



Home Health Indicators

Taking care of potential issues before they become major problems can help to ensure you or your loved one can continue to live safely and independently at home. A good place to start is to see if you or a loved one might benefit from home health services which can provide a number of different types of support depending on a patient's unique circumstances.

Home Health Indicators Checklist

- Requires assistance to leave the house
- Needs a mobility aid or special transportation to leave the house
- Medical condition limits leaving the house or makes it very difficult to do so
- A new diagnosis or complications of an existing diagnosis
- A new or significantly changed medication
- Difficulty managing medications
- Difficulty managing health condition(s)
- Recently diagnosed with a chronic condition
- Frequent hospitalization in the past year
- Frequent emergency room or urgent care visits
- Contacts the doctor's office frequently or needs frequent follow-up from the medical team
- Functional or cognitive changes
- Has fallen recently, is at risk of falling, or is afraid of falling
- Changes in mobility
- Has concerning weakness, endurance issues, or balance problems
- Concerns with safety in the home
- Changes in appetite or weight loss/gain
- Difficulty with daily activities (bathing, grooming, chores, shopping, meal preparation, transportation)
- Has a recent or scheduled surgery
- Has a recent or scheduled discharge from a facility
- Is having problems managing pain or symptoms
- Has been diagnosed with a life-limiting condition

We offer a number of services designed to keep our patients as safe and independent as possible at home. Our range of care options allows us to provide our patients with more comprehensive care as well as a seamless transition should they need to move from one type of care to another.

Navigating the maze of health care can be overwhelming for patients and caregivers. We are here to listen to your concerns and work with you to help provide the care you or your loved one need.

Whether you need care today or are planning for tomorrow, we are here to help.

Contact us to learn more about how SSM Health at Home services can be there for you.

800-924-2273 or [ssmhealth.com/atHome](https://www.ssmhealth.com/atHome)