

Professional Care at Home After a Hospitalization or Surgery

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An unexpected hospitalization and a planned surgery have one thing in common: when coming home, it is hard to know at what level you will function and how long it will take to resume normal activities. Whether for a few days or longer term, pre-arranging a Live Free Home Health Care caregiver who understands the specific care requirements can provide you with the comfort needed to focus on recuperation or rehabilitation, while the caregiver also keeps the household running smoothly. Live Free Home Health Care provides whatever help is needed, including:

- Transportation home from the hospital and to follow-up appointments
- Connections to resources in the community
- Assistance with in-home medical equipment or telehealth
- A safety assessment of the home to avoid tripping hazards
- Bathing assistance
- Ambulation supervision to prevent falls
- Exercise/activity as allowed by the physician
- Meals that follow any dietary restrictions, such as a low-sodium or low-fat diet
- Implementation of an activity/exercise plan

"No Worries", Comprehensive Care Focused on Recovery

Live Free Home Health Care can assist with post-discharge planning and will work with your hospital care team to create a care plan for rehabilitation or recovery that includes:

- Providing in-home care
- Scheduling follow-up appointments
- Keeping a medication checklist
- Coordinating delivery of in-home medical equipment
- Responding to anticipated symptoms
- Important medical contacts with phone numbers



Serving Central New Hampshire and the Lakes Region

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A Better Understanding of Medications

Once home from the hospital, taking medication regularly as prescribed is a key component to recovery. Live Free Home Health Care caregivers can:

- Pick up prescriptions
- Teach the importance of medications
- Provide medication reminders
- Recognize undesired reactions to medications

Early Recognition of Health Complications

Through regular home care visits, our caregivers are often the first to notice a change in conditions after surgery or a hospitalization, and always take action quickly when recognizing these and other key health indicators:

- Post-operative infection
- Undesired reactions to medications
- Changes in fluid intake or output
- Swollen ankles
- Shortness of breath
- Unexplained increased fatigue
- Signs and symptoms of a blood clot

Pre-arrange post-discharge assistance from Live Free Home Health Care and let us work with you to develop a plan of care to meet all of your post-operative care and personal needs to ensure a smooth and speedy recovery in the comfort of home. Call (603) 217-0149 to learn more.

