

HOW HOME CARE HELPS AFTER A HEART ATTACK (AMI)

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Home care specialists provide support and assistance as your loved one returns home after being hospitalized for a heart attack.

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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 Heart Attack

Research shows that 19.9% of individuals who have suffered from a heart attack (AMI) will be readmitted to the hospital within 30 days (www.beckershospitalreview.com). There are things that can be done to prevent a readmission to the hospital. Home care can help provide services so another trip to the hospital isn't as likely.

Our agency uses evidence-based practices that are proven to reduce the risk of readmission and promote the health of those who have recently had a heart attack:

1. Medication Reminders



Failure to take medications regularly—or not taking the proper dose—can cause a hospital readmission. Caregivers can help with medication reminders, knowing the proper doses, transportation to the pharmacy, and being educated on medication side effects.

(source): www.webmd.com

2. Diet Prep and Planning



Individuals may need to change their diet completely to have a heart-healthy diet. Caregivers can provide meal planning and prepping, grocery shopping, and track if there are any dietary restrictions based on medications an individual takes.

(source): www.heart.org

3. Physical Activity Assistance



Doctors will recommend individuals get more physical activity than they did before their heart attack. A caregiver can help by providing accountability, encouragement and reminders for physical activity. A caregiver can also act as a walking partner, provide a ride to visit friends or a shopping assistance.

(source): www.heart.org

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.