



The effectiveness of home health care

Discovering the power
of healing at home





Introduction

If you or a loved one has been diagnosed with a chronic condition or is leaving the hospital after a procedure, your physician may recommend home health care.

Home health care is skilled care that acts as a bridge — a continuation of your physician's care plan. But instead of taking place in a hospital or a facility, it takes place in the comfort of your own home.

You'll be visited by skilled clinicians and therapists who will use their expertise to help you:

- Adjust your daily routines based on your condition, if needed
- Learn more about your condition through education
- Manage your medications
- Understand the long-term management of your condition so you can remain independent

Home health care also helps family caregivers learn how to care for their loved ones from those who know best.

In most cases, **home health care is covered by Medicare Part A** and many private insurers.

Patients in high-quality home health and home-based care programs have experienced:

26%

fewer acute care hospitalizations¹

59%

fewer hospital bed days²

19-30%

total medical cost savings^{3, 4, 5}

Is home health care effective?

Studies have shown that home health care works and is even more cost-effective than hospital care.



If it wasn't for the quality of care I received, I wouldn't have made it. I'm really grateful. What do you say to somebody you owe your life to?

- Steve,
Home health patient



They have been such a support system that I really count on. They give me a sense of security that I wouldn't have without them there.

- Eunice M.,
Family member of home health patient



Why is home health care so effective? Because there's no place like home.



The hospital and nursing facility are where you go to get fixed up. Home is where you heal.

– Dawn, RN,
Home health

Care that takes place in your own home has many benefits:

It's more convenient

Patients are able to get the care they need with less trips to rehab locations.

Home is where your heart is

Patients feel safest, most relaxed and most comfortable where they live.

Your care fits your environment

By taking care of you in your own home, skilled clinicians and therapists are able to help you learn about nutrition, exercise, medication taking and risks, all in a real-world environment, so you can be functional where you live. Other rehabilitation settings can't offer this.



As the nation's largest provider of home health care, CenterWell™ Home Health is a trusted name in home health care.

CenterWell Home Health is the number one operator of home health with over **8,500 caregivers** serving more than **255,000 patients** annually.

Our nurses, therapists and aides have a reputation for industry-leading, award-winning, compassionate care.

In 2020, **217 CenterWell Home Health branches** were awarded **four stars** or more for their quality of **patient care**.⁶



CenterWell Home Health takes a unique approach to home health care

We give unique care to each patient

In our eyes, no two patients are the same. So we tailor each patient's care to their own personal health goals, environment and routines.

We believe in the power of positive health behaviors and skills

In order to help patients achieve their personal health goals, we show them how adjusting their routines and behaviors has a positive effect on how they act and feel.

We empower our patients by engaging them in their lives

Because we're in our patients' homes, we're in our patients' lives. And by helping them manage their daily routines, we help them make longer-lasting changes to their health.

We help patients understand the *why*

We not only teach patients about their medications, diets and routines; we also show them *why*. This knowledge empowers them to make better long-term health choices.



We're always here to help

It's easy to see why CenterWell Home Health is one of the best choices when it comes to home health care. If a physician has recommended home health care for you or a loved one, please reach out to our expert nurses.

We're always here to answer any questions or talk with you further about our unique approach to care. We're also able to contact your physician within 24 hours to make sure we're able to provide the care you need, and we can schedule an in-home assessment within 48 hours. And if you're not eligible for home health care services, we'll help you locate alternative, community-based resources.

Visit us at [CenterWellHomeHealth.com](https://www.CenterWellHomeHealth.com) for more information.



Ask us about care

Call us 24/7

1-833-453-1107



Visit us at

CenterWellHomeHealth.com

for more information

Citations

¹Peter Shaughnessy et al., "Improving Patient Outcomes of Home Health Care: Findings from Two Demonstration Trials of Outcome-Based Quality Improvement," *Journal of the American Geriatrics Society*, 2002.

²Julie Leftwich Beales and Thomas Edes, "Veteran's Affairs Home Based Primary Care," *Clinics in Geriatric Medicine*, 2009.

³H. Stephen Kaye et al., "Do Noninstitutional Long-Term Care Services Reduce Medicaid Spending?," *Health Affairs*, 2009.

⁴Lesley Cryer et al., "Costs for 'Hospital at Home' Patients Were 19 Percent Lower, with Equal or Better Outcomes Compared to Similar Inpatients," *Health Affairs*, 2012.

⁵Kevin D. Frick et al., "Substitutive Hospital at Home for Older Persons: Effects on Costs," *American Journal of Managed Care*, 2009.

⁶Centers for Medicare & Medicaid Services, "April 2020 Home Health Compare Refresh," (Represents OASIS Data 7/2018–6/2019 and Claims Data 1/2018–12/2018)," April 2020.