

# Joint Replacement Home Care Program



ONE CALL. HOME CARE FOR LIFE.



## Here's how the program works...

- Once your surgery date is scheduled, and preferably no later than 72 hours prior to your hospital discharge, contact us or have the doctor's office or hospital contact us.
- A VNA nurse who will also serve as your case manager will assemble a team including a physical therapist and other professionals.



VNA care begins immediately following homecoming from the hospital and continues until you can independently leave the house for outpatient services.

- VNA will make all arrangements to ensure a safe, comfortable transition from the hospital to your home.
- Any special equipment required for your recovery (such as a hospital bed, portable commode, shower bench and other assistive devices) will be ordered and put in place prior to your arrival.
- Your VNA team will begin providing care within 24 hours of your homecoming.

# The VNA Joint Replacement Home Care Team...

## Nurses

A registered nurse specially trained in the after care of patients who have had joint replacement surgery will perform a clinical assessment, establish a home care plan especially for you and coordinate your care.

## Physical Therapists

Physical therapy is essential following a joint replacement to restore function and improve mobility. After assessing your condition, a highly skilled therapist will begin intensive, daily one-on-one rehabilitation sessions. Your physical therapy program will include:

- A home safety evaluation to free your home of hazards that may cause a fall or injury.
- Training in proper techniques to rise from and get into bed and a chair.

One-on-one physical therapy sessions with VNA professionals are tailored to meet your needs and adjusted to keep pace with your individual progress.



- Range of motion, stretching and strengthening exercises.
- Practice walking with a walker, crutches or cane, progressing to independent mobility.

If needed, a Certified Home Health Aide will lend a hand with essential personal grooming and light housekeeping tasks.



Your therapist will report on your progress and consult with your physician. Therapy sessions will decrease in frequency as you improve and regain your ability to leave home independently.

### **Certified Home Health Aides**

If needed, an aide trained in post-orthopedic surgery care will lend a hand with essential personal grooming and light housekeeping tasks. Your aide will also be trained by the physical therapist to assist with your exercise regimen.

### **Occupational Therapists**

If recommended by your physical therapist and approved by your doctor, a skilled occupational therapist can help you to regain upper body strength and improve your ability to perform essential daily tasks such as dressing and bathing.

### **A safe, healthy homecoming with one call...**

If you're preparing for elective joint replacement surgery, ask your doctor if you're a candidate for direct-to-home discharge. One call to **1-800-WE VISIT** and VNA will reserve a Joint Replacement Home Care Team for you.

## VNA's Joint Replacement Home Care Program

A growing number of patients who undergo elective joint replacement surgery are being cleared by their doctors to return home directly from the hospital.

When you choose comprehensive, high-quality care from Visiting Nurse Association of Northern New Jersey (VNA), you're choosing:



**VNA home care can eliminate the need for days or even weeks spent at an inpatient rehabilitation center following knee or hip replacement surgery.**

- Care at home that can eliminate days or even weeks spent confined in an institutional setting from your recovery program.
- One of the top providers in the state based upon patient outcomes.
- An agency which has earned nearly perfect ratings in independent client satisfaction surveys.
- A highly respected organization with more than 117 years of experience and a distinguished history as leader and innovator in the field of home health care.

VNA accepts Medicare, Medicaid, private insurance and private pay. Care is provided to residents with financial hardships through the efforts of the VNA Foundation.

Visiting Nurse Association of Northern New Jersey (VNA) is a nonprofit organization with a distinguished history that spans more than a century. VNA provides skilled nursing services, physical, occupational and speech therapy, certified home health aides, hospice care, dietitian and social worker services, caregiver support programs and Friendship House, a social adult day care program.

Visiting Nurse Association of Northern NJ is licensed by the New Jersey Department of Health and accredited by the Community Health Accreditation Program (CHAP).

*VNA Headquarters in Morristown.*



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of Northern New Jersey

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**Home care for life.**