

# Your First Visit From Your Allina Health Home Health Care Provider

## What Happens Next?

Within 1 to 2 days after you leave the hospital or health care center, a nurse or therapist will call you to set up your first Allina Health Home Health visit.

## What is Home Health?

Your health care provider wants you to have health services at your home. Allina Health Home Health care offers the support, knowledge and care to help you have a smooth transition back to your home.

Your home health visit will be for about 1 hour for a few days a week. You or your caregiver will need to care for you the rest of the time.

The aim of Allina Health Home Health is to help you become more independent and heal safely at home.

Examples of care include:

- providing care for pressure injuries or incisions from surgery
- giving intravenous or nutrition therapy
- giving injections
- checking what you are eating and drinking
- checking your blood pressure, temperature, heart rate and breathing
- checking that you are taking your medicines correctly

## Whom to Call

Call 651-635-9173 if you have any questions about Allina Health Home Health or if you need to change a scheduled visit. Make sure to tell the person who answers the phone that you receive home health services.

- asking if you have pain
- checking the safety of your home
- teaching you self-care
- connecting with your doctor.

Allina Health Home Health care **does not** mean that someone will stay with you in your home or help you with cooking or errands.

## Does Insurance Cover Home Health Services?

Medicare, Medicaid and private insurance plans cover many home health care services.

If there are any costs you will need to pay yourself (copays), someone from Allina Health Home Health care will tell you what that is.

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## What Do You Need To Do?

- Answer all of your phone calls.
- Be home for your scheduled visits.
- Call 651-635-9173 if you need to change the day or time of a visit.
- If you have pets, keep them in another room during your scheduled visits.
- Keep all medical appointments, even if you feel well.

## Who is on Your Allina Health Home Health Care Team?

You will be receiving the following services that are checked.

### Nurse

Your nurse will teach you about your health and how to live with your condition.

They may explain how to care for a wound, how to take medicines, or how to understand vital signs.

### Physical therapist (PT)

Your PT will assess your home to make sure you are safe.

They may teach you how to prevent falls, how to use equipment, how to transfer (such as getting from your bed to a chair), exercises, balance activities, and how to reduce pain.

### Occupational therapist (OT)

Your OT will work with you to improve self-care, work and leisure activities.

They will teach you how to use equipment, and help you get dressed, bathe, make meals, eat, and help with memory, attention and problem-solving.

### Speech-language pathologist (SLP)

Your SLP will work with you on talking, understanding speech, and swallowing safely when eating or drinking.

They will also help you with improving memory, thinking and concentration skills.

### Dietitian

Your dietitian will help you understand what foods do and do not fit into your life.

They may teach you about any special diet you are on, review the food in your home, and talk about changes you can make.

### Home health aide

Your home health aide will help you get in and out of the shower or tub, bathe, wash your hair and get dressed.

### Medical social worker

Your medical social worker will review your living situation and connect you with community services and support to help you stay in your home.

They will talk with you about money and legal concerns, provide emotional and social counseling, and help you set long-term goals.

## Whom To Call With Questions

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