

WELLNESS EDITION

Welcome to our special Wellness Edition of The Advocate

October starts another flu season. Now is a great time to vaccinate! Protect yourself before flu viruses begin to circulate, causing illness in your community.

So why is getting the flu shot important?

- Influenza (the flu) is a serious infection causing significant illness and can cause death, even in otherwise healthy individuals.
- Flu shots help you to avoid hospital admissions and long lasting complications such as pneumonia.
- Non-vaccinated individuals can transmit influenza to family members, co-workers and friends.

Ticket to Home

The Ticket to Home is a one page, easy to follow document that helps to keep you informed with the most important information needed to keep you healthy and home following a hospitalization. UDS uses this tool to support your way of living and where you want to live, by reducing risks of re-admissions.

It's important to know your admission story to avoid re-admissions. Follow these four simple steps to make sure that when you get home from the hospital– you stay home!

- Post your Ticket to Home somewhere visible so everyone knows what to do to keep you home
- Review your new medications to start and know which to stop to avoid negative side-effects.
- Review your red flag symptoms and what to do when experiencing them.
- Schedule a doctor's visit within 7 days of discharge and know what tests are pending.

It's easy. Just let your SC know when you are hospitalized. They will send a Ticket to Home to the Discharge Planner and ask them to complete it with you. The Discharge Planner will also be asked to fax a copy of the completed Ticket to Home to your SC so that they can follow up with you at home.

NOTICE:
This patient has
Medicaid Waiver Services
coordinated by
United Disabilities Services

PROMPT ATTENTION REQUESTED

To ensure all benefits continue,
please contact
UDS Care Management
immediately upon any
admission to a facility

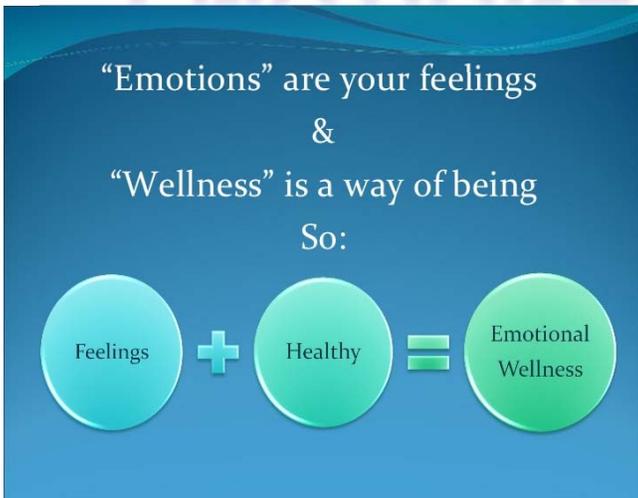


your way of living

p. 800-995-9581
f. 717-293-1595

Your Service Coordinator will be giving you this card. Please keep it in your wallet next to your insurance card so that you take it to the hospital with you. You can present this card to your hospital discharge planner. Together we can coordinate your care needs.

EMOTIONAL WELLNESS



Emotional wellness includes our emotional, psychological, and social well-being. It affects how we think, feel, and act.

Emotional wellness is so important to our overall well-being that your Service Coordinator will be using an evidence-based tool called the Patient Health Questionnaire or PHQ to help you assess your emotional wellness at least once per year.

Many physician offices are also starting to use this tool. Health care professionals realize just how important emotional health is to maintaining good physical health.

The PHQ is a short, self-administered questionnaire focusing on your emotional wellness. It is important to remember there is no right or wrong answer; the questions are completely based on how you feel. Your Service Coordinator will then discuss opportunities with you, based on your score.

The scoring may result in receiving supports such as:

- ❖ An educational pamphlet with local information for assistance
- ❖ A phone call/ faxed assessment to your Primary Care Physician and/or a mental health provider
- ❖ A referral for additional outside resources
- ❖ In the case of urgent need, crisis mental health providers could be contacted.

If outside resources are identified as a need, this tool will assist the provider to determine how best to help you, with the focus being on increasing your overall emotional wellness and aiding you in being **your best you!**

Fall Risk Program

UDS has launched a Fall Risk program to provide education to Participants to help them prevent falls and injury. This program will be comprised of 8 questions that can assist the Service Coordinator and Participants to prevent falls in the home. Your home environment is important and we want to be sure services are supporting your independence!

Thank you for allowing us to help! We see ourselves as your champions. Our job is to work “with you”, to support your choices and provide resources and other links that promote your independence. The items that we just highlighted all work towards that goal. Each item discussed in this special addition of the Advocate helps to create a safe and healthy environment specifically tailored to your unique needs.

CYCLE OF FALLING

