

# Recovering at Home with Support

By Lee Reed and Meaghan McMahon

Following a trip to the hospital, whether it was a planned event or an unexpected one, there are questions you will have about how to recover successfully at home. You may find a need for assistance with your “Activities of Daily Living” (ADLs). ADLs include bathing, dressing, using the restroom, preparing meals, taking medications, doing laundry, etc. Our nursing and social services support team, Lee Reed, R.N. and Meaghan McMahon, LGSW, are here to connect you with resources that will make this time of recovery as smooth as possible.

## Resources may include:

- **Home Health Agency Services** — after an assessment by a Registered Nurse, this support can be a 24/7 Certified Nursing Assistant (CNA), Geriatric Nursing Assistant (GNA) or Home Health Aide (HHA)
- **Private Duty Nurse or Private Duty Aide** — the Private Duty Nurse could be a Registered Nurse (RN) with 2-4 years of educational background or Licensed Practice Nurses (LPN) with 12-18 months of educational

background. The Private Duty Aide could be a CNA or GNA.

- **Geriatric Nursing Assistant (GNA)** — this is someone with a high school diploma or GED who has completed a state certification as a CNA with additional specialized training with a geriatric focus.
- **A DCV Volunteer Companion** — someone to help get your mail, pick up prescriptions, grocery shop, water plants and/or schedule friendly check-in visits by phone or in-person.
- **Telemedicine** — technology can also support your recovery at home. The National Council on Aging recently published a helpful article on this topic: <https://www.ncoa.org/article/getting-the-care-you-need-via-telemedicine/>

We all need help at one point or another. Our DCV nursing and social support services can be a useful tool when navigating a recovery at home after a hospital stay. To use this resource, please contact Eva directly.