

# Thriving Again

*Proactive Home Multiple Sclerosis Care Plan*



*A Proactive Plan for Healing™*

# Make the Most of It.

By its effects on factors including balance, strength, coordination, and vision, multiple sclerosis (MS) brings the patient and family a number of big, unexpected challenges. But Paradigm HomeCare can help surmount those challenges, with our multi-disciplinary approach to evaluation, treatment, and recovery.

Our experienced team of nursing, physical therapy, and occupational therapy clinicians will recommend constructive ways for patients to thrive at home. Together, we'll provide the tools and tactics needed to slow the progression of symptoms, improve in function, and grow in independence.



## Multiple Sclerosis Plan Goals:

Educate patient and family on MS and its treatment

Maintain or improve posture, balance, gait, and flexibility

Optimize patient's abilities for activities of daily living

Coordinate medical equipment and outpatient care when needed

Promote overall health and independence

*Paradigm works to help each patient live life to the fullest.*

## Nursing

## Health and happiness

Our nursing professionals work to educate, evaluate, and coordinate, administering an integrated plan of care.

Educate and instruct on disease process and pain management

Help manage medications

Coordinate care among providers

Evaluate for symptoms of depression

Monitor and assess for urinary tract infections

Assess skin health

Promote overall health, including teaching on diagnoses other than MS

## Physical Therapy

## Work in progress

Paradigm's physical therapists help the patient maintain or improve strength and stability, while managing symptoms such as pain, dizziness, and fatigue. The skills and techniques established in physical therapy provide the basis for improving mobility and independence.

Teach techniques for pain management, flexibility, and fatigue reduction

Address any dizziness from stiffness in the head and neck

Implement circuit training for strength, stamina, and core stability

Work on posture, balance, and gait



## Occupational Therapy

## On with life

Through standard skills tests and a customized plan of action, our therapists will assess each patient's abilities and set them on the path to achieving their goals.

Administer a Modified Fatigue Impact Scale (MFSI)

Perform environmental modifications and home safety assessments

Perform Canadian Occupational Performance Measure

Work on Activities of Daily Living

Once we've worked through the care plan and the patient has reached his/her goals, we'll provide continuing assistance, including home strengthening exercises—and even Tai Chi when applicable. Paradigm's Management and Evaluation Program means we're always there to help patients and their families make the most of life.

# Service Areas

Paradigm provides home care throughout the following Texas counties:

Anderson	Franklin	Morris	Upshur
Camp	Gregg	Rains	Van Zandt
Cherokee	Henderson	Rockwall	Wood
Collin	Hopkins	Rusk	
Dallas	Houston	Smith	
Denton	Kaufman	Titus	

## TYLER OFFICE

777 South Broadway, Suite 200, Tyler, TX 75701

t: 903.581.1223 | f: 903.581.1253

## DFW OFFICE

2000 N Central Expressway, Suite 105, Plano, TX 75074

t: 972.422.0033 | f: 469.736.0068

Traditional Medicare pays 100% for all physician-ordered home healthcare. Call **888.581.1223** for your **IN-HOME EVALUATION** today.

## Recognized among the top in Healthcare

Year after year, Paradigm HomeCare has consistently been recognized and distinguished among the top home health agencies in the U.S. for efficient delivery of high-quality patient care, improved patient outcomes, reduced hospital and ER visits, and overall patient satisfaction.

**Please visit [www.medicare.gov/homehealthcompare](http://www.medicare.gov/homehealthcompare) to view our ratings and scores.**

