



Better health. At home.

Do you help care for someone with Chronic Obstructive Pulmonary Disease (COPD) or Congestive Heart Failure (CHF)?

Telehomecare can help you support and care for your friend or loved one. Here's how.





At Telehomecare, we know that being a caregiver is deeply rewarding. It's also challenging.

Telehomecare will give you the confidence to know how best to help your loved one. And it can bring peace of mind from knowing they can live their best possible life safely in their own home.



What is Telehomecare?

Telehomecare helps people with chronic conditions – COPD and CHF – enjoy the best possible health while staying in their own home.

Simple, in-home equipment lets patients monitor their vital signs while learning more about how to manage their condition and which lifestyle choices influence how they feel.

The outcome? Reduced flare ups, fewer visits to the ER and greater independence. In other words, improved quality of life.



How does it work?

Telehomecare combines daily monitoring of vital signs with health coaching.

- **Daily monitoring**

Patients are provided with easy-to-use equipment connected to the Telehomecare team via a phone line or Internet connection. Each day, the patient checks blood pressure, weight and the amount of oxygen in their blood. The system automatically sends this information to the Telehomecare nurse, who monitors results.

- **Health coaching**

Each week, a Telehomecare nurse will have a phone conversation with the patient. The patient will learn more about their disease, including what vital sign fluctuations mean and how to make lifestyle changes to help better manage their disease.

Together, you and your loved one will gain skill and confidence. All in the comfort of the patient's home.

Do we still see the doctor?

Yes. Your family doctor is kept informed with ongoing updates from the Telehomecare team. Visits with the doctor – and other members of the healthcare team – will continue as required.

What if my loved one gets worse?

You'll learn to recognize early signs of change. If vital signs are cause for concern, the Telehomecare nurse will call you. In an emergency, call 911.

Is there a fee?

No. This program is paid for by the Government of Ontario and Canada Health Infoway. The monitoring equipment is loaned to patients enrolled in the program.

Does Telehomecare work?

Yes, Telehomecare has been shown to reduce hospital stays and ER visits by more than 50 per cent. Telehomecare patients say they feel safe and secure and enjoy life more.



Who sees the patient's personal information?

Privacy is important to us. The doctor, Telehomecare staff and other healthcare professionals caring for your loved one may see their personal health information. The Telehomecare program is managed by the Ontario Telemedicine Network (OTN). OTN believes personal health information is important and protects it according to the requirements of the Personal Health Information Protection Act, 2004. For more information about privacy, please see the OTN website: <http://otn.ca/en/about-us/privacy>.

To learn more, please visit
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