

**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 |

TTY# 990-4730
web site: www.chcs-me.org



Caring and serving since 1883®

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

Agencies named as Fazzi's HHCAHPS Top 25 are proven leaders that have excelled in one of the most important measures of an agency's quality program – patient satisfaction. CHCS's Home Health program scored in the top 25% of Fazzi's National Patient Satisfaction database for the Overall Satisfaction and Likelihood of Recommending survey questions.



Community Health and Counseling Services' Health Services are accredited by the Community Health Accreditation Program (CHAP). In 2009, CHCS received commendations during its re-accreditation for a portion of its hospice program.



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
Stroke and
Neurological
Rehabilitation**



Caring and serving since 1883®

**Community Health and
Counseling Services**

Neurological Rehabilitation Home Health Facts

Community Health and Counseling Services (CHCS) Physical and Occupational Therapists have extensive training and experience providing in-home therapy for individuals post-stroke, and for anyone with Multiple Sclerosis, Parkinson's Disease, or other neurologic-related deficits.

The largest stroke study ever conducted by the National Institute of Health found nothing more effective for stroke recovery than In-home Physical Therapy.

Research has also shown Occupational and Physical Therapy to be effective for Parkinson's Disease, Multiple Sclerosis, Guilliane-Barre Syndrome, and Spinal Cord and Head Injuries.



How Do I Know if I Will Benefit?

You may benefit from CHCS's In-home Neurological Rehabilitation program if you have deficits in:

- balance and walking
- arm use
- cognition and memory
- vision and perception
- strength and endurance
- performing essential daily tasks such as getting dressed, bathing, preparing meals, and managing your check book.

What's Involved?

Once given a physician's order, a Registered Nurse or Physical Therapist from CHCS will come to your home to do an in-depth evaluation of your therapy and health needs.

Depending on the results, a Physical and/or Occupational Therapist will work with you one-on-one, using proven exercises and strategies to improve your ability to walk, control your hand, and perform essential in-home activities, with the goal of improving your level of independence. A Registered Nurse and Home Health Aide may also be involved, depending on your health care needs.

Will Therapy be too Strenuous?

CHCS's Physical and Occupational Therapists have years of experience working with neurological patients of various levels. The program is tailored for you and will be specifically designed for both your needs and limitations, progressing gradually to reach your maximum potential.



How Do I Qualify For These Services?

With a prescription from your physician, the service is provided at no cost to all homebound Medicare patients. Medicare defines homebound as anyone who is unsafe leaving the home for any reason (such as weakness, or balance issues), or anyone who must make a "taxing effort" to go out on a regular basis.

If you have questions, call: 1-800-924-0366, and ask for Health Services Intake, or contact your physician.