



5 ways you can improve work-life balance in home health

Read the post: [5 ways I improved work-life balance as a home health SLP. https://bit.ly/2BuAP2I](https://bit.ly/2BuAP2I)

Tip 1: Stop trying to fix everything.

- Identify the outcome your patient (or family) wants to see.
- Write your goals specifically targeting that outcome.
- Limit the number of goals.

Tip 2: Be strategic when scheduling.

- Plan a week ahead.
- Start with personal priorities, such as exercise or appointments.
- Pencil in your preferred patient schedules, paying attention to their preferences and medical appointments.
- As you see patients this week, offer the times you planned for next week. Adjust, if needed.
- Make sure your therapy sessions are on their calendar.
- Confirm your next session at the end of every session with your patient.

Tip 3: Write orders based on clinical need.

- Don't follow the same session frequency for every patient.
- If a patient has more needs, request more visits per week from the MD.
- Doesn't have to be 3x a week for 4 weeks. Can be 3x a week for 2 weeks + 2x a week for 2 weeks (or vice versa).

Tip 4: Start re-assessments early.

- Start re-assessments at least one session early.
- Focus on real outcomes - what has changed in the patient's life? What more could change if therapy continues? What bad outcome could result if therapy stops?

Tip 5: Plan and organize your materials for the week.

- During the current week, jot down any ideas as you think of them.
- Plan and organize for next week in one sitting.
- Skim the last session note. Notice if next week is re-assessment or discharge.
- Look at your list of ideas and what you already have in your patient's folder.
- Add whatever else you'll need to their folder.
- If you'll need something that won't fit in the folder, write a reminder in your schedule.