

older adults based on the availability of volunteers to fulfill the requested needs. Services that may be offered include:

- Transportation to medical appointments
- Grocery shopping assistance
- Telephone reassurance calls
- Honey Do Crew projects (minor home repairs & maintenance)
- Special projects

For more information, contact Faith in Action of the Greater Kanawha Valley, Inc. P.O. Box 11623 Charleston, WV 25339; email info@faithinactionkv.com; phone 304-881-7253. Or contact Faith in Action of the River Cities, 200 19th St, Huntington, WV 25703; Phone: 304-697-1274.

Skilled Home Health Care Services

Home health nurses provide direct care and teach you and your caregivers about your care. They also manage, observe, and evaluate your care. Examples of skilled nursing care include: giving IV drugs, certain injections, tube feedings, dressing changes, and education about prescription drugs or diabetes care. A Home Health Care therapy team may include physical

therapy, occupational therapy and speech therapy depending on what each individual treatment may need. Physical therapists work with patients on mobility issues, such as difficulty walking, weakness, balance deficits, falls, dizziness and vertigo, pain, or other physical issues. Their purpose is to help patients engage in life at the highest level. Physical therapists can also help patients by recommending and assisting with the correct fit and adjustment of adaptive devices, such as a front-wheel walker, an all-terrain walker, or a cane.

Occupational therapists focus on activities of daily living and helping patients reach for and return to prior ability levels in completing care tasks such as: dressing, grooming, bathing, toileting, transfers, cooking, housekeeping, and home management. They also help patients improve strength, coordination, and balance for daily tasks. Occupational therapists may also assess safety and durable medical equipment needs to help their patients function safely at home.

Speech therapists help improve swallowing capabilities as well as verbal, thinking, memory,

problem-solving, and orientation skills. They promote the patient's safety awareness at home. They may also work with patients to help them improve communication with family members and other caregivers.

Hospice Services

Hospice is a philosophy of care that provides appropriate skilled, compassionate care to patients and their families so they receive the support and guidance they need to meet the challenges of serious illness. A personalized plan of care incorporates what is important to the patient and the caregiver. It emphasizes quality of life and assists patients to live as fully and comfortably as possible.

Some area hospice programs include:

■ Hospice Care, 1606 Kanawha Boulevard West, Charleston, WV, 25387; toll free, 800-560-8523 or local, 304-768-8523; <https://www.hospicecarewv.org/>

■ Hubbard Hospice House, 1001 Curtis Place, Charleston, WV, 25311; local phone, 304-926-2200 or toll free, 800-560-8523.

■ Hubbard Hospice House West, 4605 MacCorkle Ave. SW, S. Charleston, WV, 25309; local phone, 304-414-5170

or toll free, 800-560-8523.

■ Hospice of Huntington, 1101 6th Ave.; PO Box 464, Huntington, WV; local phone, 304-529-4217.

■ Dignity Hospice of Chapmanville, 557 Main St.; PO Box 4304, Chapmanville, WV; local phone, 304-855-4764.

Respite Services

Respite services provide informal caregivers (spouses, family, friends) with a temporary break from their caregiving responsibilities and associated stresses. Informal caregivers often face financial, physical, and emotional burdens that can have an impact on their families, social lives, and careers. The FAIR (Family Alzheimer's In-Home Respite) Program is designed to provide care and activities for individuals with Alzheimer's disease or a related dementia and give family caregivers a needed break. For more information, contact the West Virginia Bureau of Senior Services toll free at 1-877-987-3646; call your local senior center; or visit www.wvseniorservices.gov.