

# House calls: Lifeline for homebound

## How Visiting Physician Services is leading the way

VNA Health Group's Visiting Physician Services (VPS) has continued making house calls to older adults and homebound patients throughout the pandemic. In-home visits have been essential for this vulnerable population who is at increased risk for coronavirus complications.

Sara Leonard, MD, medical director for VPS, explained how scary and challenging this past year has been for patients and their families. House calls have helped make a difference in the lives of many older, homebound adults.

"I'm proud to be part of a team of 40 physicians, physician assistants and nurse practitioners who are out there every day making house calls to these fragile individuals," Dr. Leonard said. "They are counting on us to keep them safe and well."



Visiting Physician Services allows patients to receive safe and effective medical care at home.



### PEACE OF MIND

For many geriatric patients struggling with trips to the doctor's office or clinic due to mobility issues or chronic illnesses, a visiting doctor is a lifeline which enables them to receive comprehensive care without leaving home. These home visits also provide major relief to caregivers, whose burden is lessened when they no longer need to arrange transportation for routine checkups and tests, or worry about getting a sick loved one safely out of the house.

Seeing these patients in their home environment allows VPS clinicians to take a holistic approach through an individualized care plan. According to Dr. Leonard, working in the home offers insight into key social and environmental factors which allow practitioners to see the bigger picture, resulting in a greater scope of care for patients.

By taking a comprehensive and therapeutic approach that ensures patients stay as healthy as possible, patients are able to stay out of the hospital and emergency room. With VPS as the primary care physician, patients and caregivers can have peace of mind knowing quality medical care is a phone call away.

### OTHER IN-HOME SERVICES

VPS can arrange for a variety of other in-home services including bloodwork, X-rays and EKGs. The team works closely with VNA Health Group and other agencies to coordinate services such as physical and occupational therapy, as well as

Visiting Physician Services has remained open during the COVID-19 pandemic, making house calls to patients.

**It's more than just medical care. We form bonds with patients and those who watch over them at home.**

**SARA LEONARD, MD**  
Medical Director  
Visiting Physician Services

podiatry, dental care, optometry and more. Durable medical equipment including hospital beds and wheelchairs can be ordered if needed. Telehealth visits are also available, allowing clinicians to connect with patients face to face through video.

Visiting Physician Services provides care in eight NJ counties:  
**Bergen | Middlesex | Passaic | Somerset  
Essex | Monmouth | Union | Ocean**

Call: **732-571-1000**  
Email: **info@visiting-physician.com**  
Website: **www.vnahg.org/vps**

Accept Medicare, Horizon & Amerigroup

## MAKING A DIFFERENCE: ONE PATIENT AT A TIME

VNA Health Group's Visiting Physician Services (VPS) is dedicated to helping patients stay at home with an improved quality of life. VPS receives many letters of gratitude from patients and families who share how VPS and its staff have impacted their lives:

**"I wanted to take a moment to thank you for the wonderful care you gave to my mom in her last years. In addition, beyond the care you gave her, you have provided enormous support to us through all the challenges and issues we faced caring for her."**

**"Thank you for all the care and attention you showed us over these past years since VPS became my husband's doctor. Given his condition, it was a blessing to have professionals like you coming to the house to check on him. Your knowledge, responsiveness and sense of humor were**

**crucial in getting him through various health challenges. I thank you from the bottom of my heart. I admire your energy and commitment to your work and patients. "**

**"We are writing to express our appreciation and gratitude for the many years of dedicated, compassionate and skilled medical care you have given my husband. We also thank you for the information, support and logistical assistance you have given me as his caregiver. We feel very blessed that he has such a skilled nurse practitioner and wonderful person managing his medical care, and we are grateful for all the services that VPS provides."**

*The VPS care team is specially trained to provide compassionate care from the sanctuary of home.*



## The Benefits of House Calls

House calls allow patients to remain at home for as long as possible while improving their outcomes and quality of life.

Some benefits of house calls include:

- 1 Safety**  
In-home visits are a safe and effective way to provide medical care.
- 2 Convenience**  
There's no need to spend time traveling to the doctor's office.
- 3 Reduced stress**  
Families and caregivers can rest easy knowing they don't have to take their frail loved one to the doctor.
- 4 Accurate assessment of home situation**  
Being in the home offers insight into key social and environmental factors.
- 5 Improved communication**  
Family members and caregivers can be present during the visit to ensure open lines of communication.
- 6 In-home testing**  
Diagnostic testing such as X-rays, EKGs, bloodwork, etc. can be done at home.
- 7 Fewer hospital and emergency room visits**  
House calls often reduce the need for emergent visits and hospitalizations.
- 8 Complete coordination of care**  
Doctors work with the patient's specialists in coordinating care and other in-home services.
- 9 Peace of mind/ quality time**  
Patients and families can spend more quality time together and feel at ease knowing that expert medical care is just a phone call away.
- 10 Medicare covered**  
House calls are covered by traditional Medicare, Horizon and Amerigroup.