



Your Patients Need Help Recognizing Their Own Needs for Home Care

When your patients and their families face a new or growing disability, early intervention proves most likely to create a sustainable caregiving situation at home that is healthy for both care-recipient and caregiver. Unfortunately, **recently published research reveals that seeking caregiving assistance in a timely, proactive manner is not the norm** (Adams, K. "The Transition to Caregiving: The Experience of Family Members Embarking on the Dementia Caregiving Career." *Journal of Gerontological Social Work*; Nov. 2006). "There seems to be a strong desire to keep things as they were, to stick with familiar routines as much as possible, and to manage without resorting to extra help," states researcher, Kathryn Betts Adams, assistant professor of social work at Case Western Reserve University. Her research shows how many families refrain from proactively getting the help they need until a crisis forces the issue. Expensive institutionalization often results.



However, recent **research demonstrates how timely intervention into the caregiving situation helps families achieve their goals of avoiding institutionalization** (Mittelman M, et al. "Improving caregiver well-being delays nursing home placement of patients with Alzheimer disease." *Neurology* 2006; 67: 1592-1599.). You are in an ideal position to counsel patients who may benefit from additional help at home and to tell them about *Medical Pros On-Call*.

Indicators for a Home Care Referral:

- A **recent event or diagnosis** indicating some disability
- Long-held household responsibilities shifting from one retired spouse to the other
- Stated or demonstrated inability to **manage medications**
- **Injuries at home:** especially slips, falls, and burns
- Change in diet. Missed meals. Over-reliance on convenience foods. Declining nutritional status.
- **Caregiver fatigue:** when family resources do exist but signs of tiring or emotional strain are present
- Patient complains of lacking family support
- Change in dress: less kempt, less clean
- **Decline in personal hygiene**
- **Signs of depression**
- **Wandering / Signs of confusion**
- Unpaid bills
- Limited mobility: risk of falls
- Fear of driving: this fear may cause reluctance to visit the pharmacy or grocery store
- Declining cleanliness or safety of the home environment

The presence of any one of these signals may indicate a need for human assistance at home. *Medical Pros On-Call* offers home care programs on a private-pay basis as well as personal care services paid for by Medicaid. With private personal care services, nurse aides visit the homes of your patients for hours each day. The nurse aides can assist with dressing, bathing, ambulation, toileting, personal hygiene, medication reminders, meal preparation, light housekeeping, and much more. When you think your patients may benefit from one of these programs, please make a quick phone call to Medical Pros On-Call to request a free, in-home evaluation. Medical Pros On-Call will send an RN to the homes of your patients to evaluate and discuss their home care needs. In most cases, personal care services require NO PAPERWORK from the physician.

Very High Client Satisfaction

Our client satisfaction surveys showed that **95%** would refer Medical Pros On-Call to friends and family. **Two secrets to our success: (1) high reliability, (2) a family-like atmosphere that is simultaneously professional and respectful.**



Please tell your patients about Medical Pros On-Call

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Services

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