

HomeLife Enrichment

Holistic Care that Equips You for Self-Care

How you care for someone makes all the difference. At Interim HealthCare®, we believe the best care is personalized to the individual receiving it. It is holistic in nature, engaging their mind, body, spirit and family to deliver a higher caliber of care. We call it HomeLife Enrichment® (HLE) and it is the standard of care that distinguishes us as a leader in our industry. As the nation's first home care company, Interim HealthCare has been innovating the way care is delivered since 1966. Our HLE standard of care takes home healthcare to the next level, equipping individuals to move toward successful self-care.



MIND

Care for your mind ensures you have a thorough understanding of your health challenges and how to manage them. This involves education, knowledge and resources. It's knowing your diagnosis, the symptoms and how to care for them. It's understanding your medication regimen and when to take it. It's learning about nutrition and diet changes that improve your condition. It's knowing safe exercises that will help. And, it's following the care plan prescribed by your doctor. With a clear understanding of the factors influencing your health, you will be prepared to move toward effective self-care.



BODY

Care for your body is the physical aspect of care. It's putting the things you've learned about your condition into action. Whether you are managing one condition or comorbidities, this is a crucial part of the care process. It's taking your medication on time, eating the right foods, exercising safely to build strength and endurance, and getting ample rest so your body can heal. This may involve therapy to strengthen your muscles, regain balance or learn new ways to perform tasks that conserve energy. Focused on your individual needs, we will work with your doctor to establish a care plan that meets your physical needs and your lifestyle preferences, so you can get back to the things you love to do.



SPIRIT

Care for your spirit is focused on lifting your heart when health challenges have weighed you down. A new diagnosis may require you to change the activities you enjoy or the food you like to eat, and that's hard. You need emotional support and encouragement, not just physical care. We'll work through these challenges with you and offer resources that can help. If you are battling depression or anxiety, we will partner with your physician to address your needs so you begin to feel better. Because, when you feel good mentally, you'll be motivated to care for yourself in ways so you feel good physically.

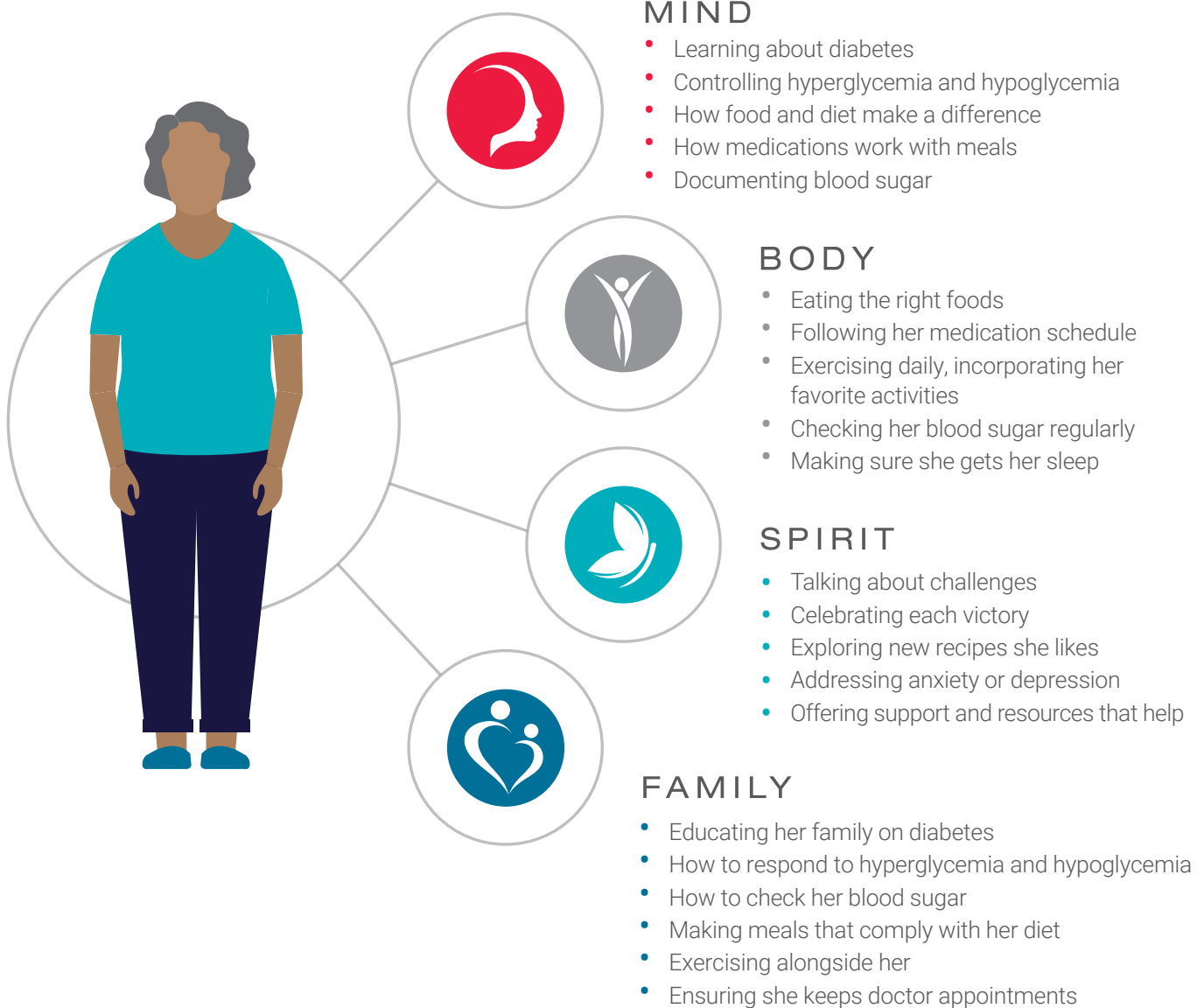


FAMILY

Care for your family ensures loved ones know how to care for your condition when healthcare professionals are not there. When family is engaged in your care, results are optimized. We'll educate them on your diagnosis, symptoms, medication regimens, nutrition and diet needs, safe exercises, signs that require attention and your individual care plan to help keep you on track. When family members know what to do, they're able to support you in your goals and provide the encouragement you need to effectively manage your condition.

HLE Home Healthcare in Action

Mary Beth was recently diagnosed with diabetes. Her physician prescribed HLE Home Healthcare. Our distinctive model customizes Mary Beth's care to her unique needs and desires, engaging her mind, body, spirit and family in a personalized plan of care. Focused on specific goals, she's learning how to manage her diabetes so she can begin to self-care for her condition and live a healthier, happier life.



Contact Interim HealthCare today to learn how HLE Home Healthcare can help you!