Quality of life ... begins at home

(866) 334-7777

www.HomeCareForYou.com
guaranteed quality of life at home is ...

and the name for...
We at Nightingale Home Healthcare understand that your home is where you feel comfortable—it is where you want to be. When you are not feeling well, what do you do? Stay home. An illness or disease may require you to go to the hospital but where do you want to return just as soon as possible? Your home—where you are the most comfortable. It is wonderful when a loved one can take care of you in your home, but when the responsibility of caregiver becomes too overwhelming, or you don’t have a person to take care of you, it becomes necessary to seek other solutions. Nightingale Home Healthcare is that solution!

Nightingale Home Healthcare was conceived in 1996 on the principal that “Our Patients Always Come First.” This principal has been our guiding force in delivering quality home care ever since.

You want and deserve the best home care for yourself or your loved one. You can count on Nightingale’s home health care services to guarantee your quality of life while remaining at home.

“Home...
that’s where I want to be!”
Caring for you at home with
innovative technology and old fashioned compassion

Compassion
In today’s complex world, Nightingale provides a breath of fresh air by combing sincere compassion with the latest cutting-edge technology. We understand it is not only the care we provide that sets us apart, but also the way in which we deliver it...by honoring the dignity and respect that you or a loved one deserves.

Commitment
Nightingale is dedicated to the commitment of going beyond in all measures to ensure the highest quality care for you or a loved one. Our staff will provide any treatment that is ordered by your physician. In addition, we promise complete satisfaction by following through with established quality assurance procedures. We guarantee that if you experience frustration for any reason, Nightingale will react quickly to resolve the issue.

Professionalism
Nightingale pledges to provide all levels of care with expertise, professionalism, and courtesy. Our staff includes highly skilled professionals with impeccable credentials who work as a team under the guidance of your physician to help you achieve your full potential.
“We are devoted to your health needs”

Nightingale employees are the BEST in the industry. All employees must meet the high standards of Nightingale Home Healthcare and adhere to the following criteria:

- State licensing and health requirements
- Extensive pre-employment background screening, which includes FBI fingerprint checks
- Drug free environment
- Thorough reference screening including three excellent references
- Insured and bonded
- CPR certified
- Follow a strict code of ethics
Services in your home
“Allow us to ensure your peace of mind by caring for you or your loved ones”

Our Nightingale staff members will exceed your expectations and ensure your peace of mind by providing the highest quality, private duty services in your home. We provide a link between you, your home, and your independence.

Allow us to help you or a loved one remain comfortable at home by providing any of the following services:

- Bathing and dressing
- Shaving and hair care
- Medication reminders
- Assistance with walking
- Assistance with getting in and out of bed
- Assistance with exercise
- Short stays while family member is unavailable
- Providing additional support in apartment or assisted living facility
- Light housekeeping such as vacuuming and dusting
- Assistance with paying bills and writing correspondence
- Cooking and serving nutritious meals
- Laundry
- Relieving family members during hospital stays
- Grocery shopping
- Providing companionship one to twenty four hours a day
- Escort to appointments, social events, and family gatherings provided transportation is available
Florence Nightingale set the standard for nursing care in the late 1800s. Nightingale Home Healthcare’s nurses continue her legacy by setting the standard for home health care services. You can trust our exceptional nurses to provide the highest quality of care and exemplify the values of compassion, commitment, and professionalism.

Nightingale offers a personalized approach and customized programs so that you achieve improved outcomes and prevent hospitalization. Our nurses are highly skilled in disease management. They will work closely with your physician to manage your care or related complications.

- Observation & assessment
- Catheter care
- Wound care & dressings
- Injections
- Infusion therapy
- Tube feeding & care
- CHF care
- COPD care

- Ostomy care & teaching
- Diabetic care & teaching
- Medication teaching
- Post stroke care
- Hypertension care
- Blood draws/monitoring blood levels
- And many other medical conditions

“Feel independent and safe in the comfort of your own home”
**On Site Pharmacist**

Nightingale’s on-site pharmacist provides support to our staff by sharing expert pharmacological knowledge and answering questions regarding prescriptions or medicine combinations. In addition, our pharmacist is available via telephone to provide personal consultation to you and answer any specific inquiries you may have such as:

- Possible drug interactions
- Medicare Part D
- Side effects of specific medications
- Proper dosages
- Flu vaccination consultations

**Medical Social Workers**

Nightingale’s medical social workers offer compassionate counseling and advocacy for you or your and family in times of illness. They also seek the means and resources that will enable you to cope with personal, emotional, and financial problems. If desired, our social workers can assist you or a loved one by:

- Explaining available resources and policies to you or family members
- Explaining the epidemiology of diseases, including socio-economic environment risk factors
- Helping you or your family receive needed follow-up care through referral to health care and community resources
- Understanding the social, cultural and religious variables that contribute to your responses to illness and use of resources
- Providing advocacy through appropriate organizations

**Dietitian**

The Goal of our home care dietitian is to improve your nutritional status and to enable you to adopt behaviors that support this condition. In order to achieve this goal, the Registered Dietitian (RD) assesses the degree of your nutrition risk, and works with you and/or caregivers, physicians, nurses, and pharmacist to develop an individualized nutrition plan of care. Our dietitian will also consult with you about weight loss programs.
Therapy in your home
Nightingale’s team of rehabilitation specialists work together to coordinate your needs and improve your quality of life. Our skilled physical, occupational and speech therapists will assist you and enhance your adaptability to your home environment. Because Nightingale’s therapists have over 250 years of combined clinical experience, you can rest assured that you are in safe hands.

Physical Therapy

Our physical therapists provide services that help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities that you have incurred from injuries or disease. They restore, maintain, and promote your overall fitness and health.

Physical therapists at Nightingale will perform a (no obligation) comprehensive evaluation and assess a variety of factors regarding balance and potential fall risk. Once potential risk factors are identified, therapists will work with your physician to develop and implement a customized plan. Our therapists provide the following services in the comfort of your home:

- Gait training & exercises
- Rehabilitation techniques
- Home exercise programs
- Strength & endurance training
- Splinting
- Adaptive equipments assessment
- Wound debridement
- Fall prevention assessment
- Safety training
- And many other rehab and adaptive services
Decrease Pain & Increase Circulation

Are you having sleepless nights, burning pain, frequent falls, and trouble walking? Nerve damage results from poor blood flow to nerves in the feet, legs, and hands. It is one of the most common complications of diabetes, but may also be the result of poor circulatory problems, alcohol use, chemotherapy, medications, and other unknown causes. Nightingale utilizes a new technology – Photo Light Therapy – that may help reduce your pain.

Our licensed physical therapists will use a small device that emits infrared photo energy to the affected areas, which will substantially increase local circulation and temporarily reduce pain. Photo Light Therapy can also be used to treat surgical wounds and non-healing ulcers.

Utilizing Photo Therapy is another way that Nightingale extends beyond just the routine offerings for home health care by constantly striving to utilize every tool available to maximize your quality of life.

“Photo Light Therapy can also be used to treat surgical wounds and non-healing ulcers.”
**Occupational Therapy**

Nightingale’s Occupational Therapists will help improve your ability for daily living and work environment tasks. We help you develop, recover, or maintain hampered or lost motor skills. Our occupational therapists help you not only improve your basic motor functions and reasoning abilities, but help you to compensate for permanent loss of function. Our services include:

- Activities of daily living training
- Perceptual & fine motor training
- Strength & endurance training
- Splinting
- Adaptive equipment assessment
- And many other rehab and adaptive services

**Speech Therapy**

Nightingale’s Speech Therapists assess, treat, and help to prevent speech, language, voice, swallowing, fluency, and other related disorders, including not being able to produce speech sounds (or produce them clearly). We also treat disorders such as inappropriate pitch or harsh voice, difficulty swallowing (or eating) and problems associated with understanding and producing language. Our therapists provide in the comfort of your home the following treatments:

- Voice disorder treatments
- Speech articulation
- Dysphagia & swallowing treatments
- Language disorders
- Cognitive disorder treatments

“We offer more services than any other agency to take care of you every step of the way”
Making home care convenient with technology for...

You

When you think about home care, usually technology does not come to your mind, but at Nightingale Home Healthcare, technology has played an integral role in our delivery of home care. When we opened our agency in 1996, Nightingale was among the first few home health care companies in the country to adopt and improvise on various technologies that enable YOU to stay longer and more comfortably in your home. Because we have the utmost regard for your care and your improved health, we utilize all technology at our disposal—regardless if we receive reimbursement. If you are receiving our skilled services in your home and can benefit from the use of technology we will provide it.

Following is a listing of some of the programs that we provide... details of which are described in the next few pages.

- Home Tele-medicine
- Home infrared therapy for pain
- Home medication reminder equipment
- Home PT/INR testing
- Home Personal Emergency Response System
- Paperless documentation

Your Loved One

The results of your vital signs, which are taken daily with our in-home monitoring equipment, are available for review by your designated loved one (if she/he has Power Of Attorney) through our web site www.HomeCareForYou.com. Access is through a secure login. We can also email reports to your designated family members, or create customized reports, if needed, so they will be anxiety free about your health and well-being.

Your Physician

At Nightingale, we help you by helping your physician. We make the very busy and sometimes overwhelming schedule of your physician easier by having all your care documents readily available electronically. By logging in to a ‘Physician Portal’ through our website www.HomeCareForYou.com, your physician can review as well as sign all your records. This includes your plan of care, changes in medications and/or treatment protocols, and others. The ‘Physician Portal’ eliminates any delays in communication between your physician and members of our professional health care team—providing you another Nightingale advantage.
Telemedicine in Your Home

Nightingale Home Healthcare is a pioneer in tele-medicine, offering daily home monitoring of vital systems seven days a week in your home. Consistently on the forefront of technology, we provide monitors that record weight, blood pressure, temperature, heart rate, pulse, oxygen saturation, and blood glucose readings for diabetics. When needed, we also offer spirometry and associated applications during times that are convenient for you.

Our pro-active, cost-effective way of monitoring your illnesses within the comfort of your own home, significantly improves patient outcomes and prevents hospitalizations. The system has two components: a monitor (similar to those used in hospitals and ERs) that collects and transmits data from the patient and a central station that receives your data in to our office for analysis by a licensed Nightingale nurse.

If your vital sign measurements fall outside the desired parameters, the central station alerts the Nightingale nurse and appropriate actions are taken to ensure your well-being. The data is also shared with your physician.

Home monitoring is yet another way in which Nightingale is committed to providing excellence in disease management and peace of mind for you. Through innovative technology, we make these vital signs readings available to your physician, to you, or to your family member through our web site, which is easily accessed 24x7 at www.HomeCareForYou.com

“We offer the convenience of advanced medical technologies in your home”

“In-home monitoring significantly improves patient outcomes and prevents hospitalizations”
The Honeywell HomMed MedPartner

Medication non-compliance accounts for $100 billion annually in preventable hospitalizations emergency care and unscheduled physician visits.

At Nightingale, we have instituted the Honeywell HomMed MedPartner, which reminds you through voice commands and light cues when it’s time to take your medication. The MedPartner also lets you know the number of pills that you should take and which is the appropriate bottle. A daily record of your intake is sent to our home office for clinical review by a Nightingale health care professional. The MedPartner improves health and quality of life by reinforcing medication compliance.

Voicecare Personal Emergency Response System

Nightingale provides VoiceCare® Personal Emergency Response System (PERS) an emergency alert and monitoring system service designed for use by senior citizens and individuals with disabilities who need medical and personal assistance. The system is comprised of a of two-way voice console unit that connects to an existing phone line, and a lightweight, waterproof personal activator with an illuminated help button that is worn around the neck or wrist. If assistance is needed, you merely press a button and the console unit dials the H-LINK Medical Monitoring Center. The activation button opens a two-way voice connection with a trained response team. Even if you are unable to speak, the response team will know your name, address, and the appropriate contact person. With VoiceCare’s personalized response, your friends, family, and health care professionals are always just a touch away.
PT/INR in Your Home

Nightingale provides on-site PT/INR monitoring so that if you are taking oral anticoagulation medications we can monitor the clotting time of your blood with a few simple steps using the handheld PT/INR meter (Prothrombin Time/International Normalized Ratio). A Nightingale professional will draw a blood sample by a finger stick. The PT/INR device then conveniently produces the results right in your home – eliminating the need for you to drive or be transported to a lab and wait for the results.

The effectiveness of oral blood thinners can vary over time, as changes in diet (particularly foods high in vitamin K), alcohol use, other drugs, and illnesses can affect blood clotting. These factors require that the PT/INR be monitored regularly to help you remain within the desired therapeutic range.

The PT/INR meter reports the results within two minutes, greatly reducing overall test time and repeated clinic/lab follow-up. The portable device allows our nurses to manage your therapy and, if needed, contact your physician so your medication can be adjusted immediately.

In-home PT/INR checks are another way of how Nightingale is committed to providing exceptional care and improving your quality of life.

“The PT/INR meter reports the results within two minutes, greatly reducing overall test time and repeated clinic/lab follow-up”

Paperless Documentation

Every Nightingale staffer is equipped with a hand-held computer that they carry with them to your home. Servicing you through electronics means that your physician can have immediate access to your health information. With Nightingale, there is no more waiting for paper documentation to shift to your physician through the postal service or cumbersome faxes. Our hand-held devices help us with the proper oversight of your care and avoids unnecessary delay in your treatment. Another unique feature to paperless documentation is that your physician can access and sign orders for your care through our Nightingale website.

www.HomeCareForYou.com
Payment

Nightingale’s passion for excellence in customer service extends to all areas of our company. We fully recognize that life can be overwhelming for caregivers and for you when it becomes necessary for you to seek home health care. At Nightingale, we strive to get benefits utilized as quickly as possible and make arrangements so you have less to worry about.

Settling payment issues or asking questions is as easy as picking up the phone. It is Nightingale’s sincere desire to assist and make the process as simple as possible by maximizing your eligible benefits.

We provide services under:
- Medicare
- Private Insurances
- Private Pay
- Medicaid
- And many other insurances

Please call our office, send us an e-mail through our web site (www.HomeCareForYou.com), or just e-mail us at info@homecareforyou.com for information about the kind of home health coverage that is available to you under your insurance. A patient advocate is available to visit with you and/or family members at no cost or obligation.
Our Motto...

The following Quote from Mahatma Gandhi very clearly describes our Motto:

A Customer is the most important visitor on our premises.
He is not dependent on us.
We are dependent on him.
He is not an interruption on our work.
He is the purpose of it.
He is not an outsider on our business.
He is part of it.
We are not doing him a favour by serving him.
He is doing us a favour by giving us an opportunity to do so.
Call us toll free today to learn how Nightingale’s home care services will make your life easier

You will always speak to a real person... not a voicemail

1036 S. Rangeline Road, Carmel, IN 46032
Phone: (317) 334-7777 (Available 24x7)
(866) 334-7777 (Toll Free)
Fax: (317) 569-1403
info@HomeCareForYou.com
www.HomeCareForYou.com