



Tips on Caring for Someone with Heart Disease

Caregivers are faced with the daunting challenge of providing direction, advice, encouragement and support for loved ones managing heart disease. It's no wonder fear and anxiety often crop up making caring for someone with heart disease difficult.

Being anxious is a normal response to heart disease or an acute event like a heart attack. Reassure your loved one that making the recommended lifestyle changes and taking medicines regularly and as prescribed will greatly increase the likelihood that he or she will be okay.

Tips to reduce stress and improve heart health include:

Encourage exercise. Cardiovascular exercise can help improve circulation, regulate blood pressure, combat depression and control diabetes.

Consider relaxation techniques. Practicing relaxation techniques has been found to reduce stress, boost the immune system and promote heart health.

Encourage your loved one to take ownership in their recovery process. Research shows that patients who practice self care and self monitoring are more successful.

Consider utilizing telehealth or home safety monitoring equipment. Remote healthcare monitoring can aid in the disease management process and provide peace of mind.

Be sensitive to your loved one's lifestyle changes. Do not smoke or eat high-fat foods in front of them.

Seek professional help. Talk to your doctor.

Your doctor may recommend home health care for your loved one in an effort to promote cardiac rehabilitation and /or disease management.



At Capital Health Home Care, we work to prevent the progression of heart disease via disease management teaching and education. We also provide private duty services through our medical agencies and Home Care Concierge in Dublin when a little extra assistance leads to greater peace of mind.

We Deliver Care On Time in Every Region

We admit patients within 48 hours of receiving a referral including weekends and holidays. Simply put... we understand the importance of seeing our patients when they need to be seen. Nurse on call 24/7.

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| Capital Health Home Care Ashtabula | 99.9% |
| Capital Health Home Care Dayton | 98.4% |
| Capital Health Home Care Dublin | 97.6% |
| Capital Health Home Care Steubenville | 99.4% |
| Capital Health Home Care West Virginia | 100% |

**Per CMS February 2019*



Timely initiation of care is a key component in our Hospitalization Reduction Program and our Home Again Transitional Care Program. We work to ensure safe hand-offs from nursing homes or hospitals to home, beginning with seeing our patient on time.

Call your local agency today to learn more about our programming and areas of specialty.

Heart Healthy Aging: It Never Gets Old

MAR ANNOUNCEMENTS:

»National Nutrition Month!

Employee Appreciation Day
March 1st

Daylight Savings Begins
March 10th

St. Patrick's Day
March 17th

First Day of Spring
March 20th

Doctor's Day
March 30th



Aging brings an increased risk for heart disease and cardiovascular events. In fact, heart disease is the number one cause of death for adults over the age of 65. That's why understanding the value of a heart-healthy lifestyle is so important for older adults including our patients, clients, residents, parents, spouses and ourselves.

Some older adults believe that heart disease is an inevitable part of aging, but a heart-healthy lifestyle can help prevent heart disease. Others underestimate the importance of heart health because they believe heart disease can be cured with surgery or medicine. The truth is heart disease is a lifelong condition that never goes away once it presents.

What is heart disease? The term heart disease refers to a group of cardiovascular diseases which are diseases of the heart and blood vessel system. The most common form of heart disease is coronary artery disease (CAD). CAD is often associated with heart attacks, heart failure, chest pain and irregular heartbeat. Other cardiovascular diseases include stroke, high blood pressure and rheumatic heart disease.

The American Heart Association has developed a simple seven-step list to help people live longer, healthier, happier lives. **The list includes the following:**

- **Get Active**
- **Stop Smoking**
- **Reduce Blood Sugar**
- **Eat Better**
- **Manage Blood Pressure**
- **Lose Weight**
- **Control Cholesterol**

A heart-healthy lifestyle is possible at any age, but it does require a conscious effort. In addition to the recommendations provided by the American Heart Association, the following recommendations are also meaningful:

Consider reducing alcohol intake. Excess alcohol consumption can negatively impact health conditions that contribute to heart disease like blood pressure and high cholesterol levels.

Work to reduce stress. Stress might be a risk factor or it could be that high levels of stress compound common chronic illnesses facing seniors like high blood pressure or diabetes.



FINDING JOY IN THE WORKPLACE 2019

At Capital Health Home Care, we are committed to creating and maintaining positive work environments. We know that healthcare is burdened with high rates of burnout and high levels of job frustration. That's why we've introduced our "Joy in the Workplace" series for 2019.

Our focus areas include the following:

- Appreciating the meaning and purpose of our work
- Feeling physically and psychologically safe at work
- Working to ensure work is perceived as fair & equitable
- Creating camaraderie and trust in the workplace

Lisa Stockdale, our Senior VP of Sales and Marketing, has launched the series with a focus on the meaning and purpose of our work. The series is off to a dynamic start, and we are all looking forward to growing stronger together in 2019. We are Capital Health Home Care!

Visit us at www.capitalhealthhomecare.com

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