



Safe Return Transition Care: Care for Your First 24 Hours at Home from the Hospital or Rehab

You have been in the hospital, rehab or a nursing home and now you are going home. Let A Helping Hand Home Care Services make your transition home easy on you and your loved ones and help reduce the likelihood of re-admission.

We provide non-medical support that you need to “fill the gap” until Medicare home health agencies arrive. A Helping Hand Home Care Services will make your return home easier and more comfortable. We are here to help and provide additional non-medical services and create a care plan to meet your individual needs.

Prior to discharge, our staff nurse will meet you and provide a needs assessment and prepare a care plan geared to your support once you return home. Our care managers will assist in the planning and coordination of your transition care. On your discharge day, we will:

- **Meet you at the hospital or rehab and help bring your belongings to the car**
- **Transport and assist you to your home in a private car**
- **Help you get settled comfortably at home and unpack and put away your belongings**
- **Pick up prescriptions and other supplies**
- **Check the refrigerator for spoiled food**
- **Make the bed with clean linens**
- **Prepare nutritious meals**

Once you are at home, we will stay with you for the first 24 hours (or a time of your choosing) to be sure that you are safe and well taken care of during your transition. Remember that medical or therapy services do not start for a day or two once you are home.

During your transition care, we will:

- **Help with showering and/or toileting if needed**
- **Prepare your meals so that you can regain strength and follow diet if prescribed**
- **Remind you of your medication and other orders**
- **Do light housekeeping to freshen up your home**
- **Do laundry, fold and put clothes away**
- **Go to the grocery store so that you have what you need on hand**

A Helping Hand Home Care Services is a fully insured, bonded, and licensed Home Care Agency providing non-medical in-home care. All companions/homemakers are employees of the company with background checks, DOT record check, worker’s compensation insurance, and are supervised by management. We accept private pay and long-term care insurance. We are also contracted through the Office of Long-term Living and Adams County Office for Aging to provide services through the following waivers and programs – Attendant Care, Act 150, CommCare, Independence, OBRA, Aging, and Options.

**Call us today for your free in-home consultation!
717-698-8258**

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Licensed Home Care Agency 26963601