

Aging in Place

PREVENT A FALL: TAKE A TIMEOUT FOR HOME SAFETY

Do you or a loved one have barriers at home that affect daily living? Has performing household tasks become more difficult or involve potential risk for injury?

Aultman has assembled a team of health care professionals whose only goal is to help residents age in place by providing education, resources and services that allow patients to stay safely at home as long as possible.

According to Licensed Social Worker and Certified Case Manager Stacy Creaturo, from AultCare and PrimeTime, they teamed up with Aultman Home Care in 2008 to offer this unique Home Safety Program.

"The program provides a comprehensive in-home assessment that identifies sources of potential future injuries as well as suggestions for home modifications to improve safety," Creaturo said. "Our goal is to reduce emergency room visits and inpatient hospitalization due to injuries in the home."

The assessment is free to AultCare and PrimeTime Health Plan members who have been identified as a fall-risk based on hospital and ER utilization in combination with diagnoses that can cause an overall gradual decline in health.

"These include, but are not limited to, multiple sclerosis, Parkinson's disease and arthritis. We also accept referrals from physicians' offices and therapy departments," Creaturo said.

In the last three years, more than 800 AultCare and PrimeTime Health Plan members were identified with a possible home safety need, but just less than half of the patients accepted the free home evaluation.

Occupational Therapist Suzanne Gunias from Aultman Home Care along with Physical Therapist Ken Tass and Occupational Therapist Assistant Erin Cromwell have conducted hundreds of thorough assessments of homes in Stark, Wayne, Holmes, Carroll and Tuscarawas counties.

"Each home takes about 1.5-3 hours to assess. We discuss medical conditions with the clients and how they can create a safer environment for everyone – including the caregiver," said Gunias.

An easy-to-read report is provided covering every area – inside and outside – of the home, such as steps, kitchen, bedroom, bathroom, storage areas, lighting, electrical and more.

Those identified as a fall-risk benefit most from the team's inexpensive suggestions for modifications:

- **LIGHTING:** adjust the curtains to reduce glare.
- **RAILINGS:** add railings especially coming in from the garage to make entry and exit easier.
- **KITCHEN:** organize common items at waist level and utilize "pullouts" in cupboards.
- **FLOORING:** use rugs with a rubber backing; create a contrast in color when the floor changes in height/level (for example, from carpet to tile).

"We also consistently provide fire safety suggestions, such as installing smoke and carbon monoxide detectors – most people don't have enough or there aren't any batteries. Many homes do not have fire extinguishers either," she said.

For those with construction needs (such as widening doorways, building a ramp, etc.), guidelines for hiring a contractor are offered. According to Gunias, finding a contractor who understands the specific needs of an individual can be more of a challenge than finding a traditional contractor.

"The key is finding someone who is a Certified Aging-in-Place Specialist (CAPS) from the National Association of Home Builders (NAHB)," she said. "Just like us, they are specially trained to provide products and services that are user-friendly by all individuals no matter what age or ability level."

Contact your local Home Builders Association or go to NAHB.org and search "CAPS" for a list of contractors.

Clients also receive a Home Safety Kit complete with an educational booklet and items to promote safety such as a smoke detector, flashlight, nightlight, outlet covers and more.

The staff's favorite recommendations are: Remember to take it slow. Many accidents happen when a person is rushed. Make only a few changes at a time and then give yourself time to adjust to the changes.

AultCare and PrimeTime Health Plan members are eligible for a free assessment; to learn more, call case management at 330-363-5394 or toll-free 800-344-8858 ext 35394.



- During a thorough inspection, Aultman's Occupational Therapist Suzanne Gunias, who is also a certified aging-in-place specialist (CAPS), recommends that Jack Brannan have a handrail installed. AultCare and PrimeTime Health Plan members are eligible for a free home-safety assessment.

www.AULTMANMARKETPLACE.COM

Aultman is changing the way you think about online shopping. The Aultman Marketplace is your single online source for high-quality health care products.

The store offers diabetic supplies, wound care products, physical therapy and rehabilitation equipment, vitamins and minerals, baby care items, home health products, gifts and much more. You can even send flowers to a loved one.

Enjoy 24/7 convenience and competitive prices. Place an order by July 31 to receive free shipping; use coupon code: aultmanship.

Medical Professionals, Companions Help Others Heal, Age at Home



- Aultman Alternative Daily Living client Betty Chiofalo and her "grand-dog" Zoe enjoy Home Health Aide Kim Price's assistance and companionship several days a week.

Betty Chiofalo loves books and music, but enjoying her passions over the last several years has been challenging

Macular degeneration and hearing loss have forced the 86-year-old to get audio books and hearing aids.

Everyday living has also been a challenge for the widow who can't see faces or colors other than yellow and white due to the loss of her central vision.

Although her family helps her as much as possible, she gets additional assistance from Aultman Home Care's private-duty team every other day, for four hours each day.

Home Health Aide Kim Price has been assisting Chiofalo for the last five years. "I love my job, because the little things that we do can make people so happy."

The Aultman private-duty program called Alternative Daily Living offers services to meet clients' daily needs for living on their own and to make life easier for them and their families.

Chiofalo said, "Kim and the other girls try to get all the work done that they possibly can. Everything from making my meals to curling my hair, walking my dog and laundry, too."

With severely impaired vision, Chiofalo feels very fortunate to still live in her home of more than 50 years. "I know the nooks and corners. I just can't image not living here. I want to be here the rest of my days. I couldn't make it without them."

As a registered nurse who cared for others for more than 40 years, Chiofalo understands the need to be active mentally and physically

AULTMAN LIFELINE

Lifeline is a simple, wireless device worn as a pendant or wristband that allows wearers to summon help with the push of a button from anywhere in their home, anytime of day or night.

Call 1-800-242-1306, ext. 4852 for more information and pricing.

The \$50 installation fee is waived for Aultman PrimeTime Senior program members.

especially to overcome a spinal condition.

"With their help, I can tag along to the grocery store or go outside with my walker to see my beautiful flowers and landscaping."

Chiofalo and Price get along so well, they have friendly arguments over who is the boss.

"I like to challenge Betty and make her smile. We have a lot of fun together," Price said.

Aultman Alternative Daily Living services are available 24 hours a day, seven days a week – on a private, self-pay basis. Staff includes registered nurses, licensed practical nurses and home health aides.

WHEN COMING HOME FROM THE HOSPITAL

Aultman also offers a team of health care professionals to offer continued care for patients discharged from the hospital who need further skilled care. The team includes registered nurses (some certified in case management); physical, occupational and speech therapists; registered dietitians; social workers; and home health aides.

"We work in partnership with the hospital's case management and discharge planning team so when patients are assessed at discharge, we are alerted to the appropriate hands-on clinical care they need at home," said Cindy Marvin, RN, executive director of post-acute services. "Without a disruption, we focus on each patient's individual needs to get them back on their feet to function independently and remain at home. A lot of education and teaching occurs, too."

Patients can also be referred by their physician's office for these skilled nursing and therapy services, which are covered by Medicare and Medicaid, along with many private insurance carriers.

"For peace of mind, we gladly answer insurance questions and submit all insurance claims on the patient's behalf," Marvin said. "Payment plans may also be arranged."

For more information on home services, call 330-479-4805.

Make One Call for Trusted Home Medical Supply Services

Since 1988, Aultman Home Medical Supply has provided the highest quality medical services and home medical equipment.

"We are staffed with experienced technicians and health care professionals to effectively manage the selection, delivery, setup and maintenance of patients' medical equipment," said Samantha Haynam, RN and program director. "Caring for yourself or a loved one at home can be intimidating. The staff acts as your partner, giving you the education and training you need to operate your equipment safely and effectively."

According to Haynam, their No. 1 goal is to make the process as easy as possible for

every patient in their region, which includes Stark, Wayne, Holmes, Carroll, Tuscarawas, Harrison, Coshocton and Summit counties.

"We schedule the delivery of your equipment, contact your physician for written orders and coordinate care with other health care professionals such as nurses and hospital discharge planners," she said.

As an added convenience, a new showroom was opened in June 2010 in the Millersburg Medical Building with the same products as the Canton location.

PRODUCTS INCLUDE:

- **RESPIRATORY:** aerosol nebulizer (home breathing treatments), Continuous Positive Airway Pressure (CPAP) and Bilevel Positive Airway Pressure (BiPAP) for patients with moderate-to-severe obstructive sleep apnea, oxygen concentrator and portable oxygen systems
- **AMBULATION AND MOBILITY AIDES:** crutches, canes, walkers and a full line of manual wheelchairs
- **EQUIPMENT FOR DAILY LIVING:** bath safety, bedside commodes and transfer equipment

- **HOSPITAL BEDS AND ACCESSORIES:** pressure pads, pumps and patient lifts

- **BABY AND MOM:** breast pumps and supplies, and phototherapy

"We are proud of our competitively priced product lines and our many brands known for quality and comfort, such as Invacare and ResMed," said Haynam.

HOW TO ORDER

All equipment orders must have a physician's prescription if insurance reimbursement is expected. Aultman Home Medical Supply will obtain all the necessary written documentation.

Aultman Home Medical Supply accepts many health insurance plans. Alternatively, Aultman's "Yes, You Can Program" could provide access to Aultman services.*

*You are eligible for Yes, You Can if your commercial health plan allows out-of-network service. You are still responsible for your health plan's regular in-network deductibles and co-pays. People with Medicaid, Medicaid HMO, Medicare, Medicare HMO, Medicare Advantage Plans most commercial HMOs, other federal and state plans, Medicare supplements and auto liability claims are not eligible for Yes, You Can. Learn more at Aultman.org/yyc or call 330-363-7444.

AULTMAN: A CENTER OF EXCELLENCE FOR...



EYE CENTER & HOME CARE

AULTMAN



CENTER of EXCELLENCE



Heart

Aultman Hospital has been named one of the nation's 50 Top Cardiovascular Hospitals by Thomson Reuters for 2011. At the Aultman Heart Center, prevention is a priority. Our education and risk factor identification programs can help you keep your heart healthy.



Cancer

The Aultman Cancer Center is a fusion of ideas, technology, talent and compassion. The physicians associated with Aultman Cancer Center evaluate and design individual patient treatment plans based on the type, stage and aggressiveness of the patient's disease.



Neurosurgery/ Stroke

Trauma or illness involving the brain, spinal cord or nervous system can be a frightening experience for a patient and loved ones. Take comfort in knowing you are in the hands of some of the region's most skilled neurological experts, neurosurgeons and stroke specialists.



Women/Children

Together with our patients, the Aultman Birth Center is promoting and uniting families for life. We take a team approach to providing the best care for you and your baby — under one roof.



Emergency/ Trauma

Aultman's Emergency/Trauma Center, staffed by board-certified physicians, is designed to allow the fastest access possible to the latest in emergency-care technology.



Orthopaedics

Many orthopaedic problems need more than one medical service. You may require emergency room treatment, medical treatment, surgery, therapy, medical equipment for the home or intense on-site rehabilitation.



Critical Care Medicine

Going to an intensive care unit (ICU) can be a very emotional experience. Aultman patients receive specialized care from our Intensivist Program and our dedicated group of critical care nurses, critical care pharmacists, respiratory therapists and intensivists.

AULTMAN
Aultman is My Hospital™

LASER VISION CORRECTION

A PAIN-FREE ELECTIVE PROCEDURE WITH MANY ADVANTAGES



▪ The Aultman Eye Center utilizes a Visx Star Laser, which is the only Excimer laser FDA-approved for both nearsighted and farsighted treatment.

Less dependence on glasses and contact lenses is a very exciting idea for many people looking for convenience, a lifetime of cost savings and improved self-image

Seeing more clearly with your own eyes is possible with refractive surgeries such as Excimer LASIK (Laser Assisted In-Situ Keratomileusis) and Excimer PRK (Photorefractive Keratectomy) at The Surgery Center at Aultman.

Excimer lasers are the most significant advancement in correcting vision problems within the past 10 years. Aultman utilizes the Visx Star Laser, which is the only Excimer laser FDA-approved for both nearsighted and farsighted treatment.

The goals of LASIK and PRK are to reduce or eliminate refractive errors including:

- **Nearsightedness** (blurred distance vision)
- **Farsightedness** (blurred close-up vision)
- **Astigmatism** (difficulty seeing fine details at all distances)

According to Associate Vice President of Aultman's Outpatient Centers Cindy Henry, RN, surgeons carefully evaluate patients' eyes, health history and refractive error, as well as age, lifestyle and career

WHO QUALIFIES FOR VISION CORRECTION?

Although a comprehensive eye examination is required to determine candidates, general guidelines are:

- **Be at least 21** years of age
- **Have stable vision** for at least one year prior to surgery
- **Have healthy eyes**, free from retinal detachment, corneal scars and other diseases
- **Have a refractive problem** within the range of effective treatment

considerations to determine which one of the many types of LASIK and laser vision correction techniques is best for them.

According to the Eye Surgery Education Council, LASIK vision correction has the highest patient satisfaction rate of any elective surgery: 95.4 percent, based on a 10-year survey of scientific studies from around the world. And new advances in technology now deliver better outcomes than ever.

The entire procedure takes 15-30 minutes to change the shape of the cornea permanently. This change restores the focusing power of the eye by allowing light rays to focus precisely on the retina for improved vision.

Full visual results are recognized one to four weeks after surgery; however, many patients notice a difference immediately.

According to Henry, in some cases, laser surgery may not achieve 20/20 (normal) vision or even 20/40 vision. Additionally, the surgery cannot correct a condition called presbyopia, which is aging of the eye that normally occurs around age 40 and requires reading glasses.

Most health insurances do not cover the cost of surgery because it is considered elective.

"As part of our continuing commitment to patients, Aultman and our affiliated eye surgeons offer convenient, affordable payment plans; a one-price, one-bill policy that covers surgery center and surgeon fees; as well as accountability," Henry said.

New Trends in Glaucoma Surgery

by Richard A. Lehrer, M.D., director of Glaucoma Services at Ohio Eye Alliance and assistant clinical professor of ophthalmology at Northeastern Ohio Universities Colleges of Medicine

After 20 years of practicing ophthalmology in the specialty of glaucoma, I've learned many patients who come to me for consultation are not aware there's surgery to treat glaucoma.

It is a blinding eye condition with usually no symptoms. Worse yet, only about 50 percent are aware they have glaucoma. Usually, it is diagnosed at a routine eye exam or screening by measuring vision, eye pressure, visual fields or side vision and looking at the appearance of the optic nerve. It is a hereditary condition, so those with a sibling or parent with the condition have a 50 percent and 25 percent risk of developing the condition, respectively.

Early treatment includes lowering eye pressure either with drops or laser treatment in the office. If these treatments are not adequately effective, glaucoma surgery is recommended.

The current gold-standard surgery is called trabeculectomy, which became widely popular in the late 1960s. It involves making a new drain in the eye and fashioning a drainage reservoir out of the eye's own tissues. This usually looks like a small blister called a bleb on the upper portion of the white of the eye.

Unfortunately, just like any other



▪ Richard A. Lehrer, M.D.

surgery on the body, there is a possibility of complications both in the short- and long-term, which I always discuss at length with my patients. It is also possible to insert tubes and artificial reservoirs to drain fluid better, but this is usually reserved for cases when primary surgery has failed.

During the last 10 years, many glaucoma surgeons and I have been working on new ways to successfully lower pressure without creating a bleb — which may be the source of some complications in surgery. One of these newer surgeries is called canaloplasty. This is like an angioplasty for the eye and involves threading a fine catheter around the drainage system in the eye, dilating

the canal and collector channels, and finally placing a tensioning suture or stent in the canal in order to enhance the natural outflow pathways in the eye. It is usually a 30-minute outpatient procedure with local anesthesia and IV sedation. Afterward, most patients will not have an eye patch, but will experience some blurred vision.

I have been performing this surgery for five years with excellent success in many patients and a lower rate of complications than trabeculectomy or tube-shunt surgery. The surgery is not appropriate for all patients and for all types of glaucoma. It is usually recommended if you have open angle glaucoma and need a pressure level of about 14-20 mmHg. For lower pressure requirements or prior scarring or narrow angle glaucoma, other types of glaucoma surgery may be more appropriate. Only your glaucoma surgeon can determine the best type of surgery for you.

Glaucoma is never cured — only controlled — so constant surveillance is necessary. See an eye care professional on a regular basis if you have been diagnosed with glaucoma or a suspicion of glaucoma. It is very rare for people to go blind from glaucoma, because of modern treatment and careful follow-up.

Cataract Awareness Month

If your vision is becoming progressively cloudy or blurred, you may be developing cataracts. It is the leading cause of vision loss in Americans 65 years of age and older, according to the American Academy of Ophthalmology.

By age 80, more than half of all Americans have developed a cataract or had cataract surgery — making it one of the most commonly performed surgeries in the United States.

According to the National Institutes of Health, it is also one of the safest and most effective types of surgery. In about 90 percent of cases, people who have cataract surgery have better vision afterward.

WHAT IS IT?

"Contrary to common belief," says Todd Fladen, M.D., of The Fladen Eye Center, "cataracts are not caused by eye strain or reading in bad lighting. In fact, they are caused by a protein accumulation in the eye, injury, steroid use, exposure to UV light, smoking, diabetes and the normal aging process."

A cataract is a clouding of the lens in the eye that affects vision. The lens is responsible for focusing light and seeing sharp, clear images.

The most common symptoms are:

- Clouded or blurry vision
- Sensitivity to light both nighttime glare and daylight
- Fading colors
- Difficulty reading or driving
- Double vision
- Frequent changes in prescription of eyeglasses or contact lenses



A cataract can occasionally cause discomfort, redness, pain, and irritation in the eye and may result in seeing halos and compromised depth perception.

TREATMENT

According to Jeff Congeni, M.D., of Canton Ophthalmology Associates, a cataract generally needs to be removed when vision loss interferes with your everyday activities such as driving, reading or watching television. "You and your eye care professional can make this decision together," he said.

Cataract surgery involves the replacement of the eye's natural lens with an artificial lens made of plastic, silicone or acrylic compounds.

"Modern surgical techniques allow cataract surgery to be done on an outpatient basis with little or no disruption to one's lifestyle," Congeni said. "Follow-up visits with your ophthalmologist to track your progress are vital to the success of your surgery."

The symptoms of early cataract may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses or magnifying lenses. If these measures do not help, surgery is the only effective treatment.

RISK FACTORS

Risk factors include: certain diseases such as diabetes, smoking and alcohol use and environmental elements such as prolonged exposure to sunlight without proper eye protection.

"One of the best ways to protect your eyes and help prevent cataracts and problems with the retina of the eye is to wear proper eye protection from the sun," said Registered Nurse Cindy Henry, associate vice president of Aultman's outpatient centers. "UV-blocking sunglasses should be worn anytime you are exposed to the sun's rays."

Additionally, the American Academy of Ophthalmology recommends eating a diet rich in antioxidants such as spinach, broccoli and eggs to improve eye health.

The National Eye Institute is conducting and supporting a number of studies focusing on factors associated with the development of age-related cataracts. These studies include the effect of sunlight exposure, vitamin supplements and genetic studies.

Surgery Center at Aultman Excels in Ophthalmology Care



Physicians and health care professionals at The Ambulatory Surgery Center at Aultman do more ophthalmology procedures than any other surgical service.

These procedures include: refractive surgery (such as LASIK), cataract extraction, muscle repair, ptosis repair and retinal vitreous procedures.

In addition to ophthalmology cases, other surgical procedures that do not require hospitalization are performed Monday through Friday.

The surgery center, located at Aultman North in North Canton, is staffed with registered nurses, scrub techs, surgical assistants, certified ophthalmology assistants, nurse aides, registration personnel and housekeeping. All eligible surgeons performing procedures at the facility are board certified in their specialties.

FOR MORE INFORMATION, CALL 330-305-6864.

OPHTHALMOLOGY PHYSICIAN OFFICES

Canton Ophthalmology Associates 330-456-0047 coaeye.com	North Canton Medical Foundation/OT 330-433-1200 ncmf.com
The Fladen Eye Center 330-489-1441 fladeneycenter.com	Ohio Eye Alliance (Canton) 330-823-1680 ohioeye.com
Eye Centers of Ohio (2 locations) 330-966-1111 330-452-8884 eyecentersofohio.com	Ohio Retina Associates (Canton) 330-966-9800
The Eye Clinic Inc. 330-837-5191 the-eye-clinic.com	Roholt Vision Institute (2 locations) 330-305-2200 330-829-2311 roholtvision.com
Glaucoma & Eye Specialists 330-433-0000 ohioeyespecialist.com	Vitreous-Retinal Consultants 330-494-1116 vitreo-retinal.com