THE BEST HEALTHCARE AT HOME
ALWAYS BY YOUR SIDE
JUST LIKE FAMILY.
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About Homecare in India

Homecare as a concept is gaining ground in India. The growth drivers are the changing clinical and societal milieu. Some estimates point out our current geriatric population (aged over 60 years) — at over 100 million. This is expected to grow to 325 million by 2050.

In India, Home Healthcare is at a very nascent stage as compared to western countries. 80% of non-urgent medical care that is currently given in hospitals can be delivered at home, some of which are:

**Continuum of care:** The need for better quality post-operative and primary care beyond hospitals in order to improve long-term outcomes post procedure. Non-communicable diseases which are chronic in nature, requiring long-term monitoring and regular interventions to keep them on track.

**Family structure:** With the growing number of nuclear families, with greater urban and even international migration, the elderly are left with no care givers.

**Quality of life:** People are now looking not just at longevity, but also the quality of life. Apart from complex medical procedures, if these don’t significantly improve, quality of life would remain a small attitude among the elite. Rather than seek aggressive medical intervention, many are opting for symptom management at home.

**Mindset:** A changing consumer mindset is now trending towards comparing healthcare with other services, with access to healthcare at the place and time of their convenience.

Homecare or home-based healthcare is thus a solution that is increasingly better suited for the times we live in. Currently, elderly care, physiotherapy, rehabilitation and diabetes management are four services that witness maximum demand in the homecare segment. Going forward, we foresee a growing demand for dialysis, chemotherapy, caring for children with special needs and palliative care.

At a macro level too, home healthcare frees up precious hospital beds and comes as a boon for the already burdened healthcare infrastructure in India.

The significant demand-supply gap in our healthcare system is addressed as homecare complements the overall healthcare delivery system by reducing the average length of stay in hospital, ensuring proper utilisation of existing bed capacity and significantly strengthening the care continuum.

Chairman’s Statement

As a nation, we need to get serious about living healthy and good health has to be our collective priority. Good health is all about small steps – small ones that will help us take giant strides forward. I believe Home health care will be one important step in this stride.

Dr. Prathap C. Reddy
About Apollo HomeCare

The transforming healthcare scenario in India has led to the advent of HomeCare - Health care services at home for the convenience of patients and their families.

Apollo has redefined the healthcare landscape in India over the last few decades with its mission of delivering quality healthcare to millions of Indians. In keeping with this mission, Apollo HomeCare with its unique treatment options delivers clinical excellence with compassion and care to the comfort of your home.

Apollo HomeCare has been expertly designed to provide trusted, high quality, personalised and professional healthcare services at home.

We at Apollo HomeCare bring in clinical expertise supported with international guidelines, well-trained, accredited professionals at all levels including physicians, nurses and technicians.

Legacy

Led by Dr. Prathap Chandra Reddy, Apollo Hospitals is a pioneer in the culture of professional, high quality and personalised healthcare. Through the years, Apollo has been able to provide quality healthcare to millions of Indians and has set a benchmark in healthcare for global leaders to emulate.

Values

Outstanding people, processes & technology  Multidisciplinary team work  Continuum of care  Result oriented approach  Empathy, education and excellence

HOME VISIT PROGRAMS

Our Home Visit Programs are aimed at addressing your one-time home healthcare needs. With unique treatment options, our team of skilled healthcare professionals provide clinical care in the comfort of your home. Our presence in various zones in the city makes for excellent accessibility and timely response.

Patients and family members can avail any of our comprehensive services on a need basis.

We at Apollo HomeCare offer doctors, nurses, physiotherapists, respiratory therapists, speech therapists and dietitians at your doorstep, depending upon the needs of the patient.
Doctor
Apollo’s experienced doctors bring clinical excellence to you, in the comfort of your home. From diagnosis and clinical assessments to complex medical issues, our HomeCare physicians also have feedback sessions with family members to ensure the best health and happiness.

Nurse
Our HomeCare nurses are just a call away, ensuring compassionate and comprehensive care for you and your loved ones whenever you need it. From complex procedures that require skilled nurses to all-round care, our Nursing Program ensures that all your nursing needs are well taken care of.

Physiotherapist
Our physical therapists provide expert care to increase mobility and improve overall quality of life. Working with the Primary Physician and HomeCare nurses, our physiotherapists are equipped to handle issues arising from illness, accidents, disability or ageing, in the comfort and safety of your home.

Respiratory Therapist
Respiratory therapists who are specialists in cardiology and pulmonology are available for patients who require assistance with breathing equipment and management after complex surgeries.

Speech Therapist
For holistic rehabilitation in a comfortable setting, experienced HomeCare speech therapists are available to provide comprehensive and convenient sessions for children and adults at home.

Dietitian
For those who are health conscious and those needing timely interventions due to medical issues, Apollo HomeCare extends their dietitian’s visits for holistic health and wellness.

HOME PARTNERSHIP PROGRAMS
Our Home Partnership Programs aim to provide continued holistic healthcare to those who require long-term care options for Post Surgery and Chronic Illness.

We provide expert medical supervision with compassionate care over an extended period of time. Our plans encompass personalised healthcare services including doctor, nurse and physio visits.

Our team of expert

Physician + Physiotherapist + Nurse
work closely with

Primary Physician in creating a customised care plan to meet the needs of the patient at home

Outcomes:
- Comprehensive rehabilitation and recovery
- Efficient pain control
- More independence and a better quality of life
- Avoid recurrent hospitalisation
- Enable patients and families for better long-term outcomes
Regain your mobility with **Ortho Rehab at Home**
Post TKR, THR & Spine Surgery

Post Joint Replacement and Spinal Surgery, patients require checkups/follow ups to ensure optimum recovery. Comprehensive treatments and protocol driven physiotherapy help in faster recovery and prevention of complications, allowing patients to regain independence and get back to normalcy.

Apollo HomeCare’s Ortho Rehab Program is specifically created to address the needs of post Total Knee Replacement, post Total Hip Replacement & Spinal Surgery patients based on international evidence-based guidelines.

Our Ortho Rehab at home involves a team of expert doctors, physios and nurses for a duration of 2 to 3 weeks.

**Benefits of Ortho Rehab Plan:**

- Comprehensive rehab and recovery at home
- Optimal range of motion for the joints
- Regain stability and mobility with renewed confidence
- Efficient pain control
- Increased independence and a better quality of life

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Nurture your heart with **Heart Rehab at Home**
Post-Cardiac Surgery / Congestive Heart Failure

Congestive Heart Failure (CHF) happens when the heart does not pump blood as well as it should. This results in poor effort tolerance, deteriorating quality of life, recurrent hospitalisation and increased dependency.

Patients who have had Coronary Artery Disease (CAD) or Valvular Heart Disease are at risk of recurrent exacerbations and complications, and hence must be proactive in their disease management.

Our Heart Rehab Plan provides expert medical supervision with compassionate care for a Cardiac Surgery patient’s specific needs. It involves a team of expert doctors, physios and nurses for a duration of 2 to 4 weeks.

**Benefits of Heart Rehab Plan:**

**For Post-Cardiac Surgery**

- To provide cardiac rehabilitation as per the guidelines
- To promote wound healing and pain management
- To prevent adverse effects and other complications
- To educate families about lifestyle modification, nutrition and heart care

**For Congestive Heart Failure**

- To provide cardiac rehabilitation as per the guidelines
- To assess and manage the disease condition and associated co-morbidities
- To assist and promote medication compliance
- To educate about lifestyle management
Reconnect with Life

**Neuro Rehab at Home**

*Stroke & Parkinson’s / Brain & Spinal Surgery*

The general effects of stroke in patients are weakness on one side of the body, difficulty or loss of speech, decreased field of vision, loss of bladder and bowel control, loss of emotional control, frequent changes in mood, problems with memory, difficulty in judgement and problem solving.

Patients who undergo Brain & Spinal Surgery are at the risk of developing specific complications like infection, bleeding, unstable blood pressure, seizures, muscle weakness, brain swelling and leakage of cerebrospinal fluid (the fluid that surrounds and cushions the brain).

Our Neuro Rehab Plan is specifically created to address the needs of patients based on international evidence-based guidelines.

Our Neuro Rehab at home involves a team of expert doctors, physios and nurses for a duration of about 3 to 4 weeks.

### Benefits of Neuro Rehab Plan:

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<th>For Brain &amp; Spinal Surgery</th>
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<td>• Comprehensive rehab and recovery at home</td>
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<td>• Regain affected motor function as early as possible</td>
<td>• Care of neurological and neurosurgical patients with a dedicated team at home</td>
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<td>• Prevention of Deep Venous Thrombosis and recurrent stroke</td>
<td>• Increased independence and a better quality of life</td>
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<td>• Adapt to assistive devices as needed</td>
<td>• Improving muscle strength, coordination, gait and balance</td>
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<td>• Improvement in overall quality of life</td>
<td>• Restoring maximum physical, sensory and speech function deficits</td>
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Never Short of Breath with

**Lung Rehab at Home**

Conditions like Pneumonia, lung collapse, fluid collection in the lungs and Chronic Obstructive Pulmonary Disease (COPD) affect the airways of the lungs and can lead to shortness of breath, decreased vital capacity and reduced effort tolerance.

Patients with COPD are at the risk of recurrent infections, exacerbations and complications, and hence must be proactive in taking care of the disease. Comprehensive treatment and lifestyle changes can slow the progress of the disease, allowing patients to regain independence and normalcy.

Our Lung Rehab Care Plan is specifically created to address the needs of Asthma/COPD patients based on international evidence-based guidelines.

Our Lung Rehab at home involves a team of expert doctors, physios and nurses for a duration of 2 to 4 weeks.

### Benefits of Lung Rehab Plan:

• To reduce shortness of breath through goal-oriented Lung Rehab
• To improve physical effort and tolerance
• To educate about regular monitoring of Oxygen, Carbon-dioxide levels
• To avoid recurrent hospitalisation
• To improve overall quality of life
Cherish parenthood with
Nest Care at Home
Post Delivery Care for Mother & Baby

For a new mother, the postpartum period involves progressing through many changes, both emotionally and physically. A doctor at home for mother and baby provides the comfort and care needed.

Apollo HomeCare's Nest Care Plan is specifically created to address the needs of the mother and the baby post-delivery.

Our Nest Care Program involves a team of expert doctors, physios and nurses for a duration of 3/5/7 days.

Benefits of the Nestcare Plan:
- To create awareness of lactation techniques and hygiene
- To facilitate home-based rehabilitation and prevent post-natal complications
- To advice mother on healthy & nutritious diet in the post-partum period
- To assist the mother in meeting the baby’s needs
- To facilitate vaccination and other medical assistance for the newborn

Expert healthcare with love
Elderly Care at Home

The healthcare needs of the elderly are very different. They usually have multiple health issues requiring recurrent attention. Our Elderly Care Partnership Programs are specially designed to proactively enhance the health and wellness of the elderly.

Our Elderly Care Program involves a team of expert doctors, physios and nurses for a duration of 3 to 6 months.

Benefits of the Elderly Care Plan:
- Regular home visits by physicians and physiotherapists
- Personalised health records
- Medicine delivery at home
- Lab investigations with discounted tariff
- Ambulance services to the nearest Apollo Hospital in case of emergency
Home Nursing Programs

Our Home Nursing Program has been designed to address long term needs in the comfort of your home. Patients who suffer from complex medical issues and mobility can now opt for personalised and compassionate care that can help them regain their independence.

Our Nursing expertise includes:

Basic Nursing
Handle patients who need assistance with identification & prevention of complications and procedures such as oxygen administration, nasogastric feeding, urinary catheterisation, medication management and wound care at home.

Critical Care Nursing
Well-trained nurses are equipped to handle critical cases & ICU care at home under the guidance of our HomeCare physicians and in collaboration with primary doctors. They can manage BIPAP machines, syringe pumps, home ventilators, insulin pumps and any emergency situations at home.

Palliative Nursing
Specially trained nurses provide emotional support to patients and their families apart from their regular nursing duties. Their compassionate listening and counseling skills promote a high quality of life for palliative patients and their families.

Tracheostomy Nursing
Specially trained nurses for tracheostomy patients who need close monitoring. They are trained to manage routine care & emergency situations.

Mother & Babycare Nursing
Medical professionals who can help parents take care of newborn babies. They help parents and caretakers with the transition of the newborn from hospital to home and also for breast-feeding and bathing, establishing healthy sleep patterns and diaper-changing.

Babies with low birth weight, premature babies and those with breathing and feeding issues may need close observation. Our special nurses are medically trained to handle such critical care cases.

Travel Abroad Nursing
Licensed Registered Nurses holding short-term positions accompany patients who travel across the country. They assist greatly in attending to their medical needs, which lowers stress on the patient and their family members while traveling.

Geriatric Nursing
Geriatric nurses work in collaboration with older adults, their families and communities to support healthy ageing, maximum functioning, improved independence of patients & betterment of quality of life.

Nurse for Dressings, Infusions, IV Management
Skilled nursing services are provided at home for patients who are discharged from the hospital. Monitoring vital signs such as blood pressure, body temperature, heart rate and administration of IV fluids, oxygen, injection, tube feeding, giving enema etc. is taken care of.

Transplant Nursing
Patients who have undergone essential organ transplants such as liver, kidney, heart, lung or eyes are advised to appoint skilled nurses who have been trained under transplant surgeons to deliver competent care to post transplant patients.
Investigations at Home

Travel-related stress might increase the risk of infections and slow down recovery. Our trained healthcare specialists and technicians conduct investigations and collect lab samples from patients within the comfort of their homes.

Investigations at home:
- Complete Blood Picture
- Blood Sugar level
- HbA1C level
- Prothrombin time & INR
- Liver function test
- Kidney function test
- Thyroid function test
- Cardiac markers
- Arterial blood gases (ABG)
- Serum electrolytes
- ECG
- Urinalysis

Vaccinations at Home

We believe prevention is always better than cure. Basic immunization for children and adults, and comprehensive vaccination can be administered by HomeCare specialists in the comfort of home.

Vaccines and Immunization at home:
- H1N1
- Measles
- Mumps
- Rubella
- Tetanus / Diptheria
- Typhoid
- Flu
- Chicken Pox
- Hepatitis A
- Hepatitis B
- HPV
- Meningococcus
- Pneumococcus
- Herpes Zoster / Shingles

Medical Devices and Equipment (Rent/Sale)

Apollo HomeCare’s professional medical equipment and expertise come home for efficient health care. Buy and rent Medical Equipment so your loved ones can stay in the comfort of home supported with the best equipment by their side.

Equipment we provide:
- Oxygen Concentrator
- Oxygen Cylinder
- Bi-PAP/CPAP
- Motorized Wheel Chair
- Cardiac Monitor
- Manual/Motorized Bed
- Nimbus/Alpha Mattress
- Pulse Oximeter
- Suction Apparatus
Why collaborate with Apollo HomeCare?

For Corporates:

- Better engagement with employees through value added services and preferred partnership with Apollo HomeCare.
- Addressing the healthcare needs of employee’s dependents (parents or elders), thereby addressing one of the major concerns in the minds of young employees.
- On-site healthcare activities such as vaccination camps, employee health checks, etc.
- Improving focus on health and lifestyle issues through constant engagement and awareness activities conducted by the Apollo HomeCare team.
- Promoting the culture of preventive care, thereby reducing the risk and spends on Employee health insurance related claims.
- Preferred access to Apollo Hospitals network.

For Hospitals/Nursing Homes:

- Better continuum of care delivered at the hospital.
- Long lasting engagement with discharge patients, improving brand presence in the community.
- Reducing ALOS and improving ARPOB.
- Improving compliance on JCI/NABH standards, focusing on care beyond discharge.
- Reducing costs for patients with long term illness or problems - RTA, stroke, etc.
- Value added services to discharge patients such as equipment/device rentals, medication delivery at home, vaccinations at home, etc.
- Better long term outcomes for critical cases/procedures and lower unplanned hospital re-admissions.

Testimonials

We are very thankful to caregivers at Apollo Homecare for everything. We are grateful for their excellent guidance and consistently positive attitude. Their professionalism is something we truly appreciate. Finally, Apollo Homecare care providers are very accessible and is easy to talk to.

- Kaiyan Dasgupta Family

I have availed nursing services from Apollo Homecare. The staff members served my wife very well and their behaviour is very good. We are very happy with services of Apollo Homecare.

- Mr. Gopalakrishna Rammendra

"I think this has changed my life because it is one of the finest services I could have thought of for somebody who has undergone serious surgery. This Apollo HomeCare service is very well thought out!"

- Mrs. Bilkees Latif

"I requested a Doctor visit for my mother’s skin related issues. The doctor suspected that she may have a weak heart and recommended that she visit a cardiologist. Had it not been for the doctor, we would have never known about my mother’s heart related issues!"

- Mr. Narasara Chennur

"Apollo HomeCare’s caregivers have been helping my mother over the last year or so. Both of them are extremely reliable, professional and a wonderful help for my mother. Our whole family is very impressed with the people and their services."

- Mr. Hari Mulukutla