



FOR IMMEDIATE RELEASE

Rancho Bernardo Caregiver Business Launches Program Aimed to Ease Hospital Readmissions

RANCHO BERNARDO, CA JUNE 11, 2013 -- Assisting Hands Home Care Rancho Bernardo today announced the launch of "Safe Transition to Home," a program to ease hospital readmissions.

The program is designed to help care for a loved one after a hospital release including, but not limited to, following the discharge instructions and providing transportation to medical facilities to ensure follow-up appointments are made.

In 2009 a study done by the New England Journal of Medicine showed that 20 percent of Medicare beneficiaries were hospitalized within 30 days of discharge at an annual cost of \$17 billion.

"The responsibility of caring for yourself or a family member immediately after hospital discharge can be daunting," said Nina Haines, owner of Assisting Hands Home Care Rancho Bernardo. "With follow up doctor visits and trying to maintain a medication schedule, it can pose a challenge to include the proper rest and relaxation which would contribute significantly to a speedy and healthy recovery."

Through the "Safe Transition to Home" program, Haines offers special custom packages according to the patient's needs. Case Management unique to each individual is done to ensure hospital discharge orders are followed thoroughly, medication is taken as prescribed, special diets are adhered to, communication and follow up with a primary care provider is maintained, and any chronic disease process is monitored closely when a patient returns home. In addition, Assisting Hands offers respite and support for family members and others involved in a patient's care and ensures the patient maintains as much independence as possible while providing the support and social engagement necessary to increase their well-being.

About Assisting Hands Home Care Rancho Bernardo

With its main office located at 16870 West Bernardo Drive, Suite 400 in San Diego, Assisting Hands Home Care provides services ranging from companionship to 24/7 live-in services including personal care, homemaker and light housekeeping for seniors, those with chronic illnesses and post-surgical patients. Nina Haines opened Assisting Hands Home Care in Rancho Bernardo in January 2012. She is actively involved in the day-to-day operations and is committed to meeting the toughest of standards, those of their clients. Visit <http://www.assistinghands.com/rancho-bernardo/> or call (858) 848-7224 for more information.

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