

Telehomecare

There's help to manage your heart failure

North Simcoe Muskoka area

Enjoy the best possible health while staying in your own home

It's difficult coping with the shortness of breath, fatigue, swelling, and irregular heartbeat that typically come with heart failure. Your activities of daily living can be a challenge. You and your loved ones may worry about how to manage your condition. Your anxiety may result in frequent trips to the doctor or hospital.

There is a free health coaching and remote monitoring program – Telehomecare – that can make a real difference in your life.

Telehomecare helps people gain control of their Heart Failure.

What are the benefits of Telehomecare?

Telehomecare helps people with Heart Failure stay in their own homes and become active participants in making healthy lifestyle choices.

It helps patients avoid unnecessary trips to the hospital and it helps catch problems before they turn into emergencies.

How does it work?

You will be provided with easy-to-use equipment to measure your weight, blood pressure, and blood oxygen, as well as answer questions about how you are feeling each day. It only takes a few minutes to send the information through a computer tablet to your Telehomecare Nurse who will monitor your vital signs.

Once a week, you and your Telehomecare Nurse will also talk on the phone about your health. The nurse will answer your questions and guide you in setting achievable goals so you can enjoy the best possible health.

At the end of the program, the nurse will help ensure you have the resources you need to keep managing your health.



Will I still see my doctor?

Yes. You will continue to see your doctor and other members of your healthcare team as required. With your consent, your Telehomecare Nurse can share your health information with your doctor.

What if my condition gets worse?

You and your Telehomecare Nurse are partners, along with your doctor, in managing your health. You will learn to recognize early signs that your condition may be getting worse, so that you can better manage your daily life. If your daily results are cause for concern, the nurse will call you. If you have concerns about how you are feeling or about your test results, you can call the nurse at any time during regular weekday hours.

Telehomecare is not an emergency response service.

Does Telehomecare work?

Yes. Telehomecare has been shown to reduce hospital stays and ER visits. Telehomecare patients have told us the program improves their ability to manage their care.

Is there a fee?

No. This program is supported by the Ministry of Health. There is no cost to patients. The home equipment is loaned to you while you are in the program.

Who sees my personal information?

Your privacy is important to us. Your doctor, your Telehomecare Nurse, and other healthcare providers caring for you may see your personal health information with your consent.

Contact Information

If you have any questions regarding this service, please contact:

1-888-721-2222, extension 6010