



HANDI-CARE, INC.



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www.handi-careinc.com

Services

Personal Care (PCS)
Private Duty Home Care
CAP / DA
Non-Emergency Transportation
Respite Care
ElderCare Consulting

Service Area

Burke
McDowell
Catawba
Caldwell

Personal Care Services help with health related activities of daily living

such as:

Assistance w/ medications
Vital Signs
Bathing
Grooming
Assistance w/ ambulation
Assistance w/ transfers
Light Housekeeping
Laundry
Meal Preparation
Special Diets
Dressing
Bed-bound care
And much more

Meeting Home Care Needs Reduces Mortality

A study recently published in the Journal of the American Geriatrics Society found a strong correlation between unmet homecare needs among dementia patients and increased mortality (Gaugler J, Kane RL, Kane RA, et al. Unmet care needs and key outcomes in dementia. Journal of the American Geriatrics Society ; Dec 2005, 53 (12): 2098-2105.). Gaugler, et al tracked 5,831 dementia patients over 18 months. They interviewed caregivers about needs for assistance with specific activities of daily living (ADLs) and whether those needs were being met. Researchers asked about eating, bathing, toileting, etc. During the 18 month study, caregivers who reported needing more assistance with just one ADL for the patient were 12% more likely to see the care recipient placed in a nursing home. Those who needed help with two or more ADLs were 77% more likely to be institutionalized in a nursing home. Compared to the group reporting no unmet ADL needs, those who needed help with two or more ADLs were also 37% more likely to die during the 18 month study. **Gaugler et al found unmet ADL needs to be better predictors of nursing home placement and mortality than direct tests of mental and functional abilities.**



Various reports over the past decade have connected unmet ADL needs among older adults with discomfort, distress, going hungry, dehydration, falls, injuries, and medication non-adherence. **Considering the strong connection between unmet home care needs and loss of independence or increased mortality, it may be appropriate for family practitioners to make specific questions about home care part of routine geriatric exams.** Questions about whether patients feel safe getting out of the shower alone, whether patients cook less because it is too difficult, and whether patients have trouble getting to the pharmacy or grocery store may reveal predictive unmet ADL needs. When you want your patients to be able to receive reliable, trustworthy help with home care, please tell them about Handi-Care. Handi-Care provides daily, in-home assistance with the ADLs tracked in this research and more:

- ☞ Bathing
- ☞ Meal Preparation
- ☞ Laundry
- ☞ Vital Signs
- ☞ ROM Exercises
- ☞ Menu Planning
- ☞ Grooming
- ☞ Medication Reminders
- ☞ Dressing
- ☞ Assistance with Self-Administered Medications
- ☞ Light Housekeeping



Michael C. Queen,
Administrator, Founder



Order No Cost Homecare Assessments for Your Patients

When you have patients / families who may benefit from in home-aide services, please order a no-cost, no-obligation, homecare assessment from Handi-Care. Handi-Care will promptly send a nurse to the home of your patient and inform them about qualifications, available services, payors, and recommended plan of care.

Please call Handi-Care for your patients in need.