



Tips to benefit your home health patients and minimize your workload

- Focus on function
 - Instead of writing goals to address every impairment, write goals to focus specifically on the real outcome your patient wants to see.
 - Results in fewer goals that are very meaningful to your patients.
- Plan your sessions
 - Set aside time every week to plan your sessions.
 - Make a note in your planner of any materials that you'll have to remember to bring.
 - Check your planner at home each morning.
- Organize your work bag
 - Know what you have and exactly where to find it.
 - Allows you to quickly find what you need during a session, often without disturbing the flow.
- Set a reasonable time limit.
- Set a timer at the start of each session.
 - Your patient will know there is limited time to address their goals.
 - You can model executive function strategies.
- Control the flow of the session.
 - Efficiently get set up and assess patient and environment at the start of the session.
 - Set the tone and expectations, while being flexible to patient's needs.
- Complete at least some documentation during the session.
 - Normal eye-contact means looking away periodically. Instead of looking out the window, complete the next tiny portion of the visit note.
- Update short term goals each session.
 - Keep data organized and consistent from one session to the next.
 - Be prepared to turn routine visit into a re-assessment visit, if necessary.
- Make phone calls on behalf of the patient during the session.
 - Patients appreciate quick action and can participate in the call.
 - The call can turn into a cognitive-communication therapy activity.
- Schedule for longer than you plan and use the extra time to document.
 - It's amazing how much documentation you can complete in 5-10 minute chunks of time throughout the day.