lady of Peace can be a resource for you.

651-789-5030