



The Accredited Family  
of Home Care Services

# Your comprehensive at-home MANAGEMENT PLAN

## MINIMIZING THE EFFECTS OF **ARTHRITIS**

By closely following your physician's plan of care, you can effectively manage your condition... and *The Accredited Family of Home Care Services* is here to help. Our nurses, therapists, equipment specialists and nurse's aides will contribute to your recovery every step of the way, working closely with your doctors and your family.

### **ACCREDITED HOME HEALTH SERVICES:** *Visiting skilled nurses & therapists*

**Licensed nurses** will instruct family members on the management of Arthritis. They will also monitor medications and provide a medication regimen.

**Medical Social Workers** will help the family access community resources and will assist the family with any counseling needs.

**Physical or occupational therapists** can conduct a home safety inspection and recommend adaptive medical equipment to assist with Activities of Daily Living. They can also design an in-home exercise program to build strength and conserve energy.

### **ACCREDITED NURSING CARE:** *One-on-one in-home attendant care*

#### **Accredited's caregivers can provide one-on-one assistance with:**

- Compliance with physical therapy and exercise activities
- Completion of painful tasks (driving, bathing, dressing, housekeeping, etc.)
- Meal preparation and diet modification to prevent weight gain (which stresses joints)
- Applying ice packs or heating pads to relieve localized pain
- Encouraging bed rest when appropriate to reduce pain and joint inflammation
- Frequent repositioning to reduce pain and stiffness
- Apply proper transferring techniques to prevent further joint damage

### **ACCREDITED MEDICAL EQUIPMENT & SUPPLY:** *Door-to-door delivery*

#### **Our full-service medical equipment division delivers the following and more:**

- Hospital Bed and Trapeze Attachment
- Wheelchair and Cushion
- Scooter
- Lift Chair
- Walker
- Daily Living Aids for assistance with dressing, grooming, bathing and eating
- Splints/Braces
- Raised Toilet Seat or Commode
- Shower Chair
- Overhead Reachers & Grabbers
- Shoe Horns & Stocking Aides



*We're here to Help!*

*Make us your family's one resource  
for all its home healthcare needs!*

CALL US TOLL-FREE: (800) 974-1234

ARTHRITIS