



The Benefits of Recovering at Home: How Home Health and Visiting Angels Work Together

Everyone knows that there is no place like home, especially after a hospital stay. Fortunately, home health services and Visiting Angels caregivers are ready to work together, keeping your aging loved one safe at home and recovering quicker. There are emotional and physical benefits for seniors who choose to receive services at home in the Denver area.



Home health services are medical interventions, such as nurse visits or therapy services, brought into the home. Home health services can give seniors a chance to succeed at home, without a return to the hospital. Pairing these homebased medical services with living assistance via [Visiting Angels Denver](#) gives your loved one a team of professionals working in the home to give an engaging and safe recovery.

Services like medication management, personal care, therapy, meal preparation, and laundry can be available to your loved one at home. Together, home health and Visiting Angels can give seniors the help they need to stay at home, while getting stronger and healthier.

You sleep better at home.

If you have spent the night in an unfamiliar hotel or hospital bed, you already know the sigh of relief you feel when you hit the sheets in your own bed at night. Our aging loved ones are the same way – we all sleep better when we are at home. “Many times, we hear clients talk about how difficult it is to sleep in their hospital or skilled nursing bed,” says Nancy Gillette with our home health partner, [Team Select](#). “Between noises from roommates, call light requests for assistance, and nocturnal visits to take vitals, our clients cannot wait to get back into their own preferred sleeping routines,” she continues.

Sleeping away from home is downright hard, and when your loved one is finally able to get the healing and deep sleep needed, the difference is unmistakable. Increased energy makes for better participation in therapy and daily activities, and a more leveled mood makes for a happier person. A good night's sleep is indispensable.

You are more familiar with your settings at home.

Beyond a comfy bed, seniors who are at home are often more safe simply because they are more familiar with their settings while at home. They know where the light switches are, and where the grab bar is near the toilet. With that knowledge comes safety; there is no fumbling with unfamiliar halls or rooms for a midnight bathroom break.

You feel happy and confident at home.

Never underestimate the power of emotion on your loved one's recovery or general health. When at home, your loved one is more likely to feel capable, comfortable, happy, and confident.

Your support system is near you at home.

Finally, when you have home health services in order for your loved one to remain at home longer, you are keeping the nearby support system intact. Caring neighbors are still able to visit, and family and friends are nearby to provide support.

Home health providers often are with clients in their home for less than three months. Thankfully, the benefits of remaining at home can continue with a successful partnership via [Visiting Angels Denver](#). Our Angels are available to work *in tandem* with your home health provider, and continue for a longer duration, giving services such as assistance with grocery shopping, housekeeping and companionship.

To find out how our Visiting Angels home care services can complement your current home health or therapy plan, or to discover how to bring home health services like Team Select into the home, give us a call. Our team is waiting to work with you to establish a relationship with your entire family. Let's give your loved one the benefits of home, together.



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