



Hospice Care

Advanced Illness Management

Care At Home Private Duty Services

Vaccinations

Wellness Services

Visit-A-Bit

Bringing care to you ...
wherever you work, wherever you live,
wherever you are .

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VISITING NURSE ASSOCIATION OF GREATER ST. LOUIS



Vision Statement

Visiting Nurse Association of Greater St. Louis will focus on pre and/or post-acute care 'Geriatrics' within a continuum of health services designed to meet the diverse care needs of all categories of older adults.

Mission Statement

Visiting Nurse Association of Greater St. Louis provides a coordinated continuum of care, throughout one's life span, that promotes health, independence and dignity in the home and community.

Value Statement

SERVICE – We value integrity, expertise and professionalism; respecting the dignity of every individual.

LEADERSHIP – We value each individual's contribution and strive to optimize their full potential.

COMMUNITY – We value our role as a trusted partner in the healthcare community.

TEAMWORK – We value collaboration.



End-of-Life Hospice Care

Helping patients and families *live fully each day*

It's never easy to see a loved one's health decline. These can be very difficult times and can be hard to know what decisions are best. The VNA hospice team helps patients and families live fully each day by providing end-of-life care for patients faced with terminal illness such as Alzheimer's-dementia, cancer and multi-organ failure. VNA also offers faith-focused hospice.

Focusing on maximizing comfort and quality of life, VNA offers a holistic approach that addresses the emotional, social and spiritual needs of the patient and their family. VNA's experienced medical team will help families understand when the time is right for hospice and create a Hospice Care plan that most aligns with the patient's and caregivers wishes.

The VNA Approach to Hospice

Regardless of the type of hospice care required, VNA can include a Faith-Focused approach that meets the spiritual or faith traditions of the patient and patient's family. Choosing hospice is usually the best way to maximize the care, comfort, and compassion a patient receives in the last months of life.

The VNA of Greater St. Louis hospice team of doctors, nurses, aides, social workers, spiritual counselors and volunteers help patients remain independent and present to their loved ones as long as possible. VNA meets patient and patient family needs with the following hospice services:

- + Love on a Leash pet therapy
- + Legacy photos
- + Volunteers share meals, sit by the bedside, share stories
- + Special activities such as genealogy
- + Provide resources for financial and legal planning
- + Bereavement counseling

The cost of hospice care is usually covered by Medicare, Medicaid and many health plans.





Advanced Illness Management

VNA's Advanced Illness Management Program (AIM) focuses on better quality of life for those with serious, chronic illnesses through pain and symptom management.

Our AIM team will work closely with homebound patients and their families to reach their goals of care.

Our physicians and nurse practitioners come to the patient in their place of residence with a team of social workers, spiritual counselors, and volunteers who are available to assist them or their loved ones.

VNA's Co-Management team works together with the patient's Primary Care Provider (PCP). The PCP remains at the center in directing the medical care and will be kept informed of a patient's ongoing condition.

When is the right time to choose Advanced Illness Management?

These questions will help you decide:

- 1 Do health problems limit the ability to leave the home?
- 2 Are you or someone else in your life suffering from serious ongoing illness(es) such as lung or heart problems, dementia or cancer?
- 3 Have you or a family member been to an emergency room or hospital recently due to illness(es)?
- 4 Are you or your loved one 65 or over or a disabled adult on traditional Medicare?



Care At Home Private Duty Services

As part of our commitment to provide a continuum of care that keeps living independently at home possible, VNA of Greater St. Louis offers a wide array of solutions to assist you. VNA's Care At Home private duty services provide the same level of professional, compassionate care that has made it a respected leader in bringing care to you where you live, where you work, wherever you are, for over 100 years.

VNA Care At Home private duty services provide personalized one-on-one support from four to 24 hours a day, seven days a week. These care services will help you maintain your independence and live safely at home.

- + Medication Management and Reminders
- + Bathing and Hygiene Assistance
- + Companionship and Safety Supervision
- + Errands and Transportation
- + Meal Preparations and Planning
- + Light Housekeeping and Laundry Service
- + Respite Care for Dementia Patients
- + Dressing and Grooming

VNA Care At Home staff have thorough background checks and are bonded and insured for your safety. Ongoing training is provided so that your caregiver is able to provide for your health care needs.

After a free, no obligation in home consultation the VNA Care At Home professional develops a personalized care plan and monitors the care received so that the person receiving care and their families are assured that they are receiving the best care possible.



On-site Vaccinations

VNA of Greater St. Louis gives flu shots to over 20,000 people in our region annually. The benefit of VNA vaccinations are many including all are done on-site, thus reducing an employees' time away from the job or a child's time out of a classroom.

VNA offers the following vaccinations:

- + Hepatitis A
- + Hepatitis B
- + Tetanus with Whooping Cough (Tdap and DTap)
- + Influenza (seasonal)
- + Pneumonia, including Prevnar 13
- + Tuberculosis (TB) testing
- + Shingrix

Many companies, organizations, clubs and churches use VNA's services because of the ease of scheduling, the convenience and the professionalism and experience of our staff.

VNA collaborates with local school districts to provide kindergarten readiness vaccinations and other state required school vaccinations.





On-site Wellness Services

VNA makes access to wellness education and screenings convenient for everyone. Whether it's places of employment, at a community event, at a place of worship or anywhere else, VNA offers screenings and education on a wide array of health-related topics.

VNA's Wellness program is used by many groups and corporations in the region and provides biometric screenings including lipid profile and blood glucose, blood pressure readings and body mass index (BMI) assessments. The Lunch and Learn sessions are also popular, helping individuals meet their own health needs through health-related education that ranges from eating healthy and on the run, managing stress, making healthy food choices, exercise and more.

VNA's Wellness program also can provide health risk assessments, bone density screenings, and A1C testing.





Visit-A-Bit Services

Visit-A-Bit is designed to directly address senior adult loneliness in the Greater St. Louis area. It's a weekly socialization program that connects volunteers with seniors, that may be living alone or in a senior community, together to develop meaningful relationships.

Benefits of Visit-A-Bit Program:

Improve Quality of Life: To improve the quality of life for senior participants, who may be experiencing levels of loneliness through connected weekly socialization.

Promote Independence: Resources can be provided to promote health, independence, and dignity in the home and community while offering weekly visit tasks as well.

Increase Socialization: Weekly volunteer visits encourage the senior adult to socialize more. While interacting with others may help lighten your mood and feelings of depression may decrease.

Weekly Entertainment: Visit-A-Bit seniors have the option to play weekly Tele-Bingo which offers short-term memory skills, hand and eye coordination and a fun time!

The focus of volunteers is to reduce the chance for senior loneliness and to help assure St. Louis-area seniors are living a safe, healthy life at home.

The brand you know. The care from a team you can trust

Since our establishment as the Visiting Nurse Association in 1911, we have been recognized as a trusted leader for excellence in community healthcare, bringing our skilled care to thousands of families in the St. Louis community. Today, VNA of Greater St. Louis continues to be one of the region's providers of wellness services for individuals and corporations, vaccinations for all ages, private duty care that ranges from personal assistance to help with projects around the house, advanced illness management and of course, hospice care.

VNA of Greater St. Louis is one of the few community-based, nonprofit providers in our region. Our focus is on compassionate care, not generating corporate profits. VNA of Greater St. Louis is a proud member of the United Way of Greater St. Louis and has been awarded, for its hospice care, Joint Commission accreditation for achieving the highest level of care for patients with life-limiting illnesses and their families and, a "We Honor Veterans" partner through the National Hospice and Palliative Care Organization (NHPCO).

Life-long care starts here

VNA of Greater St. Louis' integrated services provide patients access to a complete continuum of care at every age, for every need, for everybody. This full spectrum of care ranges from immunizations; corporate wellness services including Biometric screenings and A1C testing for blood sugar levels; private duty services ranging from personal care to light housekeeping for the homebound; and, in-home advanced illness management and hospice care.

Throughout our more than 100 years of service, VNA of Greater St. Louis has earned the trust of families and organizations as their resource for life.

What families and
care providers say
About VNA of Greater St. Louis...

"The Clinical Staff and Chaplain worked very well with our staff. The Volunteers and their dogs from Love on a Leash were wonderful!"

– Sr. M. Pauline, RGS

"Your help near the end of my husband's life was invaluable and my family and I are very grateful."

- E. Meyers



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