

# An Aaron Home Care Success Story in Reducing Readmissions

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## The Client

Ann Wilson\*, an 84-year-old who lives alone, has a history of falls and numerous medical conditions, including atrial fibrillation and anxiety. The UCSD Health System identified her as a High Risk Patient. In August, 2017 she was hospitalized for a broken hip, after which she spent five (5) weeks recovering at skilled nursing facility, The Cove at La Jolla. From there, Aaron Home Care was brought on to facilitate a safe transition home and aide in her recovery.

## Working with the Client *before* Discharge

While Ms. Wilson was still at The Cove, Aaron Home Care Management met with their discharge planner to coordinate a safe transition home. Caregivers assigned to her case came to The Cove for personal introductions and to work with the client's physical therapist, ensuring they would be well-trained on Ms. Wilson's specific lifting, transferring, and support needs.

## Ensuring a Safe Transition Home

Aaron Home Care understands the work that goes into making a client's home environment conducive to recovery and health maintenance. To that end, Aaron Home Care did the following:

- Facilitated a DME company to meet at Ms. Wilson's home to do a safety inspection on the day of discharge.
- Cleared a path in Ms. Wilson's home for her walker and removed all possible trip hazards.
- Assisted Ms. Wilson in renting a hospital bed after determining her bed was too high to be safe.

*\*Name changed*

## The First 45 Days of Recovery

Aaron Home Care provided 24-hour care, 7 days a week for the first 45 days. During those first 45 days, caregivers did the following:

- Ensured all medications were picked up and refilled
- Ensured all necessary doctor appointments were made and attended
- Assisted with physical therapy exercises
- Mitigated fall risks by assisting with lifting, transferring, dressing & toileting
- Cooked nutritious meals
- Maintained a clean and healthy home environment for the client
- Provided encouragement and companionship

## Maintaining Health at Home

***After the first 45 days of round-the-clock care, Ms. Wilson had recovered enough of her strength and independence to reduce her caregiving hours to 8 hours a day.*** Aaron Home Caregivers continue to work with Ms. Wilson to maintain her health, her home, and her independence. She has not been readmitted to the hospital since.

