



Feel better and heal better at home.

Are you or a loved one recovering from an illness or injury? Do you or a family member need help with an ongoing physical or mental health challenge? Imagine how much more comfortable it would be to get the care you need in the home you love.

With Porter Hills Home Health Care, our skilled nurses, medical social workers, therapists and home health aides will come to you, wherever you live, to carry out the care plan your doctor has set up for you.



Ask your doctor about home care.

Your doctor will determine if you qualify for home health care. You can call us if you'd like information about home care services: 616-949-5140.

Just tell your doctor you prefer Porter Hills Home Health. If you're in the hospital, you can request Porter Hills Home Health from the discharge planning staff.

We'll make all the arrangements to make home care happen.

It's all about you.

No two people are alike, so there's no single treatment approach that will work for everyone.

When we provide care for you at home, we really get to know you – and often, your family and friends. That means we can tailor our services to fit your unique personality, lifestyle, goals and family situations. And that's better for your health.



“Porter Hills was the answer that we needed for my father to stay independent.”

Quality care you can count on.

Our services are certified by independent third-party agencies. We continually monitor our performance so we can make constant adjustments and improvements. We consistently receive high rankings from the people we serve and from Medicare, which looks at quality measures like the way we treat symptoms, help people manage pain and prevent unplanned hospital care.

We also lead the region in new technologies and practices that allow more people to receive care at home, more conveniently.

Let us deal with insurance.

We accept Medicare and most insurances – and we'll work directly with your doctors on insurance issues so you and your family can focus all your attention on your health.

A legacy of care.

Porter Hills Home Health builds on more than a half century of providing the utmost quality care for older adults.



What people are saying...

"A physical therapist came in twice a week to work with me, and they were so kind and helpful. Seeing them brightened my day ... and I got better quickly!" — Patient

"I can focus all of my attention on one person when I'm visiting them at home. I get to know them and their family, and it makes a difference in their quality of life."
— Porter Hills Home Health Care Nurse

"Dad was really depressed after Mom died. We were so worried, but he didn't want to come live with us. A Porter Hills therapist came out to his house for a few months, and he feels like his old self again."
— Daughter of Patient

PORTER HILLS

Home Health Care

Skilled Nursing at Home.

YOUR DOCTOR MAY DECIDE YOU
NEED SKILLED NURSING CARE AFTER A
HOSPITAL STAY, INJURY OR ILLNESS.

Our licensed nurses will come to your home and help you with such issues as:

- Managing your disease, your medications and your pain
- Giving you health and nutrition tips that can improve your condition
- Teaching you how to manage your diabetes better
- Taking care of wounds and other skin conditions

(over)

*Skilled Nursing at Home
continued.*

We can also set you up with monitoring devices and other technologies that will improve communication with us and ease your peace of mind.

We'll work closely with your doctor(s) to monitor your progress and adjust your care as needed.

*Tell your doctor or health care
provider that you prefer
Porter Hills Home Health Care.*

616-949-5140

www.PorterHills.org

PORTER HILLS

Home Health Care

Physical, Occupational,
Speech & Language
Therapy at Home.

YOUR DOCTOR MAY DECIDE THAT
THERAPY WILL HELP YOU RECOVER AFTER
A HOSPITAL STAY, INJURY OR ILLNESS.

Our licensed therapists can come to your home to provide three different kinds of therapy that often work together:

PHYSICAL THERAPY TO HELP YOU:

- Regain your balance and prevent falls
- "Re-educate" your muscles to do the things they used to
- Perform exercises that will improve your quality of life
- Learn to use a prosthetic limb
- Modify your home to make it easier for you to stay here
- Teach you how to use devices that will make your life easier

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Therapies at Home continued.

OCCUPATIONAL THERAPY WITH A FOCUS ON:

- Preparing you to resume day-to-day activities – feeding, dressing, bathing, grooming, going to the bathroom and more
- Making sure your home is safe and you get any equipment you need – including things that can help if you have vision problems
- Teaching you about protecting your joints and conserving your energy

SPEECH THERAPY

We can use specialized therapies to improve your swallowing and/or help you enhance your language skills and express yourself more clearly.

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PORTER HILLS

Home Health Care

Medical Social Services & Psych Nursing at Home.

YOUR DOCTOR MAY DECIDE THAT YOU WOULD BENEFIT FROM SOCIAL AND/OR MENTAL HEALTH SERVICES TO COPE WITH CHALLENGES RELATED TO AGING – WHETHER YOU'RE 40 OR 90.

Our medical social workers and psychiatric nurses can come to your home for the support you need:

SOCIAL SERVICES

- Manage stress and learn coping techniques
- Figure out long term planning needs
- Plan for future medical care with an Advance Directive
- Focus on a specific issue that's nagging at you

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*Medical Social Services &
Psych Nursing at Home continued.*

MENTAL HEALTH SERVICES

- Support with depression and anxiety
- Offer techniques to address dementia-related expressions of unmet needs
- Cope with social and emotional isolation
- Come to terms with impaired physical ability

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PORTER HILLS

Home Health Care

Telehealth Services

YOUR DOCTOR MAY DECIDE TO USE REMOTE TECHNOLOGY TO MONITOR YOUR VITAL SIGNS AND ENCOURAGE YOUR RECOVERY.

We can provide you with a computer tablet and other devices that will transmit information from your home to your doctor.

TELEHEALTH SERVICES WILL HELP YOU:

- Monitor your blood pressure, pulse and weight
- Communicate with your doctor through text, voice and video chat
- Watch videos and learn more about your condition
- Get diet tips and medication reminders
- Track your progress

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Telehealth Services continued.

STANDARD PATIENT KIT



Patient Connect Tablet



Bluetooth Blood Pressure Bluetooth Pulse Oximeter



Bluetooth Scale

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PORTER HILLS

Home Health Care

Home Health Aides

YOUR DOCTOR MAY DECIDE THAT YOU
NEED HELP WITH DAILY ACTIVITIES
BECAUSE OF YOUR MEDICAL CONDITION.

Our friendly and compassionate health
aides will come to your home and help
you with:

- Bathing and grooming
- Exercise
- Moving around your house or apartment

Tell your doctor or health care
provider that you prefer
Porter Hills Home Health Care.

616-949-5140

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