Home Health:

Helping You Stay Independent and Well at Home

Once you are connected to Home Health, a clinician may connect you or your family member to one or more of the above services or resources, based on the most appropriate care for your needs:

Home Health is one service that provides health care in a person's home or at a Home Health clinic, depending on their needs. Its goal is to support quality of life, independence, health, and wellness through personalized, family-centred care. Home Health services help clients and caregivers regain or maintain independence while living at home.

Together, these professionals assess needs, provide treatment and support, and connect clients with other community care services when appropriate.

Depending on a client's needs, services may include:

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- **Case Management:** Case (Care) Managers are health-care professionals who help individuals with complex care needs live at home safely and independently. They work closely with clients and families to assess care needs, determine eligibility for services and facilitate access to care, services and programs such as Adult Day Programs and Home Support.
- **Community Nursing:** Community Health Nursing services are provided to clients in the community who require acute, chronic, palliative or rehabilitative support. Services include assessment and nursing interventions such as education, wound care, medication management, chronic disease management, care management, post-surgical care and palliative care.
- **Ambulatory Care Nursing:** Ambulatory Care Nursing is the nursing care of patients who receive services outside of their homes, generally in a clinic setting in the community; clients who access a community clinic do not require admission to a hospital for an overnight stay.
- **Occupational Therapy:** Occupational Therapists help solve the problems that interfere with a person's ability to do the things that are important to them — everyday things such as caring for themselves, being productive and enjoying leisure activities.
- **Physiotherapy:** Physiotherapists are regulated, primary health-care professionals who aim to prevent, assess and treat the impact of injury, disease and/or disorders in movement and function.
- **Social Work:** Social Workers are regulated health professionals who support clients and families with complex care needs by providing advocacy, psychosocial support and assistance in accessing resources and services; they may provide counselling and therapy to promote wellness and help clients and families navigate the health care system.

- **Dietitian:** Home Health Dieticians support adults aged 18 and older with their nutrition and health goals. They provide nutrition assessments, counselling, and education for individuals living with chronic health conditions and other complex health or social challenges.
- **Speech-Language Pathology:** Speech-Language Pathologists/Therapists diagnose, assess and treat human communication disorders including speech, fluency, language, voice and swallowing.
- **Spiritual Care:** Spiritual Health Practitioners are clinically trained to support the spiritual health of patients and families across diverse beliefs, cultural perspectives, and practices.

Many Home Health services are provided free of charge, including home care nursing, caregiver support, case management, occupational and physical therapy, and community nutrition services. Some services have a fee based on income. Eligibility requirements apply and are assessed according to each person's health care needs. It is important to note that individuals and families can self-refer. Health care providers such as doctors, nurses, pharmacists, and social workers can also make referrals on a person's behalf.

If you or someone you know may benefit from home and community care services, call **Richmond Home Health at 604-675-3644**. A Home Health clinician will discuss your needs, help determine eligibility and, when appropriate, arrange a health needs assessment. For more information about eligibility, services, and referrals, visit the Vancouver Coastal Health Home Health webpage: https://www.vch.ca/en/service/home-health.

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