Getting You Through the Flu Season

The flu in older adults merits medical attention, and arrangements for after-care are very important for recovery. **Menorah Park is here to help.** Our services, including home health care, post hospital care and outpatient therapies are much needed resources available to you and the general community for care support if the flu strikes.

Home care offers the Temporary Illness Program, partnering with patients and their doctors, and covered under Medicare and private insurance. This added support helps prevent hospitalization from complications of the flu.

- They report significant changes to patient’s health to their physician
- Listen to lungs, check for swelling and help avoid dehydration
- Monitor any changes in mental status
- Ensure medications are taken properly
- Perform lab tests such as glucose monitoring, blood counts and urinalysis

If you do end up in the hospital, our Five Star Post Hospital Program helps each client individually, as complications from the flu can vary significantly and last for weeks. Returning home immediately after a hospital stay is not always the best decision, and post hospital eases you back to good health with a care plan tailored just for you.

**Emergency Warning Signs of Influenza:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness, confusion, severe or persistent vomiting
- Flu-like symptoms that improve but may return with fever and a worsened cough

For more info, call Community Liaison Kathleen Parrino at 216-402-0895