

# Telehomecare

## Patient Information

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Telehomecare (THC) is a six (6) month program that enables patients to become partners in their own care, right in their own homes using technology as the enabler.

The program is provided by THC nurses to help people living with conditions such as heart failure and chronic obstructive pulmonary disease (COPD) achieve the best possible quality of life while learning to manage their condition through remote monitoring and regular health coaching sessions in their own homes.

### How does it work?

If you are part of this program, you will receive guidance on checking your own blood pressure, weight, heart rate, and pulse.

A touchscreen tablet will be provided through the program. Once a day, you will enter your vital signs and how you are feeling into the tablet and send your results to your Telehomecare nurse.

If your readings fall outside of your normal range, your nurse is alerted and can respond as needed, and will also communicate directly with your primary care provider.

In addition to remote monitoring, your nurse provides weekly health coaching geared to your needs.

This may include guidance regarding diet, exercise, and other factors for optimal health.

### What if I don't have wifi?

You can still participate. Our tablets are connected to the internet with unlimited data – again, at no cost to you.

### How do I get connected?

To participate, you need to be referred by your primary care provider or at discharge from hospital.

Once referred, a Telehomecare will contact you to review the program and ask for consent to be enrolled.

Once enrolled, a Telus tablet and equipment will be delivered to you for you to use. Telus will help you to set it up and then a Telehomecare nurse will be in touch to get started.

### What if my condition worsens?

We may ask you to follow up with your primary care provider – and we can help you with this.

Depending on the severity of your symptoms, we may direct you to your nearest emergency department.

Please remember that this is not an emergency response program. For medical emergencies, call 911 or get other emergency assistance.

### Contact Information

If you have any questions regarding this service, contact: **1-833-515-1234** • [ontariohealthathome.ca](http://ontariohealthathome.ca)