



Stay Healthy at Home

Independent Living. Affordable Care.





A Choice to Stay Healthy at Home with a Concierge for Care



St. Francis Healthcare System of Hawaii has launched a new and innovative independent living program that offers a full range of services in the home.

*Stay Healthy at Home*SM is St. Francis' answer to the growing need for helping our seniors stay at home well into their retirement years.

We have developed an extensive network of the most often needed services—beginning with health care needs and extending to housekeeping services, transportation services, social activities, health education, and even assistance with legal matters.

We have created strong partnerships with the most reliable organizations in our community to join us in making the very best services in the islands available to you.

The Sisters of St. Francis, noted for their health care innovations for more than a century, are once again pioneering vital health services for Hawaii. St. Francis' legacy of caring for Hawaii's people and expertise in health care are the foundation of *Stay Healthy at Home*SM.

One Call is All You Need

Have you ever tried looking for a service and called three, four or five phone numbers before you're connected to the right service? It can be very frustrating. With *Stay Healthy at Home*SM, we eliminate the stress of figuring out who to call. All the resources and tools you need to retain your independence are available in one place—right at your fingertips—with just one call.

"It's so nice to have someone to check in on me and get me the help I need."

T.M., age 69





With a personal medical alert service, help is available 24 hours a day at the push of a button.



Medication review by an RN and a pharmacist.

Care Anyone Can Afford

*Stay Healthy at Home*SM minimizes restrictions, reduces stress and gives you peace of mind. Best of all, it is just a fraction of the cost of nursing homes, care homes or assisted living facilities.

Preserving Your Independence

*Stay Healthy at Home*SM makes finding the help you need easier than ever. You may need just a little help or may need more assistance with everyday tasks over time. Whatever you choose, we will be there for you. An initial

one-on-one meeting is all it takes to get started with *Stay Healthy at Home*SM. We'll work with you to develop a plan that puts you in charge and makes you as comfortable as possible in your home—helping you and your family members create an environment that fosters independence and safety.

A Concierge for Services

*Stay Healthy at Home*SM is a member-based, independent living program. St. Francis is known for its commitment to providing quality care for Hawaii's people, and our partners share this same commitment to excellence.

"Thank goodness for the medication review with a pharmacist. It helped me understand that the different medications I was taking were making me dizzy. My doctor changed my prescriptions, and I'm feeling much better now."

M.O., age 63

Services and programs include:

- medication management
- disease self-management
- education seminars
- transportation to appointments
- housekeeping services
- meal preparation
- bathing
- preventive screening
- social activities
- respite for caregivers
- financial and legal planning
- advance life care planning
- medical alert systems
- end-of-life care and much more.

Whatever service you may need, we will arrange it for you.





Home deliveries are available through *Stay Healthy at Home*SM.

“Stay Healthy at HomeSM helped with arranging for having my laundry done and for grocery shopping at a reasonable price.”

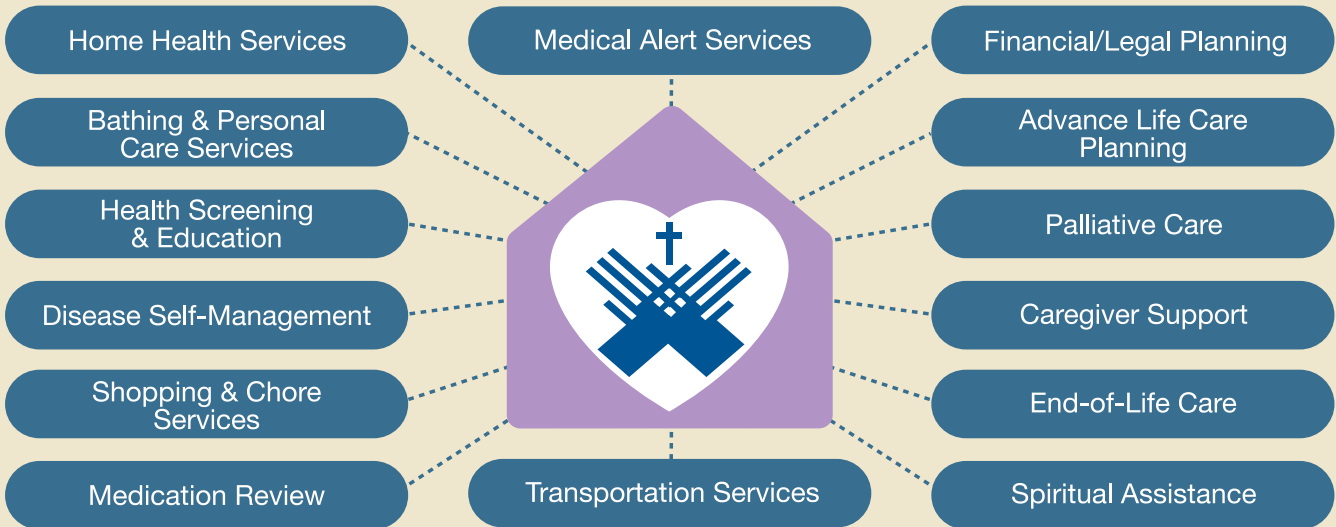
I.K., age 80

A Legacy of Caring for Hawaii’s People

Since 1883, the Sisters of St. Francis have been the heart of Hawaii’s health care system. From Molokai to Maui, Oahu to Kauai and the Island of Hawaii, they have pioneered centers for care and innovative services to meet Hawaii’s needs.

Call 547-6500 or 1-866-788-6188 toll-free, from the neighbor islands to access services for the independence and freedom that come with living at home.

Visit our website to learn more: **StayHealthyatHome.com**
 Email: stayhealthyathome@stfrancishawaii.org



547-6500



St. Francis

HEALTHCARE SYSTEM OF HAWAII
 A Legacy of Caring for Hawaii’s People