



February 2018 Newsletter

Helping Seniors Stay in Their Own Homes

Home Care Pulse | October 2017



~Adelmo Family Care 2018 Awards & Honors~

Adelmo Family Care is honored to be nominated as a Readers' Choice Top Five Favorite of the Four States! Visit www.joplinglobe.com/favorites and vote for us for the number one spot today! Voting ends February 6th at 11:59p.m.



*Providing
safety and
independence
for seniors
since 2009.*

A Proud Member of



Out of 168 categories, Adelmo Family Care is a Top Five Choice for
Home Care/Hospice • Senior/Independent Living • Best Employer

Log on now, register for FREE, and vote for your favorites!

Thank you for years of support and thank you for choosing Adelmo Family Care!

Home Care Pulse 2018 Provider of Choice & Employer of Choice



“We want to congratulate Adelmo Family Care on receiving both the Best of Home Care – Provider of Choice Award and the Best of Home Care – Employer of Choice Award. Since these awards are based on real, unfiltered feedback from clients and caregivers, Adelmo Family Care has proven their dedication to providing a great work environment and solid training to employees, while maintaining their focus on client satisfaction. We are pleased to recognize their dedication to quality professionalism and expertise in home care.”

-Aaron Marcum, CEO and founder of Home Care Pulse

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Seniors Love Us
Families Trust Us



Helping Seniors Stay in Their Own Homes

Senior Care Corner | Kathy Birkett

Telehealth—One Way (of Many) Senior Loved Ones' Health Can Benefit from Technology

Family caregivers are quickly learning how valuable technology can be in their everyday lives as they are caring for their senior loved ones and their own families. They are asking Alexa or Google Assistant to lend them a hand by turning on soothing music, switching on the lights in a dark room, or even ordering dinner when they just don't have time to cook. But there are other ways that using technology can help family caregivers provide optimal care for seniors especially with regard to their health and well-being. Enter telehealth, but what is it?

Principles of Telehealth

Telehealth is a fast-growing way in which medical professionals of all specialties are using a broad variety of technologies and tactics to deliver virtual medical, health, and education services. In fact, the 2017 Telemedicine and Digital Health Survey found that 53% of providers planned to offer telehealth medical services in the coming year which is up from three years ago when 87% of healthcare providers did not think patients would begin using this technology. Virtual health care can help family caregivers get the prompt medical attention their seniors need without the struggle of appointments, transportation, waiting time, or other hassles that make visiting the medical team impossible for many at times.

Seniors and Doctors

Unfortunately, as many family caregivers are acutely aware, seniors often are scheduled to visit a variety of medical professionals regularly. Regular checkups, prescription refills, follow-up appointments, blood work, medical procedures, imaging studies, and other preventive care appointments keep seniors (and, in many cases, their family caregivers) forever sitting in waiting rooms. Let's not forget, routine visits to the pharmacy to fill prescriptions or to refill their over the counter health remedy choices. There are medical doctors, nurse practitioners, podiatrists, cardiologists, renal doctors, dentists, eye doctors, gerontologists, endocrinologists, dietitians, care coordinators and many other medical professionals that our seniors need to see on a regular basis to manage a multitude of chronic diseases. There are many trips back and forth and time spent waiting to stay healthy. The more appointments there are, the less patience we all have when dealing with getting there, waiting, and finally returning home. It is burdensome for both seniors and their caregivers. Is there a better way? Telehealth for seniors may be an answer to the prayers of family caregivers.

Telehealth – Digital Health

Using telehealth can reduce the amount of time spent waiting and will definitely reduce the wear and tear of transportation on seniors and family caregivers, not to mention the family car! When technology can be engaged to monitor vital signs such as blood pressure, weight changes, blood sugar, pulse, oxygenation status, and heart rate, doctors require fewer visits and hopefully the number of health crises requiring a hospital visit will decline. How desirous is a regular health exam from the comfort of your senior's home? Improvements in telehealth mean that medical professionals can do even more than checking blood sugar. With telehealth, they can monitor cardiac status with home EKG, adjust medications or dosages to prevent health crisis, monitor adherence to diabetic therapy, monitor sleep patterns, provide rehab services post stroke, and administer life-saving treatments, and give mental health counseling all virtually.

Seniors Benefit from Telehealth

Who wouldn't want medical care and treatment available to seniors on a 24/7 basis not just during office hours. Preventing hospital stays, reducing ER visits, avoiding doctor office waiting and transportation logistics is worth the learning curve that using technology for health may have for some seniors and caregivers. Seniors can get checkups via telehealth so they don't have to sit in the waiting room for what feels like hours. Face to face visits can be done virtually using technology. Emergency first aid with a trained health professional will mean we can keep fragile seniors out of the emergency room as much as possible. Using digital health tools such as mobile health applications, remote patient monitoring and personal health records will improve access and ultimately the health of our senior loved ones.

Getting them connected should be on family caregivers To Do list this year!

Now Offering Client Referral and Employee Referral Bonuses!

Our Staff



*John Good
Owner*



*Kelsey
Ramsey
Marketing*



*Summer
Bettes
Supervisor*



*Kristy
Brownfield
Supervisor*



*Vicky
Cleveland
Mentor*

***Looking for
Healthcare Solutions,
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*Consider reaching out to
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