

HEALLING WELL AT HOME

Essential Tips



My Health, My Responsibility

What is Home Care?

Home care is recovering at home with support from family after an illness or injury or while managing a chronic health condition. It includes medical and personal care.



How This Flipbook Helps You



**Safety
steps at
home**



**Simple family
tips and
checklists**



**Quick
emergency
guide**



**Medication &
Infection
Management**



**Fall
prevention**



**Spot
warning
signs early**

When Is Home Care More Suitable?

Home care is best for patients who are medically stable and do not need emergency hospital treatment but need regular care and monitoring.



Situations Where Home Care Works Well:



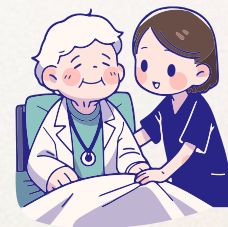
**Post-hospitalisation
recovery care**



**Senior citizens or
geriatric care**



**Long-term medical
conditions**



**Palliative and
end-of-life care**

Explore Why Home Care Is Better

Why Is Home Care Better?

Home care helps patients heal faster in a familiar, comfortable environment, with more independence and lower infection risks.



- **Patients feel** comfortable in their own homes



- **Reduces** stress and anxiety



- **Lowers** the risk of picking up infections in hospitals



- **Involves** family in daily care



- **Reduces** treatment expenses



- **Minimises** repeated hospital visits



- **Allows** personalised care based on patient preferences

Hospitals Also Encourage and Support Home Care

Is Home Care Safe? Yes – If Done Properly

Home care is safe and effective when basic safety practices are followed.

Effective Practices for Home Care



- **Following** the doctor's instructions for medicines, diet and activities



- **Maintaining** cleanliness and hygiene around the patient



- **Monitoring** vitals and symptoms, and reporting them early



- **Using** medical devices correctly



- **Involving** dependable family members



- **Taking** professional help or getting a trained caregiver

Follow Simple Steps to Make Home Care Effective

Home Care Risks To Watch Out For

Safety comes first. Small mistakes can lead to infections, injuries or hospital readmission.

Common Risks in Home Care:



- **Medication mistakes** – dosage, timings, storage and food conflicts



- **Infections** due to poor hygiene



- **Falls** and injuries at home



- **Missed** follow-ups and warning signs



- **Improper** use of medical equipment

Caregivers Need to Develop Safe Habits

Quick Checks for Patients While Discharging from Hospital

- ✔ **Understand** the patient's treatment plan, precautions and care instructions.
- ✔ **Understand** discharge summary - medicines, care at home, monitoring, diet, warning signs and emergency contacts.
- ✔ **Know** patient's medicines — dose, timing and duration.
- ✔ **Learn** wound care, physiotherapy and how to monitor vitals
- ✔ **Confirm** follow-up review and tests, if any.
- ✔ **Collect** all reports, films, prescriptions and discharge summary.
- ✔ **Get** guidance to source nursing help and equipments, as necessary.



Share Key Information With Another Family Member!

You Should Have Refreshed First Aid Kit Supplies at Home

Cotton balls



Sterile gauze



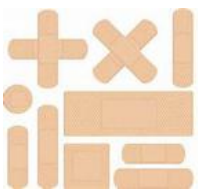
Soft towel



Stretch bandage



Band-aid



Non-stick gauze



Thermometer



BP Instrument



Hand Sanitizer



Cold gel pack



Petroleum jelly



Oral Rehydration Salts ORS



Disposable glove



Antiseptic solutions



Anti Allergy



Pain reliever/ Paracetamol



Scissors, tweezers & safety pins



Mepore bandage, adhesive tape



Glucometer diabetes



Aspirin, Sorbitrate (heart)



Keep Your First Aid Kit Ready for Quick Emergencies!



Home Care Services & Equipment You May Need



**Doctor / Nurse/
Attendant**



**Hospital
Bed**



**Vital
Monitoring**



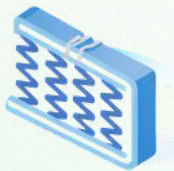
**Oxygen
CPAP/BIPAP**



**DVT
Pumps**



**Oxygen
Concentrators**



**Air
Mattress**



**Wheelchair/
Walker**



**Commode
Wheelchair**

Where Can You Get These Services or Equipment?

- Private home healthcare providers
- Hospitals that provide home care services
- Large pharmacies that provide rehab / monitoring equipment
- Specialised organisations for elderly or palliative care

Get Care, Equipment & Support in One Place

Daily Medication Management at Home

Set Alarms for Reminders



Take medications as per schedule. No self-medication. Prevent duplication of doses.

Organize Your Daily Medicines

Keep medicine list updated. Know your medication. Use pill boxes and check medicine stock regularly.



Follow Vaccination Schedule



To boost immunity. Ask your doctor to make your vaccination schedule

Keep Medical Records Organised

Maintain copies of prescriptions, discharge summary, diagnosis tests & keep your caregiver informed



Stay Organised, Stay Safe — Keep Medicines & SOS Handy!

Keep Medicines Safe At Home



**Retain original
packing & labels**



**Store in cool & dry
accessible place**



**Organize them
label by purpose**



**Keep essential
First-Aid kit**



**Safely dispose off
expired medicines**



**Keep out of reach
of children**

Handle Medicines Responsibly for a Safer Home



Infection Prevention At Home

Proper wound care and hygiene help prevent infections and related complications.



Practice hand hygiene



Keep wounds clean, dry and covered



Wear masks and gloves, if necessary



Avoid close contact of patients with visitors



Keep catheters, feeding tubes and oxygen devices clean



Avoid sharing personal items



Check daily for redness, swelling, pain, pus or fever



Inform the doctor immediately if signs of infection appear

Clean Care Protects Healing

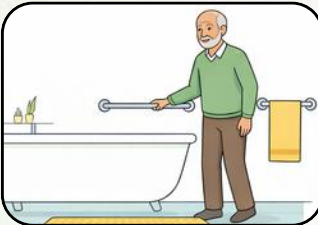


Preventing Falls at Home

A safe home prevents injuries and health emergencies.



Install handrails in staircases and ramps



Install grab bars near toilet, shower area and wipe spillage on floor



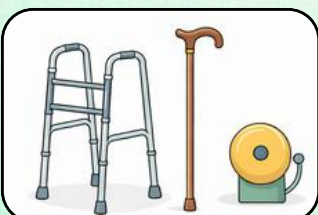
Remove obstacles such as cables, foot mats and carpets



Install night lights and easy-reach switches



Keep frequently used items in easily reachable places



**Use Walker or Cane.
Have call bell for help.**

Be Cautious, Stay Balanced — Your Safety Matters Most!

How to Measure BP Correctly

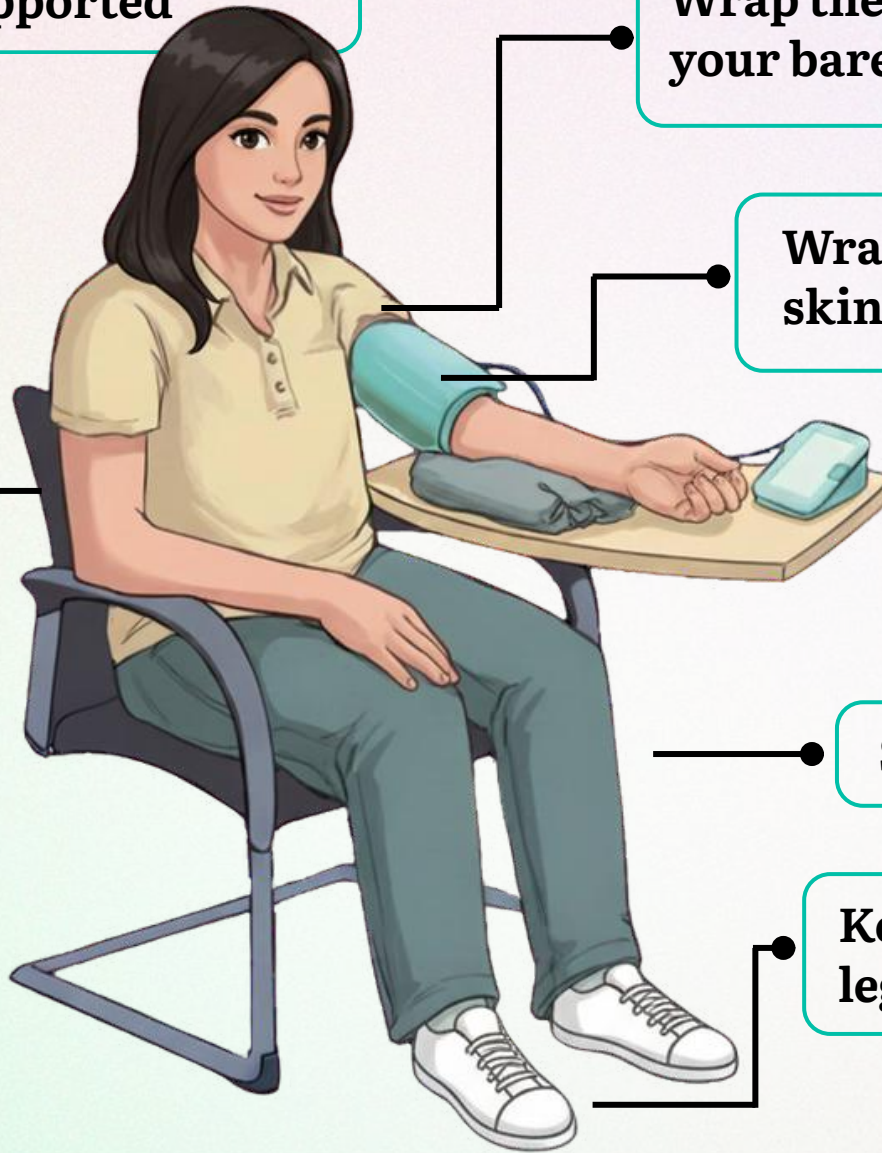
Sit with back supported

Wrap the cuff around your bare upper arm

Wrap it against your skin not over clothing

Stay still & silent

Keep feet flat on floor, legs uncrossed



Before Checking BP:

- Relax for a minute
- Avoid smoking, alcohol, or exercise 30 mins before
- Check at the same time daily for accuracy

Not Just Medication — Regular BP Monitoring is Important!

Chronic Illness Care at Home



- **Follow** a daily routine for medicines, sleep, meals and activities.



- **Monitor** sugar, BP, oxygen levels and weight and keep records.



- **Plan** an appropriate diet: low salt, low sugar, soft foods and avoid sudden major changes in diet.



- **Do** gentle physical activity daily — short walks or chair exercises, as advised.



- **Keep** the patient mentally engaged through hobbies, music and family conversations.



- **Keep** all prescription medicine lists and emergency contacts visibly accessible.

**Provide Respect to Caregivers, Join Support Groups;
Stay informed about Illness**

Ageing & Geriatric Care at Home



- **Make** the home fall-proof: remove loose rugs and wires, use non-slip mats and add grab bars and railings.



- **Keep** lights bright, especially near toilets, stairs, and at night (use bedside lamp or night-light).



- **Arrange** furniture for clear walking space and keep daily items within easy reach.



- **Support** hearing and vision with aids, glasses and clear labels on medicines and schedules.



- **Help** with daily activities but encourage them to do what they can on their own; talk daily and watch for loneliness, low mood or memory problems.

Double-check Your Home Setup to Avoid Any Risks

Palliative and End-Of-Life Care at Home



- **Focus** on comfort over cure: good pain relief, easy breathing, and gentle mouth and body care.



- **Keep** the room calm, clean and well-ventilated, with comfortable bedding and easy access to a toilet or bed-pan.



- **Train** family in simple care: gentle massage, turning to prevent sores, and giving medicines as prescribed.



- **Discuss** and respect the person's wishes about hospital care, CPR and other decisions in advance.



- **Offer** emotional support: give short breaks, listen to feelings, and reassure them that it is okay to feel tired or sad.

Care Can Ease Pain, Even When Cure is Not Possible



Warning Signs – When to Seek Hospital Care Immediately

After discharge, some symptoms can mean serious problems. Do not ignore them.

Get medical help urgently if the patient has:



**High fever
or chills**



**Breathing
difficulty or
chest pain**



**Sudden weakness,
confusion, or
fainting**



**Severe pain,
swelling, or
bleeding**



**Redness, pus,
or bad smell
from wounds**



**Vomiting, severe
diarrhoea, or
dehydration**

Early Action Can Save Life and Prevent Serious Harm

Essential Emergency Information to Keep Ready

Keep the following list handy:



- Doctor's Name & Contact No.
- Your Blood Group Information
- Family & Neighbour Contacts
- Local Emergency Services Nos.
- Ambulance No.
- Hospital Name & Patient ID
- Location of Your Medical File

 Place this chart on your Refrigerator /
TV / Visible Spot

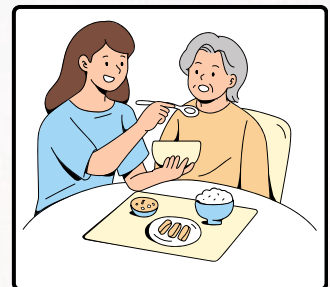
 Keep entrance door keys with a trusted
neighbour

Stay Prepared — Keep Emergency Numbers Accessible Everywhere!



Role of Family & Caregivers

- **Handle communication and doctor follow-ups,** medical tests, advocate for the patient
- **Administering medication** ensures correct use and monitors treatment progress.
- **Helping with personal care** supports hygiene, mobility, diet, and daily routines.
- **Offering emotional support** makes patients feel valued, safe, understood, and reassured.
- **Monitoring symptoms tracks** health changes, reports issues, and aids recovery.



Together in Care, Stronger in Recovery!

Home Care Safety – Quick Checklist for Families

- ✔ Follow doctor's instructions for medicines, diet, and activity
- ✔ Take medicines correctly — right dose, right time, no self-medication
- ✔ Keep hands clean and patient area hygienic
- ✔ Watch daily for warning signs or health changes
- ✔ Keep wounds and medical devices clean and dry
- ✔ Prevent falls by keeping the home safe and clutter-free
- ✔ Attend follow-ups and health check-ups on time
- ✔ Store medicines safely and check expiry dates
- ✔ Keep emergency numbers visible and accessible
- ✔ Ask questions whenever something is unclear

Safe Care at Home Today Prevents Harm Tomorrow

Read More, our patient education materials here



Infographics:

Click here to access

<https://www.patientsforpatientsafety.in/infographics.php>



Scan to access
directly



Health Library:

Click here to access

<https://www.patientsforpatientsafety.in/resources.php>



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<https://patientsforpatientsafety.in/newsletter.php#gsc.tab=0>



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directly



Doctor-Patient Conversations series!

Click here to access

[https://www.youtube.com/playlist?
list=PLMnzlJCQuYL8Wa6EsPUTQxVHIFwjz-ECG](https://www.youtube.com/playlist?list=PLMnzlJCQuYL8Wa6EsPUTQxVHIFwjz-ECG)



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Regular Health Tips and Important
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BROUGHT TO YOU BY



***Patients For
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Be Aware. Stay Involved. Stay Safe.
Together we can reduce avoidable harm.

More Self-Help Information Available

www.patientsforpatientsafety.in