

ConnectedCare Clinics

MaineHealth Care at Home has established partnerships with multiple community groups to provide on-site nursing services with telehealth support that gives residents access to nursing care, education, health monitoring, and referral to community services. Telehealth services in these clinics are offered through a kiosk model.

ConnectedCare Clinics are currently operating in partnership with Avesta Housing, Loring House, The Caleb Group, and the Casco Bay communities of Chebeague Island and Long Island. The clinics offer access to a healthcare professional 7 days a week and aim to strengthen the connection between individuals and their healthcare providers.

Population Health and Wellness

Education and preventative care are the foundations of good health and disease management. Population health nurses provide health screenings, education, immunizations, and foot care at clinics and public sites throughout our service area.

For a schedule of public clinics, please visit our website at mainehealthcareathome.org.



Agency Information

MaineHealth Care At Home is a leading provider of comprehensive home health, hospice, and population health services. Our **Home Health Program** provides nursing care, rehabilitative therapies, social work, palliative care, nutritional counseling, telehealth, and specialty services to patients of all ages. Our services help patients regain strength after surgeries, manage chronic diseases, and recover from major illnesses.

Population Health and Wellness services include health screening and education at participating sites, with foot care and immunizations available at public clinics throughout the community.

Hospice Care offers a support system of medical, social, emotional, and spiritual services that promote dignity and affirm quality of life. Our hospice services are available anywhere our patients call home, whether it is the patient's home, assisted living center, or healthcare facility. Hospice services are available in the Mid-Coast region with short-term hospice care and respite at the Sussman House in Rockport.

MaineHealth Care at Home provides services 7 days a week, with 24/7 on-call nursing, throughout York, Cumberland, Lincoln, Knox, Waldo, Sagadahoc, and southern Oxford Counties.

MaineHealth Care at Home is a fully licensed 501(c) (3) not-for-profit organization and a member of MaineHealth.

**TO LEARN MORE, CALL:
800-660-4867**

**TO REFER TO SERVICES, CALL:
866-255-8744**

mainehealthcareathome.org

MaineHealth

CARE AT HOME



Adult Care

CARE • COMPASSION • INDEPENDENCE

Our care at home helps patients regain strength after surgery, manage chronic disease, and recover from major illness.



Telehealth

Telehealth is technology that allows you to connect virtually with our nurses and allows our nurses to monitor your health status and vital signs. Equipment includes touch-screen tablets and monitoring devices to collect and electronically transmit pulse, weight, blood pressure, blood sugar, and blood oxygen levels.

- Improved medication management through program reminders
- Connection with nurses face-to-face using the tablet's video capabilities
- Health education about chronic conditions through videos and quizzes
- Awareness of the signs and symptoms of illness
- Monitoring devices to track vital signs
- Cameras to capture wound images
- Messages via text or email

Telehealth services are provided in conjunction with on-site home health services.

Nursing

With their advanced clinical skills and expertise, our nurses provide assessment, teaching, wound and ostomy care, chronic disease management, infusion therapy, and medication review. Nurses help you to recover from serious illness and to regain independence.

- **Complex Wounds:** Wound care nurses assess, treat, and teach patients with hard-to-heal wounds and ostomy needs, including colostomy, ileostomy, fistulas, and leaking tube/drain sites with a goal to advance healing and prevent complications.
- **Cardiac Conditions:** Nurses provide education, monitoring, and care to patients diagnosed with congestive heart failure, hypertension, coronary artery disease, other cardiac diseases, stroke, and those at risk of coagulation to improve quality of life and independence.
- **Chronic Obstructive Pulmonary Disease and Chronic Lung Disease:** Nurses administer a personalized care plan to monitor the lung condition, easing symptoms and ultimately reducing the risk of hospital readmission.

Palliative Care

Our expertly trained palliative care team helps those with a serious illness adjust to medical changes and receive relief from the pain and symptoms associated with serious and/or chronic illness. Palliative care can be offered with curative treatment.

Counseling and Emotional Support

Medical social workers provide counseling and encouragement to help patients and their families address the unexpected challenges of illness, injury, or major life changes. Our social workers provide linkage to community resources and other healthcare services.

Home Health Aides

Certified home health aides help patients with the daily activities of life that most of us take for granted: bathing, grooming, dressing, eating, walking, or simply getting out of bed. The gentle support of our home health aides enhances independence and dignity.

Nutritional Counseling

Registered dietitians provide nutritional counseling, health education, and personalized dietary plans for patients with diabetes and those who have special dietary needs. Dietitians will monitor health changes, manage medication(s), and make diet recommendations to support a more vibrant and healthy life.

Rehabilitative Therapies

Physical and occupational therapists use the latest treatment options to help you gain independence and strength through education, exercise programs, and supportive devices. Services may include strength training, home safety evaluation and modification recommendations, vision screening, balance training, and assessment for assistive devices.

Speech language pathologists help you gain techniques to improve cognitive skills, strengthen communication skills, and regain swallowing abilities. Services include assessment, teaching, oral strengthening exercises and cognitive training aimed at an improved quality of life.

- **Physical Therapy** improves strength, safety, and movement after surgery, injury, or other life challenge.
- **Occupational Therapy** helps patients with living skills including bathing, dressing, and cooking through exercise and education.
- **Speech-Language Pathology** alleviates difficulties with speech, communication, and swallowing through the latest treatment techniques.
- **Orthopedic Rehabilitation** assists those recovering from joint replacement surgery to gain strength and independence.
- **Post-Operative Care** supports post-surgical patients through home safety evaluation, education, equipment assessment, pain management, and therapeutic services.
- **Cardio-Pulmonary Rehabilitation** helps patients with heart failure, cardiac surgeries, and pulmonary disease regain independence.
- **Stroke Rehabilitation** helps patients maximize communication and motor skills.

Fall Prevention

HomeSafe

HomeSafe is an in-home assessment and treatment program for those at risk for falls. Individuals with a history of falls, multiple medications, difficulty walking, repeated hospitalizations, dizziness, and/or neurological disease are recommended to contact us directly or ask their provider about a referral to services.

HomeSafe patients gain improved mobility, strength, confidence, and independence and realize lower rates of hospitalizations and emergency room visits.

Our *HomeSafe* team of rehabilitative therapists, nurses, social workers, dietitians, and home health aides work together to provide:

- Walking and balance training
- Home modification and equipment
- Customized exercise programming
- Cognitive skill training and education
- Vision screening
- Communication tools

Lifeline — Emergency Response System

MaineHealth Care at Home partners with Philips Lifeline to offer a range of alert devices that help individuals maintain safety and independence. These devices offer connectivity to emergency resources 24 hours a day, 365 days a year.

To learn more about Philips Lifeline Emergency Response Systems, call 1-800-660-4867 and ask to speak to our Lifeline Coordinator.

