



*At Home with Family.*

*At Home with Care.*

*“Words fail me when I try to express my gratitude for your services. The nurses and aides rate five stars. They made possible mother’s stay in her own home these last several years, and my caring for her.”*

## Contact Us

### Admissions/Referrals

PHONE: 1-800-575-5162  
TDD: 1-800-735-2964

### Business Office

1-888-300-8853

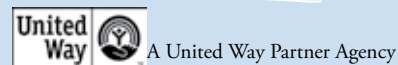
### Donation Address

PO BOX 976  
White River Junction, VT 05001

### Web

[www.vnavnh.org](http://www.vnavnh.org)

## VNA & Hospice of VT and NH Service Area



# Home Care



**Admission/Referrals: 800-575-5162**



**VISITING NURSE ASSOCIATION & HOSPICE  
OF VERMONT AND NEW HAMPSHIRE**

## About Us

The Visiting Nurse Association & Hospice of Vermont and New Hampshire (VNAH) is a compassionate, non-profit home care organization. We are committed to providing the highest quality home health care and support services to individuals and their families, while also serving the communities in our region with education and wellness programs. Serving 86 towns in Vermont and New Hampshire and covering 3,000 square miles along the Connecticut River Valley, the VNAH cares for more than 6,000 people each year, making over 150,000 home visits to people of all ages and at all stages of life.



*“It meant so much to me to know that we could call on someone for help at any time, day or night. It gave me a feeling of support during a hard and often frightening time. I will never forget how much you did for both of us.”*

## VNA & Hospice Programs

### Home Health Care

With a goal of promoting the optimal level of independence in the home, services are available to clients who are referred by a physician for short-term medical or physical needs. Care is coordinated by a nursing case manager.

### Long Term Care

A program of Vermont and New Hampshire Medicaid, this program cares for people with chronic medical problems who need extended care in their homes to avoid admission to a nursing home.

### Maternal and Child Health

Pregnant women, new parents, babies and children are provided medical and support services that include well baby, preventative, and high-tech medical care. Team-based family support services may be provided to young parents and their children to support positive family development and to connect them to related community services.

### Hospice

Hospice is a concept of care available to people in the final stages of their lives. Since Hospice is a philosophy and not a place, hospice services are provided wherever the client is – at home, in an assisted living facility or in a nursing home. Hospice is based on the awareness that dying and death are natural parts of life and the end of life can be a time of choices and of profound meaning to clients, their families and their friends.

### Community Health Clinics

Clinics are operated in communities throughout our service area providing foot care, flu vaccine shots, blood pressure checks, and other services.



## Clinical Services

Our programs may include the following clinical services:

### Nursing Care

Our nursing staff visits clients in their homes to assess current physical condition and provide appropriate treatments and teaching, under the direction of a physician's plan of care.

### Physical Therapy

Clinicians help implement and monitor home exercise programs to promote rehabilitation following stroke, joint replacement surgery, injury or serious illness.

### Occupational Therapy

Therapists assess home safety and accessibility, recommending adaptive equipment and home modifications to maximize independence.

### Speech Therapy

Speech therapists assess and treat speech and communication problems as well as swallowing difficulties.

### Medical Social Work

Coordination of community services is provided to families and individuals to help them cope with problems associated with illness or the care of an ill person.

### Personal Care

Home health aides and personal care attendants assist with daily personal care activities such as eating, bathing, dressing and exercising.

## More Information

Physicians and hospital discharge planners make referrals for our services. Individuals may also request information for themselves, family or other individuals.

**If you would like more information about any of our programs call 800-575-5162.**

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