



Serving **ALL** of North Florida!

Our services include:

- Skilled Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aides
- Wound Care Specialist
- Diabetic Education
- Medical Social Services
- Cardiopulmonary Rehabilitation



legacyhhc.biz

Keystone Heights
352.478.7030

7384 State Road 21 • Keystone Heights, FL 32656
Fax 352.478.7035
AHCA License #299994720

Starke
904.964.3712

603 East Call Street • Starke, FL 32091
Fax 866.530.1994
AHCA License #299994948

Ocala
352.421.5616

1302 SE 25th Loop Suite 103 • Ocala, FL 34471
Fax 352.201.3408
AHCA License #299994948

Palatka
386.312.7411

815 South Moody Road • Palatka, FL 32177
Fax 866.494.1511
AHCA License #299994948

PATHWAYS TO **INDEPENDENCE**



At Legacy Home Health Care it is our goal to help you remain safe at home.
Our **Pathways to Independence** make that goal a reality.

Keystone
352.478.7030

Starke
904.964.3712

Ocala
352.421.5616

Palatka
386.312.7411

At Legacy Home Health Care it is our goal to help you remain safe at home. Our **Pathways to INDEPENDENCE** make that goal a reality.

LOW VISION PATHWAY

Seniors may not be fully aware of how compromised their vision has become and can threaten their overall safety.

1 in 3 people have some form of vision reducing disease by the age of 65. Visually impaired seniors are at an increased risk for falls and depression. Our clinicians can help by instructing on compensatory strategies in order to assist with vision loss and thereby improve safety and quality of life.

URINARY INCONTINENCE PATHWAY

Urinary incontinence is a problem for thousands of aging adults. UI affects women twice as much as men. Urinary incontinence can lead to a decrease quality of life.

FALL RISK PATHWAY

Falls are the leading cause of fatal and non-fatal injuries among adults 65 years and older. The fear of falling can decrease confidence and reduce one's quality of life.

DEMENTIA PATHWAY

There are an estimated 6.5 million Americans living with dementia and that number is steadily growing. Dementia is not a specific disease but is rather a general term for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities. Our goal is to ensure safety while allowing independence.



DEPRESSION PATHWAY

Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. It affects how you feel, think, and behave and can lead to a variety of emotional and physical problems.

CARDIAC REHAB PATHWAY

The Cardiac Rehab Program may benefit patients who have had a recent heart attack, stent placement, heart failure, heart transplant, coronary bypass surgery, heart valve replacement, or angina.

DIABETES MELLITUS PATHWAY

Diabetes affects more than 37 million US adults. It is the seventh leading cause of death and the number 1 cause of kidney failure, lower limb amputations, and adult blindness. Our goal is to maximize effective patient outcomes while minimizing costs.

HYPERTENSION PATHWAY

Hypertension affects 116 million US adults, only 1 in 4 adults have their condition under control. Having hypertension increases risk for heart disease and stroke.

Learn more about our Pathways to Independence program by visiting www.legacyhnc.biz/pathways

License # 299994720/299994948

