



AT HOME REHAB

— From Our Hearts To Your Home —

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JANUARY

Zodiac Signs: Capricorn (Dec 22 – Jan 19), Aquarius (Jan 20 – Feb 18)

Birthstone: Garnet • **Birth Flower:** Carnation or Snowdrop

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				New Years Day		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	Martin Luther King Jr. Day					
25	26	27	28	29	30	31



FEBRUARY

Zodiac Signs: Aquarius (Jan 20 – Feb 18), Pisces (Feb 19 – Mar 20)
Birthstone: Amethyst • **Birth Flower:** Violet or Primrose

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



MARCH

Zodiac Signs: *Pisces (Feb 19 – Mar 20), Aries (Mar 21 – Apr 19)*
Birthstone: *Aquamarine (and sometimes Bloodstone)* • **Birth Flower:** *Daffodil*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



APRIL

Zodiac Signs: Aries (Mar 21 – Apr 19), Taurus (Apr 20 – May 20)
Birthstone: Diamond • **Birth Flower:** Daisy or Sweet Pea

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
Easter						
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



MAY

Zodiac Signs: *Taurus (Apr 20 – May 20), Gemini (May 21 – Jun 20)*

Birthstone: *Emerald* • **Birth Flower:** *Lily of the Valley or Hawthorn*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Mother's Day						
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Memorial Day					



JUNE

Zodiac Signs: *Gemini (May 21 – Jun 20), Cancer (Jun 21 – Jul 22)*

Birthstone: *Pearl, Alexandrite, or Moonstone* • **Birth Flower:** *Rose or Honeysuckle*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	Juneteenth	27
Father's Day	29	30				
28						



JULY

Zodiac Signs: *Cancer (Jun 21 – Jul 22), Leo (Jul 23 – Aug 22)*

Birthstone: *Ruby* • **Birth Flower:** *Larkspur or Water Lily*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11 <i>Independence Day</i>
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



AUGUST

Zodiac Signs: Leo (Jul 23 – Aug 22), Virgo (Aug 23 – Sep 22)
Birthstone: Peridot (also Sardonyx or Spinel, historically) • **Birth Flower:** Gladiolus or Poppy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



SEPTEMBER

Zodiac Signs: *Virgo (Aug 23 – Sep 22), Libra (Sep 23 – Oct 22)*
Birthstone: *Sapphire* • **Birth Flower:** *Aster or Morning Glory*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
	Labor Day					
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



OCTOBER

Zodiac Signs: *Libra (Sep 23 – Oct 22), Scorpio (Oct 23 – Nov 21)*
Birthstone: *Opal or Tourmaline* • **Birth Flower:** *Marigold or Cosmos*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	Indigenous People's Day					
18	19	20	21	22	23	24
25	26	27	28	29	30	31
						Halloween



NOVEMBER

Zodiac Signs: *Scorpio (Oct 23 – Nov 21), Sagittarius (Nov 22 – Dec 21)*
Birthstone: *Topaz (usually Yellow or Imperial) or Citrine* • **Birth Flower:** *Chrysanthemum*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
			Veteran's Day			
15	16	17	18	19	20	21
22	23	24	25	26	27	28
				Thanksgiving		
29	30					



DECEMBER

Zodiac Signs: Sagittarius (Nov 22 – Dec 21), Capricorn (Dec 22 – Jan 19)
Birthstone: Turquoise, Tanzanite, or Zircon • **Birth Flower:** Narcissus (often Paperwhite) or Holly

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	Christmas Eve	Christmas Day	
				31		
				New Year's Eve		

Navigating Home Health and Support Services

- **Medical care** provided at home by licensed professionals, such as nurses or therapists, under a physician's guidance.
- **Non-Medical Service Assistance** with daily living activities like bathing, dressing, and meal preparation by trained caregivers.
- **Hospice Service** Compassionate end-of-life care focused on comfort, dignity, and support for patients and their families.
- **Palliative Service** Specialized care aimed at relieving symptoms and improving quality of life for those with serious illnesses.
- **Who Qualifies for Home Care Services** Individuals who are homebound and require skilled or supportive care as certified by a physician.
- **Check Your Insurance for Coverage** Home care may be covered by Medicare, or private insurance—contact your provider to verify benefits.
- **Doctor Referral** A physician's referral is required to initiate skilled home health services.
- **Physical Therapy** In-home rehabilitation to restore mobility, strength, and function after illness, injury, or surgery.
- **Occupational Therapy** Therapeutic support to help individuals regain independence in daily tasks and self-care activities.
- **Speech Therapy** In-home treatment for speech, language, swallowing, or cognitive-communication disorders.
- **Social Service Support** from licensed social workers to help with emotional, financial, or care planning needs.
- **Nursing Services** Skilled nursing care including wound care, medication management, and chronic condition monitoring at home.
- **Agency staff** have certifications in wound care, ostomy care, LSVT BIG and lymphedema

Test Your Knowledge of Home Services

1) Medical home care is provided by nurses or therapists under the guidance of a:

- A. Social worker
- B. Nurse aide
- C. Physician
- D. Family member

Correct answer: C. Physician

2) Non-medical service that provides assistance with daily living activities such as bathing, dressing, and meal preparation by trained caregivers is called:

- A. Skilled Nursing Care
- B. Physical Therapy
- C. Personal Care Assistance
- D. Palliative Care

Correct Answer: C. Personal Care Assistance

3) Compassionate end-of-life care focused on comfort, dignity, and support for patients and their families is called:

- A. Palliative Care
- B. Home Health Care
- C. Hospice Care
- D. Respite Care

Correct Answer: C. Hospice Care

4) Specialized care aimed at relieving symptoms and improving quality of life for individuals with serious illnesses is called:

- A. Skilled Nursing Care
- B. Palliative Care
- C. Hospice Care
- D. Personal Support Services

Correct Answer: B. Palliative Care

5) Who qualifies for home care services?

- A. Individuals who prefer to stay at home for convenience
- B. Individuals who are homebound and require skilled or supportive care as certified by a physician
- C. Individuals who need full-

time hospital care

D. Individuals who require only non-medical companionship

Correct Answer: B. Individuals who are homebound and require skilled or supportive care as certified by a physician

6) Before receiving home care services, why is it important to check your insurance coverage?

A. Home care is never covered by insurance

B. To determine if Medicare or private insurance covers the services and verify benefits

C. To avoid needing a physician's certification

D. Because home care is always fully paid out-of-pocket

Correct Answer: B. To determine if Medicare or private insurance covers the services and verify benefits

7) What is required to initiate skilled home health services?

- A. A personal request from the patient
- B. A physician's referral
- C. Verification of insurance coverage only
- D. A caregiver's recommendation

Correct Answer: B. A physician's referral

8) Which service provides in-home rehabilitation to restore mobility, strength, and function after illness, injury, or surgery?

- A. Occupational Therapy
- B. Physical Therapy
- C. Speech Therapy
- D. Personal Care Assistance

Correct Answer: B. Physical Therapy

9) Which service provides therapeutic support to help individuals regain independence in daily tasks and self-care activities?

- A. Physical Therapy

- B. Occupational Therapy
- C. Speech Therapy
- D. Personal Care Assistance

Correct Answer: B. Occupational Therapy

10) Which service provides in-home treatment for speech, language, swallowing, or cognitive-communication disorders?

- A. Physical Therapy
- B. Occupational Therapy
- C. Speech Therapy
- D. Respiratory Therapy

Correct Answer: C. Speech Therapy

11) Which service provides support from licensed social workers to assist with emotional, financial, or care planning needs?

- A. Counseling
- B. Social Service
- C. Case Management
- D. Hospice Care

Correct Answer: B. Social Service

12) Which service provides skilled nursing care, including wound care, medication management, and monitoring of chronic conditions at home?

- A. Personal Care Assistance
- B. Nursing Services
- C. Physical Therapy
- D. Palliative Care

Correct Answer: B. Nursing Services

13) AT HOME REHAB

Agency clinical staff have certifications in which of the following specialties:

- A. LSVT BIG (Parkinson's Program)
- B. Ostomy Care
- C. Lymphedema Care
- D. Wound Care
- E. All of the above

Correct Answer: E. All of the above