

. . . staying home

by *Connie Roller*

Do you need help at home? Or does a family member need help at home but you can't be there all the time? If you or a loved one leave the hospital or care center, is there someone you can turn to?

You bet. With one phone call to [Oxford HealthCare](#), there is help for you at home.

Why Oxford? Because for the past 27 years they've provided quality in-home care for people who prefer to remain in the comfort of familiar surroundings. Many resources are available to help someone remain independent in his or her home. Oxford recognized the need to have these services coordinated. They developed a network of services, products, funding sources and community resources to help people stay independent at home. In fact, one simple call accesses every home care product and service available in the community.

"People still tend to view [home health](#) care as a limited resource," says Debbie Griffin, executive director of quality management at Oxford. "We want everyone to know there are extensive resources available today that help promote continued independence. People can often choose to remain in their own homes even when their health begins to fail."

Some of the comprehensive services offered at home include nursing, bathing, personal care, medication supervision, medication set-up,

medication administration, housekeeping, companionship, meal preparation, shopping, transportation, IV therapy, speech therapy, physical therapy, occupational therapy and social services. Service can range from one hour to 24 hours a day, for one day to several months or years.

Home care can provide respite to the wife of an ailing man, provide assistance to the elderly person without family nearby and can help the weary parents of a child with a debilitating illness. How much does it cost? How is it paid for? Who is eligible? If you'd like to know, we'd love to hear from you. Call us for a free home care evaluation. Remember, with Oxford HealthCare, there's help for you at home. After all, isn't that where you'd most like to be?

Call Oxford at 883-7500 or 1-800-749-6555. In Joplin, call 782-0111 or 1-800-287-8187. ❖

Connie Roller is a freelance writer for Cox HealthSense magazine.

There Is Help For You At Home.

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Stroke therapy

offers new possibilities

by *Stacy Fender*

Stroke patients, even those who experienced a [stroke](#) 20 or more years ago, now have a new rehabilitation option thanks to the development of constraint induced therapy (CIT). The treatment technique, based on the research of physicians, nurses, therapists and educators, requires a patient who has difficulty using one of their arms as a result of a stroke to wear a sling or mitt to restrict the stronger arm during exercises and activities.

Patients attend therapy seven hours a day for two weeks. During this time they are also encouraged to wear the restraint in the evenings and on weekends to maximize the functioning of the weaker arm. Patients who wear the

restraint for 90 percent of their waking hours achieve the best results.

To further enhance the benefits achieved in therapy, patients are instructed to follow a home exercise program. "The more active the patient is with the affected arm, the stronger the limb can become, and the better the coordination can be," says Beth Cammack, Cox occupational therapist. The exercise routines are tailored to what each patient's particular needs are. Some focus on gross motor skills and overall movement, while others concentrate on fine motor skills.

The benefits of CIT include improved coordination, increased strength and sensations, and overall use of the arm impacted by stroke. Many patients report that after therapy they are again able to use their weaker arm in daily activities such as eating, making a bed and carrying objects. Some patients

also report being able to feel something touch their arm – a sensation they had not experienced since their stroke occurred.

According to Cammack, the most exciting thing about CIT is that no time limits seem to apply. "Traditional therapy has a six- to 12-month window of opportunity for therapy. After that point you really didn't expect to see any improvement," Cammack says. "But this research shows that isn't necessarily true. We can expect more."

Constraint induced therapy is available on the Inpatient Rehabilitation unit at Cox Walnut Lawn and in Outpatient Rehab at Cox Medical Plaza I, by physician referral. For more information contact your physician or call 269-5520. ❖

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