



Certified Home Health, In-Home Personal Care,  
Palliative Care, Telehealth Monitoring

**Hillcrest**  
*Home Care*

## *Why Choose Hillcrest?*

We understand there is no better place than the comfort of home to recover from an illness or receive personal care and attention.

Hillcrest Home Care offers the area's widest array of in-home services to keep aging adults safe and independent, as well as provide in-home rehabilitation services to speed recovery from surgery, illness or hospital stay.

Our comprehensive services are overseen by a highly-respected geriatrician, Dr. Rebecca Reilly, and include Certified Skilled Home Health, In-Home Personal Care, Palliative Care and Telehealth services.

To learn more about how we can help you or your loved one at home, please call **(402) 682-4808**.

**Hillcrest**  
*Home Care*

*Serving 9 counties in Nebraska and Iowa.*

1820 Hillcrest Drive, Suite A  
Bellevue, NE 68005

office: **(402) 682-4808**

fax: **(402) 682-6563**

**We welcome new admissions 24 hours a day.**



*When you need care,  
there's no place like home.*

10-14

[hillcresthealth.com](http://hillcresthealth.com)

## SKILLED HOME HEALTH

Hillcrest's team of nurses, social workers, and physical, occupational and speech therapists help you (or your loved one) return to your highest level of independence at home – including your independent or assisted living apartment, or wherever you call home.

We specialize in skilled nursing, wound care, therapy, post-hospital care, chronic disease management and palliative care. We work with your physician to develop the best care plan to meet your recovery goals, and based on that plan, our nursing and therapy professionals will come to your home as often as needed. We are always intensely focused on avoiding re-hospitalization because we know your best recovery happens at home.

Hillcrest Home Care is certified to accept Medicare and is contracted with most insurance companies to provide physician prescribed care.

## IN-HOME PERSONAL CARE

Caring for an aging loved one at home requires strength, patience, creativity and an incredible amount of time. Available for short periods or around-the-clock, Hillcrest's In-home Personal Care service enhances your own caregiving efforts by providing assistance with bathing and dressing, housekeeping, laundry, transportation, companionship or anything else your loved one needs.

We also enable residents of independent and assisted living communities to thrive in their current settings by providing supportive services beyond those offered in their communities.



Often our services help these residents delay or completely avoid transition to a nursing home.

Depending on needs, the Hillcrest team members providing care may be personal care assistants, companions or homemakers, or nurses if medical assistance is required. In-home Personal Care, or "private duty" care, is not covered by Medicare or medical insurance, but services may be eligible for coverage under some long-term care insurance policies.

## TELEHEALTH SERVICES

Through special telehealth monitoring equipment provided to our clients, Hillcrest Home Care professionals can monitor clients' vital signs at home and eliminate unnecessary trips to a physician office or hospital.

Our equipment, manufactured by Philips, is easy to use in the comfort of your home. By receiving medical updates regularly, doctors and nurses can assess your status through this innovative program.



Photos courtesy of Philips Telehealth Solutions



## PALLIATIVE CARE

Hillcrest's Palliative Care program provides an innovative approach to pain and symptom management of a chronic or life-threatening disease. Palliative care refers to patient and family centered care that optimizes quality of life by anticipating, preventing, and treating suffering. Palliative care throughout the continuum of illness involves addressing physical, emotional, social and spiritual needs, while encouraging patient autonomy, access to information, and choice. Unlike hospice care, which is only offered when curative treatments have stopped, palliative care can be administered to patients who are still hopeful of a recovery through curative treatment.

The Goals of Palliative Care include:

- Decreasing pain and other distressing symptoms
- Improving patient-physician communication and decision-making
- Easing patient transitions between care settings
- Increasing patient and family satisfaction