

**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

**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

**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)

EEO Employer/Vet/Disabled

**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, Hancock and Washington Counties.



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)



Agencies named as Fazzi's HHCAPHS 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



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.

**CHCS  
In-Home  
Physical and  
Occupational  
Therapy**



**Community Health and  
Counseling Services**

## Home Health Therapy Facts

The largest study ever conducted by the National Institute of Health recently found in-home physical therapy to be as effective as any other form of therapy in stroke recovery.

Physical and Occupational Therapy use exercise programs proven to reduce fall risk and improve the level of function of individuals in the home.



## How Do I Know if I Need In-home Therapy?

Signs of the need for therapy include:

- History of falls and increasing difficulty walking,
- Difficulty performing tasks in the home due to poor vision, weakness, balance problems,
- Increasing weakness due to COPD,
- Recent surgery or medical procedure,
- Increasing loss of motion, strength in your hands, arms or legs,
- Increasing pain limiting your daily life,
- Difficulty showering, toileting, making meals, or performing other essential tasks.

## What's Involved With In- Home Therapy?

A CHCS Physical Therapist will come to your home to do an in depth evaluation of your therapy and health care needs.

Depending on the results, Physical and Occupational Therapists will work with you one-on-one in your home to maximize your independence. A Registered Nurse and Home Health Aide may also be involved, depending on your health care needs.

## Will Therapy be too Strenuous?

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

"I was very impressed with my care after surgery and with the physical therapist. She did such a wonderful job." CHCS PT Patient

## 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.

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

"The therapist did an excellent job with my dad. They were wonderful and he made great progress under their care."

CHCS Patient Family Member

