

# HOW HOME CARE HELPS AFTER A TOTAL HIP AND TOTAL KNEE REPLACEMENT

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## How Home Care Helps after a Total Hip and Total Knee Replacements

Home care specialists provide support and assistance as your loved one returns home after being hospitalized for a total hip and total knee replacements.

### How Home Care Helps after a Total Hip & Total Knee Replacements

#### What is Home Care?

Home care is a more personalized alternative to nursing homes and assisted living facilities. It provides services such as personal care, homemaking, companionship and more to individuals living at home, so they can remain comfortable and independent for as long as possible.

#### Home Care vs Home Health

Home health is typically short-term medical services administered in the home to treat an illness or injury. This type of medical assistance is usually provided by a registered nurse, physical, occupational or speech therapist. Home care agencies are often requested to provide supplemental care as the patient transitions.

#### Who is a Good Candidate for Home Care?

Home care can be beneficial for individuals who are getting older, are chronically ill, are recovering from a surgery or are disabled. Perhaps your loved one needs assistance with day-to-day tasks but does not need to be in a nursing home or hospital. Home care could be the right fit for them.

#### What Types of Home Care Services Are Available?

Home care looks different for everyone. Each individual's needs are unique, and home care can be tailored to fit those needs. Depending on what your loved one's needs are, caregiving services can be available 24-hours a day or a few hours each week. Some of the services include:

##### Personal care:

- Bathing, Grooming, Dressing
- Toileting and Incontinence
- Medication Reminders
- Mobility Assistance
- Repositioning to Avoid Bedsores
- Transportation to and from Medical Appointments



##### Homemaking:

- Grocery Shopping, Cooking and Clean-up
- Errands and Shopping
- Transportation
- Light Housekeeping, Laundry and Ironing
- Changing Bed Linens
- Pet and Plant Care



##### Companionship:

- Conversation
- Reading Aloud
- Hobbies and Projects
- Outings and Events
- Morning Wake-Up & Evening Tuck-In
- Assistance with Attending Religious Services



#### The Importance of Home Care

Home care is a valuable option for an individual who desires to maintain their independence and continue their life in the comfort of their home.



A study done by the [AARP](#) showed that **90% of individuals over age 65** want to stay at home as long as possible.

#### Home Care Interventions for Patients being discharged for Total Hip and Total Knee Replacements

The readmission rate within 30 days after hip and knee replacement in 2013 was 34 for every 1,000 patients. ([www.forbes.com](http://www.forbes.com)) While readmission rates are low, it is still important to take precaution in order to prevent readmission to the hospital. Home care can help after hip and knee surgery so readmission is less likely.

Our agency uses evidence-based practices that are proven to reduce the risk of readmission and promote the health of those who have recently had total hip and total knee replacements:

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#### Transportation

Most patients cannot drive for 4 to 6 weeks after surgery, and some individuals will not be able to drive past the 6-week mark. Additionally, individuals on certain medications, such as narcotics, should not drive at all. Home care specialists can help with transportation by driving patients to and from dr. appointments, social gatherings, running errands, and more.



(source): [www.aahks.org](http://www.aahks.org)

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#### Physical Activity Assistance

Individuals who have had a hip or knee replacement need to watch for swelling and reduce the risk of blood clots in the veins of your legs. Basic exercises such as walking will help maintain blood flow. A home care specialist can walk with patients and remind them to do their physical therapy exercises. Something as simple as pumping feet up and down 20 times per hour can help reduce blood clots.



(source): [www.emoryhealthcare.org](http://www.emoryhealthcare.org)

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#### Medication Reminders

Some individuals will be placed on Aspirin or Coumadin to thin their blood and reduce the risk of blood clots forming. Patients may also be on antibiotics to protect the joint replacement from infection. Home care specialists can help keep medications straight and remind patients of the proper timing and dosage to take.



(source): [www.emoryhealthcare.org](http://www.emoryhealthcare.org)

#### Impact of Home Care for Outcomes for Seniors

##### 1. Cost

Home-care services are more affordable than assisted living facilities and nursing homes.

Type	Average	Annual
Nursing Home: Semi-Private Room	\$214/day	\$78,110
Nursing Home: Private Room	\$239/day	\$87,235
Assisted Living	\$3,477/month	\$41,724
Home Care: Home Health Aide	\$21/hour	\$21,480
Home Care: Homemaker	\$19/hour	\$19,760
Adult Day Services	\$70/day	\$18,200

(source): [www.npr.org](http://www.npr.org)

##### 2. Families

Families have peace of mind knowing their loved ones are getting the care they need.

##### 3. Quality of Life

Aging individuals desire is to remain at home.

##### 4. Health

Individuals will have increased longevity due to more personalized care.