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AssistingHandsChicago.com

Non-Medical Home Care
that prevents medical
problems

**Fast Response to Your
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Ability to provide a
caregiver within 24 hours
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the same day.

Proven Reliability

Our caregivers use a
telephonic check in system
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exactly where caregivers
are at all times. We
constantly monitor and
ensure punctuality and
reliability.

**More than 100 caring
professionals strong in
Chicago area.**



Richard E. Ueberfluss, PT,
FACHE, MBA, OCS, MTC
Owner / President

- Physical Therapist with 24 years hospital and home health experience. Board Certified in Orthopedics.
- Acute Care Hospital Administrator
- Former Fellow of the American College of Healthcare Executives

During & After Bed Rest

Elderly Patients Lose Muscle Mass at Three Times the Normal Rate

Bed rest serves as a time-honored treatment for both injury and illness, and is prescribed more often around flu season. A normal muscle, at complete rest, in the absence of illness, loses up to 15% of its strength each week.¹ During bed rest, the first muscles to become atrophied are the trunk and lower extremity muscles involved in gait and upright posture.² Illness itself can also cause atrophy of the skeletal muscles, over and above the strength losses caused by rest. Your elderly patients prove particularly vulnerable to the negative sequela of rest. Among a test sample of healthy subjects age 67 and older, 10 days of bed rest resulted in more lean tissue loss than 28 days of bed rest caused in younger test subjects.³ For patients over the age of 70, bed rest is associated with a major, new disability in one-third of prolonged cases.⁴ **Among elderly patients, when the negative effects of bed rest are not addressed assertively, injury or prolonged difficulties become more likely. Call on Assisting Hands Home Care for help.**



Research has found that during periods of bed rest at home elderly patients tend to spend more time than needed resting in bed or sitting.⁴ This stems largely from a lack of confidence and fear of self-injury inspired by the sudden loss of strength and fitness. The well-trained nursing assistants of Assisting Hands Home Care have specific training in safe assistance with ambulation and safe assistance with other activities of daily living. Under RN supervision and pursuant with any medical orders, our nursing assistants also receive specific guidance in encouraging patients to get active as soon as possible. During times when patients should be in bed or otherwise at rest, our staff can provide much needed assistance with important household activities such as cleaning, meal preparation, laundry, medication pick-up, transportation to appointments, etc. Our nursing assistants can also monitor vital signs up to daily and report to the patient's doctor if vital signs creep outside of specified parameters.

After the injury has healed or illness has abated, many elderly patients still experience considerable risks associated with their period of rest. Rate of recovery from disuse weakness is slower than the rate of loss. **With intensive exercise, patients take 2.5 times longer than the period of rest to regain lost strength.⁵ The fact of the matter is that most elderly patients do not engage in intensive exercise after periods of bed rest and are more likely to quietly decrease their daily activities and self-care.** Fall injuries, medication errors, and other problems become more likely during the months following bed rest. The nursing assistants of Assisting Hands Homecare can be there for patients to assist with medication adherence as their medications change and evaluate the home for hazards related to recent loss of ability. **Our nursing assistants will provide the human assistance that will bolster the confidence of your elderly patients, giving them more opportunity to exercise at home and more opportunity to re-engage themselves in their normal self-care and activities of daily living.**

*Please tell your patients about Assisting Hands Home Care®
Quality Home Care You Can Trust®*

References

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