

## Proven. Effective. Compassionate. Home Therapy, to Improve Your Quality of Life.

Community Health and Counseling Services' Physical and Occupational Therapists help patients return to the activities they enjoy most, and stay safe and independent, in their homes, through a host of rehabilitation programs for:

- Falls Risk/Balance Improvement
- Cardiac Rehabilitation
- Stroke/Neurological Issues
- COPD
- Hip/knee replacements
- Bone Fractures
- Osteoarthritis/Osteoporosis
- Limited Vision
- Depression
- Wounds
- Personal Care Deficits

## Who We Are

CHCS is a private, non profit agency, providing home health, hospice and mental health services to people in central, northern and eastern Maine.

CHCS Home Health and Hospice program serves home bound patients living in Penobscot, Piscataquis, Hancock and Washington Counties.

## Services offered

Nursing Care	Rehabilitation Services
Hospice Services	(PT/OT)
Telehealth Services	Medical Social Work
Wound Care	Home Health Aides
Psychiatric Nursing	Falls Prevention Services



Caring and serving since 1883®

**Community Health and  
Counseling Services**  
*Home Health and Hospice*  
1-800-924-0366

TTY# 990-4730

web site: [www.chcs-me.org](http://www.chcs-me.org)

### NOTICE OF NONDISCRIMINATION

In accordance with all applicable state and federal laws and regulations cited below\*, Community Health and Counseling Services (CHCS) does not discriminate on the basis of race, color, religion, sex, sexual orientation, gender identity, national origin, disability, age, genetic information, and status as protected veteran, or any other trait that is protected under local, state or federal law in admission or access to, or treatment or employment in, its programs or activities.

CHCS has an Affirmative Action Program (AAP) which is available for inspection by any applicant or employee at the Human Resources office between 8:30 am and 4:00 pm on any work day. Individuals wishing to inspect the AAP should contact the Director of Human Resources to establish a time which is convenient to review the material.

The person whose name appears below has been designated to coordinate our efforts to comply with the U.S. Department of Labor regulations implementing these Federal laws. You may contact this person for further information about these regulations and our grievance procedure for the resolution of discrimination complaints.

Paige Allen, Director of Human Resources  
(Name and Title of Designated Coordinator)  
42 Cedar Street  
Bangor, Maine 04401

Main Headquarters:

- \* - Title VII of the Civil Rights Act of 1964, as amended. (Executive Order 11246)  
42 U.S.C. ss2000e.);
- Title I and Title V of the Americans with Disabilities Act of 1990, as amended. (42 U.S.C. ss12101);
- Section 503 of the Rehabilitation Act of 1973, as amended (29 U.S.C. ss791)
- Age Discrimination in Employment Act of 1967, as amended (42 U.S.C.ss621)
- Title II of the Genetic Information Nondiscrimination Act of 2008
- The Vietnam Era Veterans Readjustment Assistance Act of 1974, as amended  
(38 U.S.C. ss4212) Rev 09/2014

EEO Employer/Vet/Disabled

# In-Home Occupational Therapy for Visual Impairment



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Counseling Services**

## Visual Impairment Home Health Facts

**Community Health and Counseling's (CHCS) Occupational Therapy Program recently received a grant from EMHS to help individuals with visual impairments.**

**Vision loss may be due to such diagnoses as macula degeneration, glaucoma, cataracts, diabetic retinopathy, hemiopsia, loss of vision in one eye, and other factors.**

**Anyone with limited vision still has the ability to perform nearly every in-home task with special devices and adaptive strategies.**



## How Do I Know if I Will Benefit?

**You may benefit if impaired vision is making *any* in-home task difficult, including:**

- **Operating the microwave or stove**
- **Using a washer and dryer**
- **Regulating the thermostat**
- **Using the phone**
- **Managing your pills**
- **Seeing the correct time**
- **Writing checks**
- **Reading**
- **Seeing obstacles in your path**
- **Taking a shower**
- **Eating/Drinking**

## What's Involved With the Program?

**Once given a doctor's order, a Nurse or Physical Therapist from CHCS comes to your home to do an in-depth evaluation. An Occupational Therapist will then make a home visit to assess any functional impairment related to your vision and whether you would benefit from any of the devices funded from the grant. The Occupational Therapist's goal is to make you as independent in your home as possible.**

## How Do I Qualify for These Services?

**With a prescription from your doctor, the service is provided at no cost to all home bound Medicare patients.**

**If you have questions, or feel you would benefit from the program, call: 1-800-924-0366, ext. 4562, or contact your physician.**