

## The Firm Footing Program



Sunshine Home Health's Firm Footing program is focused on safe mobility and fall prevention.

### Committed to Your Success

We're here to safely get you to the highest functioning level possible. Our experienced clinicians and therapists come to your home, work with you to improve your strength, range-of-motion and mobility, striving to return you to your prior level of function. We also can help with the transition to outpatient care.

### Home Care Provides

- Home visits scheduled to meet your recovery needs and your doctor's orders
- Experienced clinicians providing proven, evidence-based care
- Physical therapists working with you to develop a custom home program you can follow between visits to maximize improvement and independence
- Physician-requested nursing care and occupational therapy
- Bathing assistance, social services, speech therapy and registered dietician services, if required

### Customized Care Specific to You

Sunshine clinicians address your immediate needs of regaining strength and mobility, and help manage any pain by understanding your medications and diagnosis. We consult with your physician to provide care that is tailored to meet your needs for physical improvement and function.

### Sunshine Home Health Care

We are a full-service Medicare Home Health Agency providing care in patients' homes. This is the most effective way to provide treatment. We are privately-owned and accept most insurance plans.



(509) 321-9050  
shfi.com

Sunshine Home Health Care  
10410 E. 9th Ave., Bldg. B  
Spokane Valley, WA 99206

A locally-owned  
healthcare agency



Sunshine for  
health care at home





We coordinate care with all of your health care providers, so that your main focus is on getting well.

## Special Care in Familiar Surroundings

### Healing Happens at Home

Sunshine Home Health knows that recovery and well-being is best achieved when a patient is in their own home, surrounded by family, friends and the familiarity of their own lifestyle.

Throughout Spokane County, our skilled, compassionate nurses, therapists and caregivers provide needed care and treatment in patients' own homes. We eliminate the hassle and frustration of having to move or travel for treatment and therapy. Patients and their families can also feel better knowing they can talk with a local Sunshine Home Health Care nurse 24 hours a day, even on weekends and holidays.

### Sunshine Makes It Easier

Sunshine Home Health coordinates the cost of home care directly with insurance providers, eliminating the burden of uncertainty and confusing paperwork. Patients can focus their attention solely on getting well.

### Better Care Through Technology

Computerized technology enables our caregivers to spend more concentrated, helpful time with patients in their homes. Less time doing paperwork allows more time devoted to our patients. Privacy of patient health information is very important and this technology provides that security.

### Care Provided

- Nursing
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Medical Social Worker
- Registered Dietitian
- Home Health Aide

### Specialty Services

- Fall prevention, mobility and balance improvement
- Medication management
- Wound care
- Community services connections and housing
- Cognition and memory strategies
- Vocalization and swallowing exercises
- Nutritional health and diet education
- IV infusion and tube feedings\*
- Wheel chair evaluation and procurement of medical equipment\*

\*These services are coordinated with local Durable Medical Equipment companies, Pharmacies and/or Infusion Companies

## Contracted Insurance Plans

- Asuris Northwest Health
- Asuris Medicare Managed
- CHPW Medicare/Medicaid
- First Choice
- Humana
- Humana Medicare
- Kaiser Permanente
- Kaiser Permanente Medicare Managed
- Labor & Industries
- Medicare
- Molina Healthy Options (Medicaid)
- Molina Medicare Managed
- Premera Blue Cross/Blue Shield
- Regence
- Tricare for Life/TriWest
- UHC Medicaid
- UMR
- United Healthcare (UHC)
- United Healthcare Medicare Managed (AARP)
- VA
- WA Medicaid (DSHS/State)



We pride ourselves in being able to see our new patients within 24-48 hours of receiving a referral from your doctor or care provider. It is our belief that with this prompt response we can improve the overall outcome from your illness or surgery. We also hope that this quick response helps prevent you from having any additional hospital stays.

Sunshine Home Health Care is the only local/family owned home health care agency serving Spokane County. Local ownership ensures that important decisions are being made by local people who can feel the impact of these decisions.

