



R H Y T H M S
H O M E C A R E

In Step with Your Life



Shaundra Holmes, DON
Rhythms Home Care
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303-757-2300

RHYTHMS HOME CARE

Professional caregivers assist with daily activities, reducing risks while promoting independence



- ❖ Home care can lead to 25% fewer hospital visits due to falls or complications.
- ❖ Home care allows families to focus on quality time, reducing stress.

Tailored RHYTHMS Home Care Services

Including:

- ❖ Assist with bath or shower
- ❖ Assist with shaving or brushing teeth
- ❖ Assist with ambulation (walking)
- ❖ Fall prevention
- ❖ Assist with transfer in and out of bed, chairs or car
- ❖ Incontinence care
- ❖ Assist using the toilet
- ❖ Assist with dressing
- ❖ Wash and style hair



Additional Services Include:

- ❖ **Transportation**
 - ❖ **Grocery shopping with or for you**
 - ❖ **Put away groceries**
 - ❖ **Attend doctor appointments and take notes**
 - ❖ **Bring in mail, help sort mail, assist in reading mail**
 - ❖ **Answer phones, discourage scam calls**
 - ❖ **Water plants, walk pets, pet care**
 - ❖ **Laundry, change linens, make bed**
 - ❖ **Organize cupboards and closets**
 - ❖ **Maintain a calendar and plan daily activities, schedule appointments**
 - ❖ **Make and plan meals**
 - ❖ **Medication Reminders**
 - ❖ **Shop for gifts, wrap presents**
 - ❖ **Write letters**
 - ❖ **Decorate for the holidays**
 - ❖ **Light housekeeping**
 - ❖ **Clean out fridge, check for freshness of food**
 - ❖ **Help make phone calls**
 - ❖ **Companionship**
 - ❖ **Assist with arts, games, puzzles, crafts**
 - ❖ **Go for walks, exercise**
- And many more...**

RHYTHMS Home Care Medication Management

- ❖ **Why am I taking this?**
- ❖ **What are possible side effects?**
- ❖ **Can I take this with food/or on empty stomach?**
- ❖ **What time should I take it, how often, how many?**



Medication Management is important because:

- ❖ **May not work properly**
- ❖ **Adverse side effects**
- ❖ **Counteract or have interaction with another medication**

Tips for ensuring your medication works more effectively:

1. Take as directed
2. Keep it organized
3. Take it even if you don't have noticeable symptoms
4. Continue taking even if symptoms have "gotten better"
5. Tell your doctor and pharmacist about all of the medications you are taking (including OTC and supplements)
6. Be aware of any food interactions
7. Be aware of potential side effects

RHYTHMS Home Care Medication Management Benefits



- ❖ **RN assessment**
- ❖ **Weekly vitals checks**
- ❖ **Weekly organization**
- ❖ **RN communication with your Health Care Provider**
- ❖ **RN communication with your pharmacy for delivery or pick-up**
- ❖ **Medication reminders**

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