

# Horizon Adult Health

## Provides much-needed Quality Health Services to aging Kentuckians

More than 700,000 Kentuckians face the daily stress of serving as caregivers for family members. Too often, they've had the limited choices of either putting that loved one in a nursing home — which is costly and often against the wishes of the patient — or trying to handle the needs of an elderly parent while maintaining a full-time job and raising a family.

Further complicating the situation, Kentucky has a nursing home shortage with only about 26,000 nursing home beds for more than 600,000 Kentuckians over age 65 who might need that care.

That's why Horizon Adult Health provides a range of care for aging Kentuckians and support for their families.

What started more than 20 years ago with adult day-care facilities, Horizon has worked with more than 3,000 families across the Commonwealth — whether it's providing care for senior loved ones at its 12 adult day centers or in-home care and case management throughout the state. That experience helps Horizon health-care professionals know the best resources available to provide a continuity — and a continuum — of care.

"We're focused on partnership with caregivers — creating solutions and providing assistance as a trusted and proven alternative to institutional care," said President and CEO Kelly Upchurch.

"Homeownership is the American dream and a result of a lifetime of hard work. But more than that, it is a place of refuge and comfort."

### Home care

Delay of needed in-home services can result in rapid health declines, hospitalizations and nursing home admissions. That's why Horizon provides a comprehensive range of home care services throughout the state, including:

- Personal care, such as bathing and grooming
- Companionship
- Light housekeeping and laundry
- Transportation to the doctor, church, beauty salon/barber
- Grocery shopping and errands
- Meal preparation
- Assistance paying bills
- Toileting and incontinence care
- Transferring and positioning

"Our goal is to help ensure your loved one can stay safely at home as long as possible. These families aren't a number. They're our neighbors. We can help you achieve your loved one's goal of staying out of the nursing home and being independent for as long as possible."

- Relief for family caregivers
- Medication reminders

The goal of these services is to help ensure loved ones are secure, healthy and connected to the community, which also is important for mental well-being.

"Horizon Home Care has changed our lives," said the daughter of a client. "Their caregivers immediately put Mom at ease. Their attention to quality is impressive. I don't know what we would do without them."

Horizon's home care service area includes Daviess, Henderson, McLean, Ohio, Breckenridge, Hancock and Perry counties as well as others across the state.

### Case management

When important decisions must be made for a loved one, families need an experienced provider to help navigate the system and be a champion for the family. That's where Horizon's case management comes in. It provides clients with a strong advocate and coordinator of care through its statewide services, which include:

- Assessment of the client
- Participation in development of a comprehensive care plan
- Referrals, connections and coordination of Medicaid and non-Medicaid services
- Advocacy for the client and family
- Consistent contact and monitoring through in-home-visits and phone calls

- Reassessment and follow-up
- Establishment and maintenance of case record
- Crisis assistance planning

### Adult day health care

Horizon Adult Health operates the second largest adult day-care company in Kentucky and the largest adult day health-care company headquartered in Kentucky.

It provides adult day health-care services to the frail and elderly, including door-to-door transportation, skilled nursing services, nutritious meals and recreation opportunities. These services provide respite for family caregivers, allow them to remain working while they care for loved ones and help aging adults stay in their home longer.

As the population of Kentucky continues to age, the need for all three of these components of senior care will become even more critical: More than one-third of Kentuckians over age 65 have four or more chronic diseases such as diabetes, heart disease and arthritis; and the number of seniors with Alzheimer's disease is expected to increase 28 percent in 10 years, according to a Kentucky Legislative Research Commission report.

"All of our services will help make sure your loved one is secure, healthy and connected to the community, which is important for mental well-being," Upchurch said. "And it will bring peace of mind and relief to family caregivers."

Contact Horizon Adult Health at 877-589-3053 or visit [www.forhorizon.com](http://www.forhorizon.com) to learn more about its professional care with a personal touch.

