

Homecoming

Preparing your house for your return and recovery





Welcome home

When you're coming home after an illness, injury or surgery, it can be an exciting time. But it's also a time that can cause feelings of uncertainty and stress.

How do you make sure your home safe? This guide will help to answer some of your questions so you can return home with confidence.

The goal of home health is to help you recover and regain your independence. And on your journey to your best health, we believe your time with CenterWell Home Health® should be time well spent. This means our clinicians will take the time to get to know you and talk to you about your personal goals and care expectations—so you can get back to doing what you love.

Assess your home: a checklist

When recovering from an illness, injury or surgery, your mobility may be decreased. You may also need the use of an assistive device such as a walker or cane. With that in mind, there are many things you can do to prepare your home. Use the checklist below to assess your home, improve your safety and decrease your risk of falling.

✓	General considerations
	Remove small throw rugs. Ensure area rugs have nonslip backing or are taped down with double-sided tape.
	Reattach or remove any loose flooring. Repair holes or rips in carpet or other flooring material.
	Remove cords such as electrical, cable, phone, etc., from all walkway areas. If cords cannot be removed, cover with a cable concealer sold at office supply stores. (Note: Running a cord under carpet or tape may lead to cord failure and result in fire.)
	Remove items from your hallways. Be sure you have room to move and turn around.
	Use a night-light in your hallway. If there is no outlet, consider leaving a nearby light on to improve visibility.
	Move furniture, baskets or other items that may block your path.
	Ensure doorways are wide enough to allow you to move through with a walker or other assistive device. You may have to remove the door.
	Be sure you have access to a phone in each room. Make sure cordless and cell phone chargers are within reach. Keep your phone fully charged.
	Make sure light switches and lamps can be reached without leaning outside the base of your walker. Place night-lights in darker areas and where lights are more difficult to reach.
	Ensure handrails in stairways are secure and that you can turn on the light from the top and the bottom of the stairs.
	Figure out which entrance to your home is safest to use, even if it's not your usual entrance.
	Ensure any steps inside or outside of your home are sturdy and well-supported. Make sure all handrails are secure. Consider having additional handrails or grab bars installed.

✓	General considerations, continued
	Remove equipment, furniture and other items from the pathways through your garage or patio.
	Organize equipment, tools or other items in the garage so you can easily reach them while using your walker. Trim any bushes or hedges that may be blocking a safe path to your car, especially if using a walker or other assistive device.
✓	Living/family room
	Make sure your chair is comfortable and firm enough to allow you to easily stand up and sit down. You may need to move a chair from another area of the house. Chairs with armrests can be very helpful for pushing out of a chair. (Note: Recliners are often too low and soft to use.)
	Use a firm pillow or foam square to make your seating higher.
	Remove casters or wheels from any chairs you may use.
	Make sure your hips are higher than your knees when you sit to limit bending.
	Set up a central area in your home where you can comfortably spend your time after surgery. You'll want to have easy access to the things you'll use the most—such as your TV remote, books, medicines and a water bottle.
	Keep a small cooler with premade ice packs, beverages and snacks within reach, especially if you will be alone during part of the day.
✓	Bedroom
	If your bedroom is upstairs, consider setting up a temporary bedroom on the main level. Make sure there is also a bathroom nearby.
	Keep bedspreads and linens from touching the floor to prevent tripping.
	If it is difficult for you to get out of bed, raise the bed by using bed risers sold at bed and bath stores. Keep your hips the same height as or higher than your knees when you sit on the edge of the bed.
	Lock or remove any casters from your bed.
	Make sure you can get around your bed with your walker. You may need to move the bed or other furniture to give yourself enough space.



✓	Kitchen
	<p>Move items you need to make simple meals to the counter near the stove. Make sure you can easily reach pantry, refrigerated and frozen ingredients that you use often.</p>
	<p>Keep precooked microwavable meals that are easy to heat within reach. Choose nutritious foods high in protein.</p>
✓	Bathroom
	<p>Be sure you have enough room to move around your bathroom using your walker. Your home health clinician can help you figure out how to arrange your bathroom space. In some instances, a bedside commode might also be an option.</p>
	<p>Consider getting a raised toilet seat with arms to help you stand up and sit down. Keep your knees above your hips to limit bending.</p>
	<p>Use a stool or other assistive device to help you while bathing and dressing.</p>
	<p>Consider installing a grab bar to make it easier to get in and out of your bathtub or shower.</p>
	<p>Apply nonslip strips to your bathtub or shower floor. Strips can be found at most home improvement and hardware stores.</p>
	<p>Rearrange towels, toilet paper and other frequently used items in linen closets or on bathroom shelves so they are at your hip level or above.</p>
	<p>Install a night-light. It is especially important to see clearly when using your walker or other assistive device.</p>



Call us first. In nonemergency situations, call Your CenterWell Home Health agency. We're on call 24 hours a day, seven days a week, including holidays.

Home Health services are available for all eligible patients with a healthcare provider referral. CenterWell™ does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-320-2188 (TTY: 711). 注意：如果僑使用繁體中文，僑可以免費獲得語言援助服務。請致電 1-877-320-2188 (TTY: 711). 1900601-V