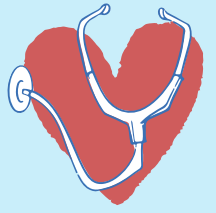


5 Ways Home & Community-Based Services Transform Heart Health Care



1

Clinical Support Services:

Home health nursing provides medication management, vital sign monitoring, and early intervention when symptoms worsen. Telehealth technologies enable continuous monitoring of weight, blood pressure, and heart rhythm, allowing healthcare teams to adjust treatment plans proactively.

Studies show 16% reduction in hospital admissions for heart failure patients receiving home-based care

Agency for Healthcare Research and Quality. Hospital at Home Care Reduces Costs, Readmissions, and Complications. <https://psnet.ahrq.gov/innovation/hospital-homesm-care-reduces-costs-readmissions-and-complications-and-enhances>

Home and community-based services typically cost 50–75% less than nursing home care, with potential savings exceeding \$15,000 per patient annually.

The Impact of Home Care on Reducing Healthcare Costs. Ultimate Care. <https://www.ultimatecareny.com/resources/the-impact-of-home-care-on-reducing-healthcare-costs>

2

Care Coordination:

Care coordinators help navigate the complex healthcare system, schedule appointments, and ensure seamless communication between specialists, primary care providers, and emergency services. This coordination is crucial for heart patients who often see multiple providers.

3

Nutritional Support:

Heart-healthy meal delivery and nutrition counseling address one of the most challenging aspects of heart disease management—maintaining a low-sodium, balanced diet. For many older adults, meal preparation becomes difficult, and HCBS fills this critical gap.

Patients report higher satisfaction and better functional outcomes when receiving care at home.

Agency for Healthcare Research and Quality. Hospital at Home Care.

Hospital at Home programs show 7% 30-day readmission rates compared to 23% for traditional hospital care.



Agency for Healthcare Research and Quality. Hospital at Home Care.

4

Social & Emotional Wellness:

Community-based programs combat isolation and depression, which significantly impact heart health outcomes. Adult day programs, support groups, and companion services provide social connection that research shows can improve cardiovascular health.

5

Safety & Independence:

Home modifications, personal emergency response systems, and assistance with activities of daily living help people with heart conditions live safely at home while maintaining their autonomy and dignity.

As our population ages and the prevalence of heart disease continues to rise, investing in home and community-based services becomes not just a compassionate choice but an economic imperative.

Every person deserves the opportunity to manage their heart condition with dignity, in the comfort of their own home, surrounded by community and family.

Home and community-based services make this possible—one life, one family, one community at a time.

The time to act is now. Hearts are depending on it.



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