

HALE COUNTY HOSPITAL PRESENTS



HEALTH PARTNERS: A GUIDE FOR PATIENTS AND FAMILIES

COULD YOU OR A LOVED ONE BENEFIT FROM
ASSISTANCE WITH ANY OF THE FOLLOWING THINGS?

- *Healthy eating and exercise*
- *Loneliness*
- *Remembering appointments and following up with doctor's appointments and recommendations*
- *Transportation*
- *Navigating social services*
- *Communicating problems*
- *Support between Home Health visits, or assistance if you don't qualify for Home Health*



**IF SO, ASK YOUR HEALTH CARE PROVIDER
ABOUT A HEALTH PARTNER!**

WHAT A HEALTH PARTNER CAN DO

- *Encourage activity: exercise, social interaction, etc.*
- *Nutrition: grocery shop, meal plan, connect with meal delivery*
- *Home visits: social support; support caretakers*
- *Medical appointment navigation*
- *Assistance with scheduling and reminders; transportation to and accompaniment during appointment*
- *Transportation: within Hale County to pharmacy, grocery, etc.*
- *Medical compliance: ex. assistance with weekly pill planner*
- *Finances: budgeting and financial planning*
- *General health: monitoring (layman's assessment) and updates to provider*

WHAT A HEALTH PARTNER CAN'T DO

- *Provide medical care or physical labor: bathing, changing, bandages, etc.*
- *Administer medications or fill medication boxes: can supervise you filling your own medicine boxes*
- *Provide regular transportation to distant care centers (>25 minutes)*
- *Conduct home visits in unsafe environments*

If any of these things interest you, ask your provider at the Hale County Hospital to refer you to one of our health partners who can provide extra support in many areas of your health journey!