



**Press Release**  
**FOR IMMEDIATE RELEASE**

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## **At-Home Recovery Made Easier with Home-based Healthcare**

*Home health services an option through Knox County Hospital District.*

KNOX CITY, Texas (Aug. 4, 2023) – On any given day, more than 1.45 million patients across the nation are receiving professional healthcare services from the comfort of their own home. With a recovery plan outlined by their medical care provider, residents in the greater Knox County region, appreciate the many benefits home health services provide.

“By receiving care in their homes, patients benefit from a familiar environment that promotes comfort and independence,” explains Betty Hudson, RN, director of home health services at Knox County Hospital District. “Home health helps reduce hospital readmissions and healthcare costs while improving patient outcomes. Faster healing in a comfortable environment – what’s not to love about that?”

Home healthcare is a type of care provided to individuals in their homes, offering medical and non-medical services tailored to their specific needs. It is often utilized by patients recovering from injuries, illnesses, or surgeries and those with chronic conditions or disabilities requiring ongoing assistance.

Home health services encompass various support, including skilled nursing, physical therapy, occupational therapy, speech therapy, home health aides, and medical social services.

According to the National Association for Home Care and Hospice, it is estimated that 2.5 percent of Americans receive treatment from nurses, home health aides, therapists, and consultants in their own homes.

With a valuable alternative to hospital stays or nursing home care, home health programs like that offered through Knox County Hospital District allows patients to receive personalized attention and assistance in the convenience of their own homes.

Hudson says that receiving treatment at home gives patients the opportunity to seamlessly transition back to their home life. In some cases, depending on their condition, healing at home means being able to regain their strength compared to staying at a hospital or nursing home.

“Seeing loved ones, going to the kitchen or dining room to eat, being able to walk outside – these all have positive impacts on one’s recovery,” Hudson adds. “Of course, it depends on the severity of one’s condition, but recovering at home is always going to improve one’s mood and overall health.”

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To qualify for home health services, an individual must meet at least one of the following criteria: necessitate intermittent nursing; require occupational therapy, physical therapy, or speech therapy; have a skilled health need arising from an illness or injury; need care prescribed by a medical provider, or face challenges in leaving their home, hindering their ability to access medical care at a clinic or travel by vehicle while receiving home health assistance.

Patients must have a referral from their medical provider and a qualifying diagnosis to enroll in home health services. Insurance plans often cover the cost of home health services.

“There are many patients here in Knox County who take advantage of home health services,” Hudson explains. “As more patients learn about our services, the more word gets out about how home health promotes independence and human dignity. This is especially for seniors who lament the loss of freedoms, which often accompany nursing or rehabilitation home placement.”

For more information about the referral process, contact Knox County Hospital Home Health at 940-657-3013.

### **About Knox County Hospital District**

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit [www.knoxhospital.org](http://www.knoxhospital.org).

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