

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 homebound patients living in Penobscot, Piscataquis, Washington and Hancock 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

Call **1-800-924-0366** to find the
office location nearest you.

If you would like more
information, contact CHCS at
947-0366 or 922-4601 and ask for
Home Health and Hospice Intake.

TTY# 990-4730

web site: 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

An In-Home Fall Prevention Program



Community Health and
Counseling Services

in collaboration with

Step by Step Fall
Prevention Program

What is Involved in the Program?

It all starts with a free in-depth home safety and balance assessment through CHCS or the Step by Step program.

Your physical and occupational therapist will then develop a one-on-one program specifically designed to improve your balance and reduce your falls risk.

The program consists of:

Tai Chi

Vision assessment and instructions in use of grant-funded visual adaptation devices/modifications.

Research-proven balance retraining exercises for balance-related issues such as righting reactions, vestibular (or ear fluid) dysfunction, strength and sensory issues.

Research-proven balance exercises to reduce and or eliminate incontinence (one of the leading causes of falls.)

Community access to home modification equipment.

How Do I Know if I Need In-Home Therapy?

Signs of balance problems include:

- History of falls
- Fear of falling
- Unable to get up from a low chair
- Furniture walking, or using objects for support
- Vision problems
- Difficulty showering, toileting, or other essential tasks in the home.

Can Falls Be Prevented?

Yes. Research shows that a lot of simple changes to your home environment and through the use of adaptive devices, you can reduce your fall risk.

Research also shows that proven Physical and Occupational Therapy programs improve balance and reduce fall risk.

How Do I Qualify for These Services?

With a prescription from your doctor, the service is provided at no cost to all homebound Medicare patients. It is also covered by most private insurances and MaineCare. The home safety and balance assessment is free.

If you feel you would benefit from the program, call: 1-800-924-0366 and ask to speak to Health Services' Intake, or contact your physician.

"The therapists at CHCS, did an excellent job with my Dad. They were wonderful and he made great progress under their care."

CHCS Patient Family Member

"Your physical therapist is a great asset ... I found her very knowledgeable about the therapy I was receiving, my problems, my surgery and how to address it." CHCS Therapy Patient