



AAA Nursing Services
...dedicated to providing quality service

HOW TO REDUCE THE EFFECTS OF ARTHRITIS

At Home

A MANAGEMENT PLAN FOR YOU

By closely following your physician's plan of care, you can effectively manage your condition and **AAA Nursing Services** is here to help. Our nurses, therapists, equipment specialists and nurse's aides will contribute to your recovery every step of the way, working closely with your doctors and your family.

AAA Nursing Services: In home visits by skilled nurses & therapists

Licensed nurses will educate and instruct you and your family members on the management of Arthritis. They will also monitor medications and provide a medication regimen.

Medical Social Workers will help the family access community resources and will assist the family with any counseling needs.

Physical or occupational therapists will conduct a home safety inspection to recommend adaptive medical equipment to assist with Activities of Daily Living (ADL's). An individualized custom exercise program will be designed to help build strength.

AAA Nursing Services: Individualized One to one in-home care

AAA's caregivers can provide assistance with:

- Compliance with physical therapy and exercise activities
- Completion of painful tasks (driving, bathing, dressing, housekeeping, etc.)
- Meal preparation and diet modification to prevent weight gain (which stresses joints)
- Applying ice packs or heating pads to relieve localized pain
- Encouraging bed rest when appropriate to reduce pain and joint inflammation
- Frequent repositioning to reduce pain and stiffness
- Apply proper transferring techniques to prevent further joint damage

AAA Nursing Services: Equipment to your Door!

As part of our full-service plan of care, any medical equipment needed, we can arrange and have delivered the following items and more:

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| Hospital Bed and Trapeze Attachment | Splints/Braces |
| Wheelchair and Cushion | Raised Toilet Seat or Commode |
| Scooter | Shower Chair |
| Lift Chair | Overhead Reachers & Grabbers |
| Walker | Shoe Horns & Stocking Aides |
| Daily Living Aids for assistance with dressing, grooming, bathing and eating | |