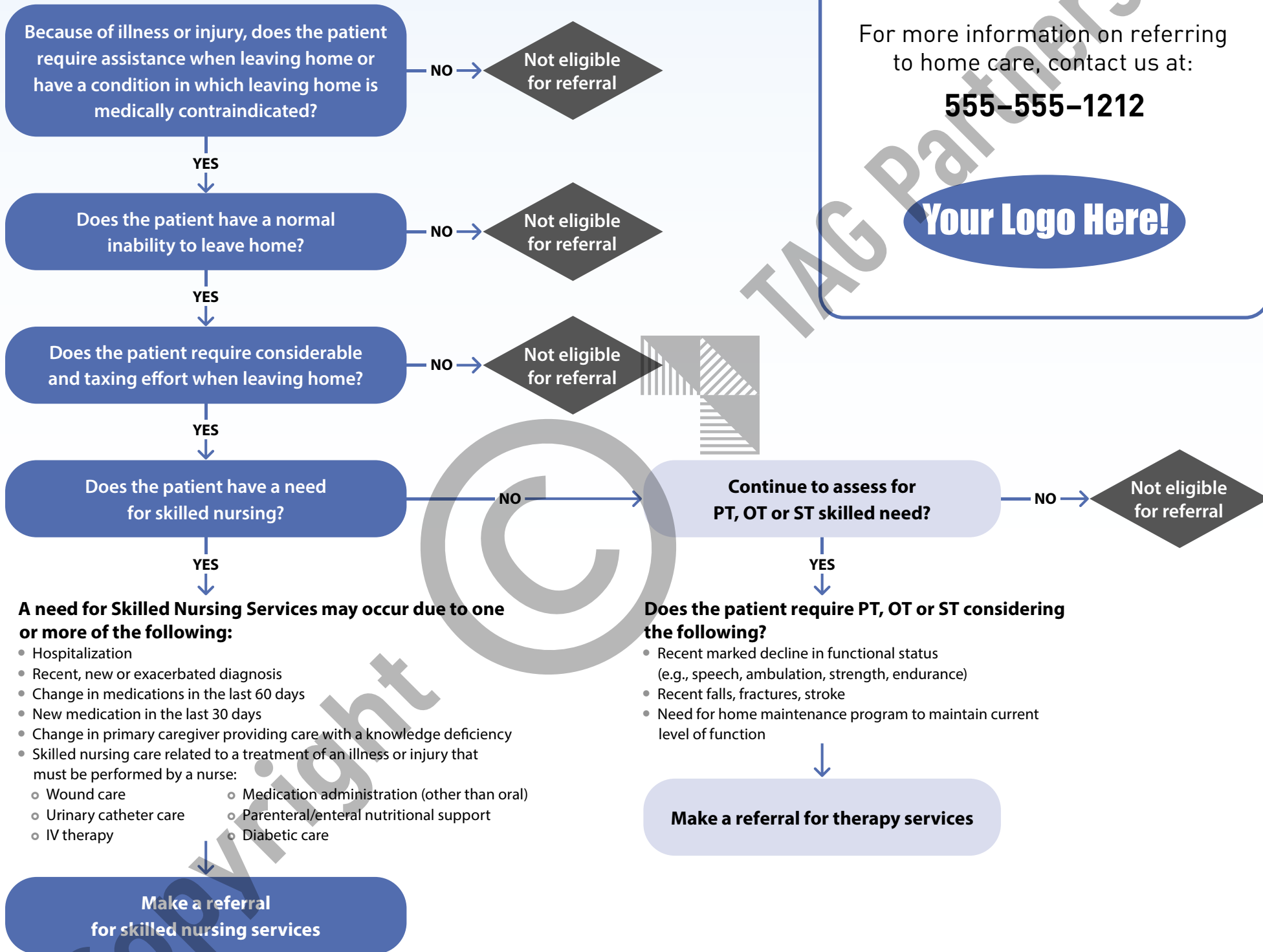


Medicare homebound criteria for home care



January

Cervical Health Awareness Month

National Birth Defects Prevention Month

National Blood Donor Month

National Glaucoma Awareness Month

Thyroid Awareness Month

Home Care and Patient Partnerships

Home care is a cost-effective option for receiving health care services. Returning to one’s home and family can promote quicker recovery and improve the quality of life for both patient and family caregiver.

- Did you know?**
- To be covered under the Medicare home health benefit, a Medicare beneficiary must meet all the following “qualifying” criteria:
- Be eligible for Medicare;
 - Be provided services by a Medicare-certified home health agency;
 - Be homebound, as defined by Medicare;
 - Be provided services as defined in the *HHA Manual* and meet the specific coverage rules related to the six services (nursing, physical therapy, occupational therapy, speech/language pathology, medical social services, home health aide);
 - Be provided medically reasonable and necessary services;
 - Receive physician certification and oversight of the patient’s POC.

If all of these conditions are met, Medicare will pay for part-time or intermittent skilled nursing; physical, occupational, and speech-language pathology; medical social services; and home health aide visits. Beneficiaries are not liable for any co-insurance or deductibles for these services and may receive an unlimited number of visits, provided the coverage criteria are met.

If in question, call us for an assessment today.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>DECEMBER 2020</div> <div>S M T W T F S</div> <div>1 2 3 4 5</div> <div>6 7 8 9 10 11 12</div> <div>13 14 15 16 17 18 19</div> <div>20 21 22 23 24 25 26</div> <div>27 28 29 30 31</div>	<div>FEBRUARY 2021</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28</div>				<div>1</div> <div>New Year’s Day</div>	<div>2</div>
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<div>10</div>	<div>11</div>	<div>12</div> <div>National Pharmacist Day</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div>
<div>17</div> <div>National Activity Professionals Week (17–23)</div> <div>National Healthy Weight Week (17–23)</div>	<div>18</div> <div>Martin Luther King, Jr. Day</div>	<div>19</div>	<div>20</div>	<div>21</div> <div>Women’s Healthy Weight Day</div>	<div>22</div>	<div>23</div>
<div>24/31</div> <div>National Nurse Anesthetists Week (24–30)</div>	<div>25</div> <div>National Medical Group Practice Week (25–29)</div> <div>National IV Nurse Day</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>

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February

AMD/Low Vision Awareness Month	American Heart Month	National Cancer Prevention Month	National Children's Dental Health Month
National Senior Independence Month	Wise Health Consumer Month		

Home Care and Congestive Heart Failure (CHF)

In congestive heart failure, a person's heart is weakened and unable to pump enough blood to meet the body's needs. It can be caused by conditions such as high blood pressure and coronary artery disease. The heart's inability to effectively pump blood can cause a buildup of fluid in the lungs, liver, arms, legs and other parts of the body.

What can Home Care do for patients with CHF?

Our services may include but are not limited to:

- Observation and assessment
- Management and evaluation
- Fluid intake education
- Medication education
- Diuretic therapy
- Electrolyte replacement
- Safety education
- Ambulation technique
- Transfer technique
- Weight monitoring
- Cardiac assessment
- Disease process education
- Assistance with ADLs
- Medical social services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
	1	2 Groundhog Day	3	4 World Cancer Day	5 National Wear Red Day	6																																																																																											
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14 Valentine's Day Cardiovascular Professionals Week (14-19) National Cardiac Rehabilitation Week (14-19) National Donor Day	15 Presidents Day	16 Mardi Gras	17 Ash Wednesday	18	19	20																																																																																											
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March

American Red Cross Month	Brain Injury Awareness Month	Hemophilia Month	National Colorectal Cancer Awareness Month	National Eye Donor Month
National Kidney Month	National Nutrition Month	National Poison Prevention Month	National Professional Social Work Month	Save Your Vision Month

Celebrate National Doctors Day!

Home Care and Chronic Obstructive Pulmonary Disease (COPD)

What is COPD?
Chronic Obstructive Pulmonary Disease, or COPD, is a severe lung disease that gets worse over time. In COPD, a person's lungs become damaged and his or her airflow becomes blocked, which makes it difficult to breathe.

The most common conditions that make up COPD are emphysema and chronic bronchitis.

More than 12.7 million Americans have COPD, and it is the nation's third leading cause of death.

- What can Home Care do for patients with COPD?**
Our services may include but are not limited to:
- Observation and assessment
 - Management and evaluation
 - Supportive care education of disease process
 - Individual and family counseling
 - Home safety and emergency education
 - Medication education
 - Assistance with ADLs
 - Nutrition education
 - Restorative therapy (physical, occupational and speech)
 - Medical social services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7 National Patient Safety Awareness Week (7-13) National Pulmonary Rehabilitation Week (7-13)	8	9	10 Registered Dietitian Day	11 World Kidney Day	12	13
14 Daylight Saving Time Begins	15	16	17 St. Patrick's Day	18	19	20 First Day of Spring
21	22	23 American Diabetes Alert Day	24	25	26	27
28 Palm Sunday Passover (begins at sundown)	29	30 National Doctors Day	31		<div><div><div><div><div>S</div><div>1</div></div><div><div>2</div><div>3</div></div><div><div>4</div><div>5</div></div><div><div>6</div><div>7</div></div><div><div>8</div><div>9</div></div><div><div>10</div><div>11</div></div><div><div>12</div><div>13</div></div><div><div>14</div><div>15</div></div><div><div>16</div><div>17</div></div><div><div>18</div><div>19</div></div><div><div>20</div><div>21</div></div><div><div>22</div><div>23</div></div><div><div>24</div><div>25</div></div><div><div>26</div><div>27</div></div><div><div>28</div><div>29</div></div></div></div></div>	<div><div><div><div><div>S</div><div>1</div></div><div><div>2</div><div>3</div></div><div><div>4</div><div>5</div></div><div><div>6</div><div>7</div></div><div><div>8</div><div>9</div></div><div><div>10</div><div>11</div></div><div><div>12</div><div>13</div></div><div><div>14</div><div>15</div></div><div><div>16</div><div>17</div></div><div><div>18</div><div>19</div></div><div><div>20</div><div>21</div></div><div><div>22</div><div>23</div></div><div><div>24</div><div>25</div></div><div><div>26</div><div>27</div></div><div><div>28</div><div>29</div></div><div><div>30</div><div>31</div></div></div></div></div>

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April

National Alcohol Awareness Month	National Cancer Control Month	National Counseling Awareness Month	National Donate Life Month	National Minority Health and Health Disparities Month
National Occupational Therapy Month	National STDs/Family Planning Awareness Month	Stress Awareness Month		

Home Care and Cancer

What is cancer?
Cancer is a disease in which abnormal cells grow out of control and invade healthy parts of the body. These cancer cells often form tumors, but some forms of cancer involve the blood and circulate through tissues as they grow. If cancer cells enter the bloodstream or lymph vessels, the cells can spread to other parts of the body and grow there.

More than 1.6 million people are diagnosed with cancer each year, and about 12.5 million Americans have been diagnosed with cancer at some point in their lives. There are more than 100 different kinds of cancer.

- What can Home Care do for patients with cancer?**
Our services may include but are not limited to:
- Observation and assessment
 - Management and evaluation
 - Nutrition management
 - Medication management
 - Disease process education
 - Infusion therapy
 - Tube feedings
 - Urinary catheter care
 - Wound care
 - Pain management
 - Psychosocial support
 - Oxygen management
 - Ostomy care
 - Assistance with ADLs
 - Hydration therapy
 - Parenteral nutrition
 - Enteral nutrition

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<div>6</div> <div>4</div> <div>Easter</div>	<div>7</div> <div>5</div> <div>National Public Health Week (5-10)</div>	<div>8</div> <div>6</div>	<div>9</div> <div>7</div> <div>World Health Day</div>	<div>10</div> <div>8</div>	<div>11</div> <div>9</div>	<div>12</div> <div>10</div>
<div>13</div> <div>11</div>	<div>14</div> <div>12</div>	<div>15</div> <div>13</div> <div>Ramadan (begins at sundown)</div>	<div>16</div> <div>14</div>	<div>17</div> <div>15</div> <div>Tax Day</div>	<div>18</div> <div>16</div>	<div>19</div> <div>17</div>
<div>20</div> <div>18</div> <div>National Volunteer Week (18-24)</div>	<div>21</div> <div>19</div>	<div>22</div> <div>20</div>	<div>23</div> <div>21</div> <div>Administrative Professionals Day</div>	<div>24</div> <div>22</div> <div>Earth Day</div>	<div>25</div> <div>23</div>	<div>26</div> <div>24</div>
<div>27</div> <div>25</div>	<div>28</div> <div>26</div>	<div>29</div> <div>27</div>	<div>30</div> <div>28</div>	<div>31</div> <div>29</div>	<div>32</div> <div>30</div>	<div>33</div> <div>31</div>

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May

Employee Health and Fitness Month	Huntington's Disease Awareness Month	National ALS Awareness Month	National Arthritis Month	National High Blood Pressure Education Month
National Melanoma/Skin Cancer Awareness Month	National Mental Health Month	National Osteoporosis Month	National Stroke Awareness Month	Older Americans Month

Home Care and Hypertension

What is hypertension?
High blood pressure, or hypertension, is a condition that affects 46 percent of the country's adults. High blood pressure occurs when the force of blood against your artery walls is too high. This causes your heart to work harder.

If left untreated, high blood pressure can lead to other serious health conditions such as heart disease, heart attack and stroke.

What can Home Care do for patients with hypertension?

Our services may include but are not limited to:

- Observation and assessment
- Management and evaluation
- Complete physical assessment (upon admission)
- Cardiac-healthy diet education
- Medication education and management
- Disease process education
- Alleviation of stressors and stress reduction factors
- Assistance with ADLs
- Risk factor education
- Lab collection and reporting to physician
- Ongoing physician communication and coordination of care
- Instructions of daily weights
- Assessment of further cardiac abnormalities
- Individual and family counseling
- Home safety education
- Restorative therapy (physical, occupational and speech)
- Nutrition management

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Melanoma Monday	4 World Asthma Day	5 Cinco de Mayo	6 National Nurses Week [6-12] National Nurses Day	7	8 World Red Cross/Red Crescent Day
9 Mother's Day National Nursing Home Week (9-15) Women's Health Week (9-15)	10 World Lupus Day	11 Ramadan (ends at sundown)	12	13	14	15
16	17	18	19	20 World Autoimmune Arthritis Day	21	22
23/30	24/31 Memorial Day	25	26 National Senior Health and Fitness Day	27	28	29

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June

International Childhood Cancer Awareness Month	Men's Health Month	Migraine Awareness Month	Myasthenia Gravis Awareness Month	National Aphasia Awareness Month
National Home Safety Month	National Safety Month	National Scleroderma Awareness Month		

Celebrate Home Safety Month!

Home Care and Fall Prevention

Falls are the leading cause of injury among older adults. The statistics from the Centers for Disease Control and Prevention are staggering: One in every three adults age 65 and older will fall every year, making this accident the leading cause of both fatal and nonfatal injuries among older adults, according to the Centers for Disease Control and Prevention.

Many patients who fall often suffer hip fractures or other physical trauma and never return to their pre-fall level of function.

As people near age 70, the likelihood of suffering a fall increases dramatically and is exponential through the older years, with women five times more likely to fall than men.

What can Home Care do to reduce the incidence of falls?

Our services may include but are not limited to:

- Observation and assessment
- Management and evaluation
- In-home assessment to identify those at risk for falling
- Monitoring medication
- Recommend sound environmental designs in living quarters
- Remove environmental barriers
- Assist in identifying properly fitting shoes and clothing
- Modify unsafe behavior
- Medical social services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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6 National Cancer Survivors Day	7	8	9	10	11	12
13 Men's Health Week (13-20)	14 Flag Day World Blood Donor Day	15	16	17	18	19
20 Father's Day	21 First Day of Summer	22	23	24	25	26
27 National HIV Testing Day	28	29	30			

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Home Care and Wounds

What is a wound?
Wounds can be caused by many things. A simple accident can cause a severe wound that requires specialized care. Likewise, surgeries leave behind incision sites that require care and attention. Wounds called pressure ulcers can develop in people with impaired mobility and other issues.

About 6 million Americans suffer from problem wounds caused by diabetes, circulatory problems and other conditions every year.

It has been shown that home care can help improve comfort, healing time and patient outcomes, as well as lessen complications and decrease the amount of time spent on dressing changes.

What can Home Care do for patients in need of wound care?

- Our services may include but are not limited to:
- Observation and assessment
 - Management and evaluation
 - Patient/caregiver education regarding dressing changes
 - Wound care supplies that are used in conjunction with the skilled nursing visit
 - Anodyne therapy to promote wound healing
 - Wound dressing changes
 - Infection control education
 - Medical social services

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Parents' Day	26	27	28 World Hepatitis Day	29	30	31

August

Cataract Awareness Month	Medic Alert Awareness Month	National Breastfeeding Month	National Immunization Awareness Month	Psoriasis Awareness Month
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Home Care and Pain Management

What is pain management?
Acute pain is caused by illness or injury and it goes away once its underlying cause has healed or been treated. Pain that lasts longer than six months and persists even after an injury has healed is called chronic pain. According to the American Chronic Pain Association, about 50 million Americans suffer from chronic pain. Chronic pain can last for months or years. It is usually not constant, but it can have a significant impact on all aspects of daily life.

Pain management is a plan and process managed by a physician to relieve pain with medications, procedures and other treatments.

- What can Home Care do for patients in need of pain management?**
Our services may include but are not limited to:
- Observation and assessment
 - Management and evaluation
 - Symptom control measures
 - Pain medication instruction
 - Alternative measures to control pain
 - Pain medication side effect control and education
 - Proper repositioning to reduce pain
 - Pain management strategies

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September

Healthy Aging Month	Leukemia and Lymphoma Awareness Month	National Alcohol and Drug Addiction Recovery Month	National Cholesterol Education Awareness Month	National Food Safety Education Month
National Menopause Awareness Month	National Ovarian Cancer Awareness Month	National Pain Awareness Month	Prostate Health Month Sickle Cell Disease Awareness Month	World Alzheimer's Month

Home Care and Osteoporosis

Osteoporosis is a condition in which a person's bones become brittle and weak, making them more likely to break. Although osteoporosis can develop in anyone, older women more commonly have the condition. About half of all women older than age 50 will fracture a hip, wrist or vertebra during their lives. More than 40 million Americans already have osteoporosis or are at high risk of developing it due to low bone mass.

Because bones are living tissue, they are broken down and replenished by our bodies throughout our lives. As people age, the body breaks down more bone tissue than it replenishes. The result is bones that are weaker and less dense. As osteoporosis progresses, people can develop bone fractures from simple bumps, strains or falls.

What can Home Care do for patients with osteoporosis?

Our services may include but are not limited to:

- Observation and assessment
- Management and evaluation
- Supportive care education of disease process
- Individual and family counseling
- Home safety and emergency education
- Assistance with ADLs
- Nutrition education
- Restorative therapy (physical, occupational and speech)
- Medical social services

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October

Children's Health Month	Healthy Lung Month	Long-Term Care Planning Month	National Breast Cancer Awareness Month	National Chiropractic Month
National Dental Hygiene Month	National Liver Awareness Month	National Physical Therapy Month	Talk About Prescriptions Month	

Celebrate National Physical Therapy Month!

Home Care and Physical Therapy

Physical therapists are specially trained to treat injury, disability or disease with exercise and other physical treatments. They focus primarily on treating those experiencing problems with their musculoskeletal, neurological, cardio-pulmonary and skin systems.

Following a complete evaluation, these professionals work with the patient's physician to create a personalized rehabilitation program to best meet the patient's needs, including relieving pain, improving movement, improving function and preventing disability. They also often provide relevant training to family caregivers when appropriate.

What can a physical therapist do for patients in Home Care?

Our services may include but are not limited to:

- Stroke recovery care
- Exercise programs for strength, endurance, coordination and balance
- Walking and transfer training
- Instruction in body mechanics and safety
- Instruction in energy conservation, work simplification and orthopedic rehabilitation
- Wellness education
- Specialized device and equipment training
- Home safety evaluations
- Balance screenings for safety and coordination
- Total joint replacement care

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<div>10</div> <div>World Mental Health Day</div> <div>National Case Management Week (10-16)</div>	<div>11</div> <div>Columbus Day</div>	<div>12</div>	<div>13</div>	<div>14</div>	<div>15</div>	<div>16</div> <div>Boss' Day</div>
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<div>24/31</div> <div>National Respiratory Care Week (24-30)</div> <div>Halloween</div>	<div>25</div>	<div>26</div>	<div>27</div> <div>Lung Health Day</div>	<div>28</div>	<div>29</div> <div>World Stroke Day</div>	<div>30</div>

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November

American Diabetes Month	Diabetic Eye Disease Month	Great American Smokeout Month	National Alzheimer's Disease Awareness Month	National COPD Awareness Month
National Epilepsy Awareness Month	National Family Caregivers Month	National Healthy Skin Month	National Home Care and Hospice Month	Pancreatic Cancer Awareness Month

Join Us in Celebrating National Home Care Month!

Home Care and Diabetes

What is diabetes?

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone needed to convert sugar, starches and other food into energy. About 25.8 million people in the United States are affected by diabetes — more than 8 percent of the country's population — according to the 2011 National Diabetes Fact Sheet. Of these, about 7 million are undiagnosed. Diabetes is a leading cause of death in this country and is a major cause of kidney failure, non-traumatic lower-limb amputations, new cases of blindness, heart disease and stroke.

What can Home Care do for a patient with diabetes?

Our services may include but are not limited to:

- Observation and assessment
- Management and evaluation
- Diabetic diet instruction
- Medication management
- Insulin administration
- Disease process education
- Assistance with ADLs in cases of decreased endurance and loss of extremity sensation
- Restorative therapy (physical, occupational, speech)
- Medical social services

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December

National Drunk and
Drugged Driving
Prevention Month

During this very special month of celebration, we wish you and your entire staff a safe and happy holiday season.

May your time be filled with friends and family; may your days be filled with laughter.

Our main goal — always — is to provide the very best quality of care to patients and their families. We look forward to working with you in the coming year.

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<div>5</div> <div>International Volunteer Day</div>	<div>6</div> <div>National Handwashing Awareness Week (6-10)</div>	<div>7</div> <div>Pearl Harbor Remembrance Day</div>	<div>8</div>	<div>9</div>	<div>10</div>	<div>11</div>
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<div>19</div>	<div>20</div>	<div>21</div> <div>First Day of Winter</div>	<div>22</div>	<div>23</div>	<div>24</div> <div>Christmas Eve</div>	<div>25</div> <div>Christmas Day</div>
<div>26</div> <div>Kwanzaa Begins</div>	<div>27</div>	<div>28</div>	<div>29</div>	<div>30</div>	<div>31</div> <div>New Year's Eve</div>	

Happy
Holidays

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January

Cervical Health Awareness Month

National Birth Defects Prevention Month

National Blood Donor Month

National Glaucoma Awareness Month

Thyroid Awareness Month

Home Care and Dementia

What is dementia?

Dementia is the term for a collection of symptoms that affect thinking and behavior, such as problems with memory, judgment, language and motor skills. Dementia's decline in mental abilities makes it difficult for patients to easily engage in everyday activities. About a third of all seniors will eventually develop some form of dementia.

While damage to brain cells causes dementia, many different conditions can cause this damage. Alzheimer's disease is the most common type of dementia, making up 60 to 80 percent of all cases. It gets worse over time, with patients' symptoms often beginning with memory problems or depression and progressing to impaired judgment, confusion, changes in behavior, and problems with basic activities such as speaking, walking and swallowing.

What can home care do for a patient with dementia?

- Observation and assessment
- Wellness education
- Individual and family counseling
- Pain assessment
- Medication education
- Assistance with activities of daily living
- Diagnostic checks
- Prevention education
- Physician follow-up
- Clinical outcomes feedback
- Case management
- 30-day and 60-day summaries
- Home safety evaluation
- Specialized device and equipment training

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<div>9</div>	<div>10</div>	<div>11</div>	<div>12</div> <div>National Pharmacist Day</div>	<div>13</div>	<div>14</div>	<div>15</div>
<div>16</div> <div>National Activity Professionals Week (16-22)</div> <div>National Healthy Weight Week (16-22)</div>	<div>17</div> <div>Martin Luther King, Jr. Day</div>	<div>18</div>	<div>19</div>	<div>20</div> <div>Women's Healthy Weight Day</div>	<div>21</div>	<div>22</div>
<div>23/30</div> <div>National Nurse Anesthetists Week (23-29)</div>	<div>24/31</div>	<div>25</div> <div>National Medical Group Practice Week (25-29)</div> <div>National IV Nurse Day</div>	<div>26</div>	<div>27</div>	<div>28</div>	<div>29</div>

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