



**MORE CARE.**  
More peace of mind.



## Home Care Vs. Home Health

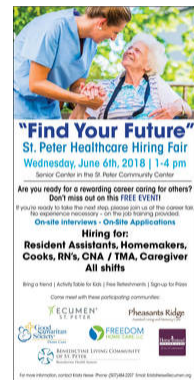
Differentiating between home care and home health can be confusing. So here are a few key differences.

**Home Health Care** is clinical medical care provided by skilled medical professionals and is often prescribed as a part of a care plan following a hospitalization. Services include therapy, skilled nursing and wound care. Home Health Care agencies are also often Medicare certified agencies.

**Home Care**, like services offered by Freedom Home Care, provides non-clinical services such as activities of daily living, personal cares, housekeeping, meal preparation, medication reminders and companionship.

Many families find that utilizing home health and home care in tandem can be very beneficial for an aging adult who, for example, is recovering after a hospitalization. The home health staff address clinical and rehabilitative needs during the transition home, while a home care aide can help with personal caregiving and household chores that the aging adult requires assistance with during his or her recovery.

Our case managers and nurses can help determine the care that is appropriate for each client's needs. Coordinating resources and providing peace of mind is what we do!



### Find Your Future

Are you ready for a rewarding career caring for others? If you're ready to take the next step, please join us at the **"Find Your Future" St. Peter Healthcare Hiring Fair** from 1 to 4 p.m. on Wednesday, June 6th at the St. Peter Senior Center. On-site applications and interviews will be offered by six different organizations dedicated to providing quality care to aging adults! Positions available are resident assistants, homemakers, cooks, RN's, CNA/TMA, and Caregivers in all shifts.

[Find out more.](#)

## Meet Kathy Kachelmyer, RN



Kathy started her career in healthcare at age 16 when she was a Nurse Aid at a local nursing home. She later became an RN and then 20 years later completed her BSN (while raising three active kids). She spent 42 years working for ISJ/Mayo Clinic Health System, most of which was in areas of critical care nursing. Kathy is joining FHC as an RN Case Manager. When Kathy isn't taking care of FHC clients she is taking care of 10 grandkids! We're excited to have Kathy on our team at FHC!

[Find out more about Freedom Home Care.](#)

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