

## Home Healthcare in the comfort, convenience and safety of your own home

In Washington we're known for our independent and pioneering spirit. Frontier Home Health understands the unique needs and concerns of Washingtonians. That is why we are committed to helping patients regain their independent lifestyles through skilled healthcare—all in the comfort, convenience, and safety of their own home.

*Compassion. Integrity. Healing.*



**Frontier Home Health & Hospice—**  
A healthcare company with a  
local community perspective.



**Frontier Home Health and  
Hospice—Anchorage**  
3909 Arctic Blvd, #102  
Anchorage, AK 99503-5769  
p. 907-272-1275  
Toll Free 800-621-0345  
*Serving Anchorage and vicinity*

**Frontier Home Health and  
Hospice—Omak**  
800 Jasmine Street, Suite 2  
Omak, WA 98841  
p. 509-422-8621  
f. 509-422-1835  
Toll Free 877-422-8621  
[www.frontierhhh.com/omak](http://www.frontierhhh.com/omak)  
*Serving Douglas, Grant and  
Okanogan Counties*

**Frontier Home Health and  
Hospice—Casper**  
907 North Poplar Street,  
Suite 153  
Casper, WY 82601  
p. 307-234-6684  
f. 307-234-6066  
[Casper@frontierhhh.com](mailto:Casper@frontierhhh.com)  
*Serving Converse and  
Natrona Counties*

**Frontier Home Health—  
Cheyenne**  
4024 Laramie Street  
Cheyenne, WY 82001  
p. 307-634-5970  
f. 307-634-5384  
[Cheyenne@frontierhhh.com](mailto:Cheyenne@frontierhhh.com)  
*Serving Laramie County*

**Frontier Home Health and  
Hospice—Fremont County**  
230 North First Street  
Lander, WY 82520  
**Lander:**  
p. 307-332-2922  
f. 307-332-0106  
[Lander@frontierhhh.com](mailto:Lander@frontierhhh.com)

**Riverton:**  
p. 307-856-4127  
f. 307-856-4129  
[Riverton@frontierhhh.com](mailto:Riverton@frontierhhh.com)  
*Serving Fremont and Hot  
Springs\* Counties*

*\*Hospice only*

**HOSPICE  
HONORS**



## Guide to Home Health for Patients and Families



*Bringing Quality  
Healthcare Home*

[www.frontierhhh.com](http://www.frontierhhh.com)

Please call your local branch or visit  
[www.frontierhhh.com](http://www.frontierhhh.com)  
to learn more about the  
skilled services of home health.

**FRONTIER HOME HEALTH**



Frontier Home Health is here for you. We come to your home, providing healthcare services after a debilitating illness, surgery or hospitalization. We work directly with your physician to plan your care and we keep your physician informed about your progress. *Compassion. Integrity. Healing.*



### WHEN HOME HEALTH IS BENEFICIAL

- Following hospitalization
- Following surgery
- With a change in an existing medical condition
- With a newly diagnosed medical condition

### HOW TO PAY FOR HOME HEALTH

Home healthcare is covered 100% by the traditional Medicare benefit. In addition, services can be paid by Medicaid, Worker's Compensation, Veteran's Administration, private insurance and/or private pay. Percentage of coverage depends upon the policy.

### WHAT IS REQUIRED TO QUALIFY

- A physician's order for nursing, physical or speech therapy
- Infrequent absences from home that require significant assistance from others

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Frontier Home Health will work with you and your insurance company to determine the coverage of your home health benefit. Call your local branch or visit [www.frontierhhh.com](http://www.frontierhhh.com) to learn more.

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### NURSING

Our nurses will make the first home visit and assess your needs. The nurse works with you, other members of the team and your physician to develop a plan to meet your needs. On-Call Nursing is available 24/7. Common conditions include\*:

- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disease (COPD)
- Cancer
- Colostomy and Catheter Care
- Diabetes
- IV Management
- Medication Management and Lab Draws
- Stroke
- Wound Care

### PHYSICAL THERAPY

Our physical therapists work with you after hospitalizations, a stroke, orthopedic or other surgery or for any medical condition that affects your strength and your ability to move around safely. Services include\*:

- Fall prevention training
- Strengthening exercises
- Transfer and gait training
- Weight bearing and balance exercises

*\* but are not limited to*

### OCCUPATIONAL THERAPY

Our occupational therapists help you regain independence in self-care activities. Services assist you to:

- Regain ability to dress, bathe and toilet
- Gain strength and flexibility
- Safely use adaptive equipment

### SPEECH THERAPY

Our speech therapists help you with speech, communication or swallowing problems related to your condition. Services include:

- Swallowing exercises
- Techniques to prevent choking
- Speech retraining
- Memory exercises
- Communication techniques

### MEDICAL SOCIAL WORKERS

Medical Social Workers provide information about community resources specific to your condition or situation. Services include:

- Referral to community resources
- Information about living wills, advance directives, facility placement, and financial resources

### HOME HEALTH AIDE

Our home health aides provide personal care services, if needed, during your recovery. Services include help with:

- Bathing, dressing, light meal preparation and toileting

**Bringing Quality Healthcare Home**