



STROKE PROGRAM



According to the National Institute on Aging:

- Every 40 seconds, someone in the United States has a stroke
- Over 75% of strokes occur in people over the age of 65
- If you have had a stroke in the past, it's important to reduce your risk of a second stroke. Your brain helps you recover from a stroke by drawing on body systems that now do double duty.

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HOW EASYLIVING'S STROKE PROGRAM WORKS:

- 1.) We will provide an in-home assessment by a professional care manager that reviews your level of risk and will make the necessary recommendations to keep you aging wisely.
- 2.) We will provide a trained care partner to provide the essential care needed to reduce your risk of falls and prevent unnecessary hospitalizations, such as:
 - **Vitals** - track and report any changes in blood pressure & weight
 - **ADLs** - Assisting with transfer - in/out of chair, to the restroom, in/out of bed
 - **Meal Preparation** - Assistance in preparing healthy meals & encouraging fluids to maintain a safe level of hydration
 - **Medication Assistance** - Remind and assist to ensure medication is taken within prescribed time and within physician orders
 - **Housekeeping** - Maintain a clean and safe home environment



A CARE MANAGER WILL OVERSEE AND MANAGE CARE:

- **Clinical management** of chronic diseases (e.g., Dementia, Diabetes, CHF, COPD, Stroke)
- **Monitor signs & symptoms** of chronic illness exacerbation (e.g., signs of heart failure, vascular impairment)
- **Coach** the importance of healthy behaviors, like dietary and medication compliance, and the importance of monitoring indicators of disease progression like weight, glucose levels, or swelling in the extremities
- **Medication management** and working with doctors/pharmacists on medication reconciliation and coordination to ensure the patient is taking medications properly and reducing errors and side effects.
- **Provide recommendations** and resources to assist with increasing quality of life and reducing family stress
- **Managing** escalating behaviors in dementia patients

PROVEN OUTCOMES

EasyLiving's hospitalization & rehospitalization rate for the previous 30 days is **1.41%** which is well below the national average of 15.6% & our local average of 15.9%.

