



HELP & HEAL
HOME CARE SERVICES



YOUR HEALTH, YOUR HOME
OUR EXPERT
CARE.

COMPANY PROFILE

www.helpandhealcare.com

WELCOME TO HELP & HEAL

At Our Home Care, we understand that each person has unique needs and preferences, and we strive to tailor our services to meet those individual requirements handled by high skilled and trained registered nurses in the comfort of their own homes.

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ABOUT Help & Heal

We specialize in the treatment and care of patients in the comfort of their own homes, offering a unique and personalized approach to healthcare.

Based in Jounieh, Lebanon, our dedicated team is passionate about bringing quality medical services directly to our patients' doorstep.

Our services are available 24/7, including holidays and non-working days. Additionally, we are flexible and can accommodate patient requests for specific timeframes and durations as needed.

We take pride in our strong partnership with NDUH (Notre Dame University Hospital), which allows us to leverage their expertise, resources, and cutting-edge medical advancements. Together, we are committed to making a difference in the lives of our patients and ensuring that they receive the highest standard of care.

Mission & Vision

We believe that there are no one size fits all. The right care is personal and unique. Our mission is to improve the lives of those we serve by providing high quality health care services safe, affordable and easy to access.



- › *To inspire hope and contribute to health and wellbeing of each patient.*
- › *To assist patients to maintain their independence and quality of life in their own home.*
- › *To provide the best possible care services with a friendly, caring and compassionate approach.*
- › *To provide continuity of care wherever possible.*

OUR SERVICES



DOCTOR CARE



NURSING CARE



RESIDENTIAL CARE



MOTHER & BABY CARE



NUTRITION CARE



PHYSIOTHERAPY CARE



MEDICAL SUPPLIES



LABORATORY TESTS



TRANSPORTATION

DOCTOR CARE

Doctor at home services bring healthcare to the patient's doorstep, eliminating the need for them to move to a clinic or hospital. This is particularly beneficial for individuals with limited mobility, chronic illnesses, or those who prefer the comfort and familiarity of their own home. It reduces the challenges associated with transportation, waiting times, and navigating healthcare facilities.

SERVICES

- › Medical consultations
- › Routine check-ups
- › Medication management
- › Diagnostic services
- › Chronic disease management
- › Palliative care

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NURSING CARE

Nurse care at home is when a patient receives medical attention in the privacy and comfort of their own home from licensed and experienced nurses. It is an alternative to medical care in a hospital, enabling patients to stay in a comfortable and supportive setting while getting individualized medical attention and support. In consultation with the doctor, a registered nurse will set up a plan of care.

SERVICES

- › Wound dressing
- › Ostomy care
- › Intravenous therapy
- › Administering medication
- › Monitoring the general health of the patient
- › Pain control
- › Collaboration with healthcare providers
- › Other health support

RESIDENTIAL CARE

Residential care refers to a type of long-term care provided in a residential setting, typically known as assisted living facilities or residential care homes by aides that have received specialized training to assist with more specialized care under the supervision of a registered nurse. It is designed for individuals who require assistance with their daily activities and may need support with healthcare services, personal care, and supervision in a safe and supportive environment.

SERVICES

- › Accommodation and supportive environment
- › Personal care assistance
- › Elderly care
- › Neurologic deficits (stroke, paralysis, alzheimer, parkinson, dementia,...)
- › Medication management
- › Healthcare monitoring
- › Meal services
- › Social and recreational activities
- › Safety and security
- › Supportive services
- › Transportation from & to hospital

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MOTHER & BABY CARE

Mother & baby care is a specialized healthcare service that provides comprehensive support and assistance to new mothers and their babies during the postnatal period. It focuses on promoting the well-being, health, and development of both the mother and the baby.

SERVICES

- › Postnatal support for mothers
- › Newborn care and education
- › Breastfeeding support
- › Infant development and milestones
- › Parenting education and skills
- › Collaboration with healthcare providers

NUTRITION CARE

A nutritionist at home is a specialized healthcare service that brings the expertise of a qualified nutritionist directly to individuals in the comfort of their own homes. It offers personalized nutrition counseling in collaboration with the doctor recommendations, dietary guidance, and support to help individuals achieve their health and wellness goals through proper nutrition.

Patients at home who are unable to cook for themselves and depending on their needs, can order hot meals on a daily basis every day.

SERVICES

- › Meals-on-wheels
- › Personalized nutrition assessment
- › Dietary counseling and education
- › Nutritional goal setting
- › Personalized meal
- › Nutritional support
- › Monitoring lifestyle integration
- › Collaboration with healthcare providers

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PHYSIOTHERAPY CARE

A physiotherapist at home is a specialized healthcare service that brings the expertise of a qualified physiotherapist directly to individuals in the comfort of their own homes. Some patients may need help relearning how to perform daily duties or improve their speech and activity after an illness or injury. A physiotherapist can put together a plan of care in collaboration with doctor recommendations to help a patient regain his physical, developmental, social or emotional disabilities and to relearn how to perform such daily functions as eating, bathing, dressing and more.

SERVICES

- › Comprehensive assessment
- › Individualized treatment plan
- › Rehabilitation and mobility enhancement
- › Pain management
- › Falls risk assessment and prevention
- › Prescription of walking aids and equipment
- › Post-operative rehabilitation
- › Education and self-care
- › Progress monitoring and adjustments
- › Collaboration with healthcare providers

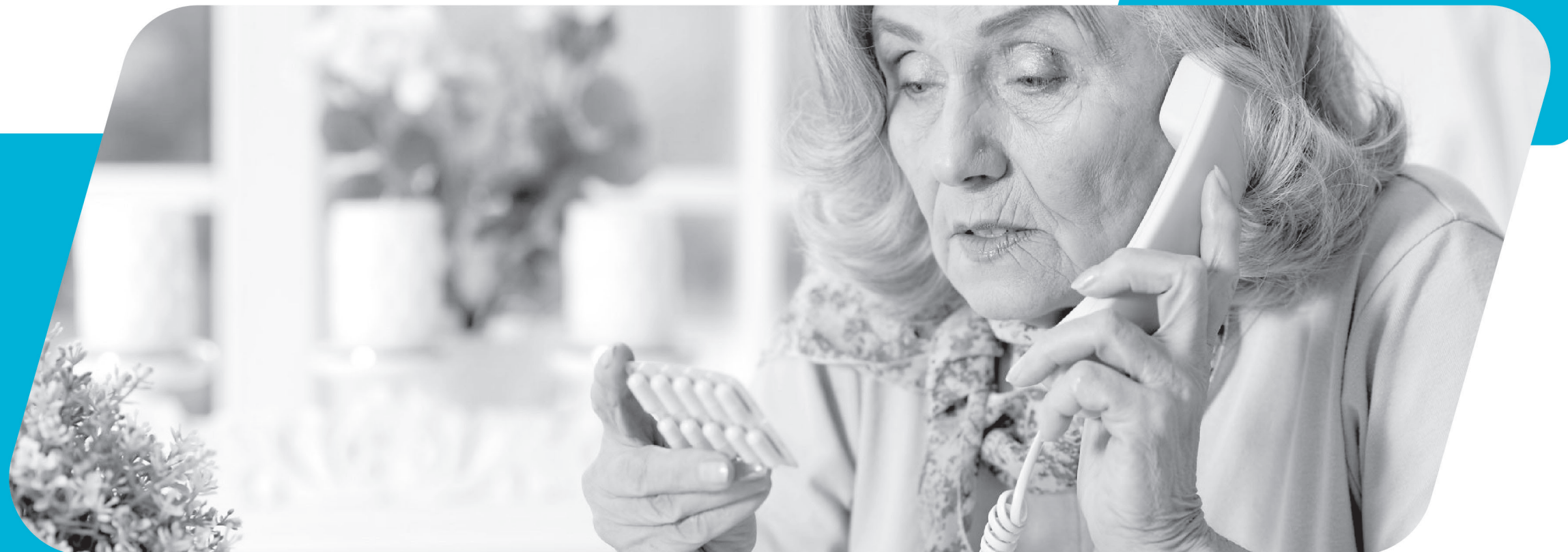
MEDICAL SUPPLIES

Medical supplies at home is a specialized healthcare service that delivers prescription medications and medical equipments directly to patients' homes. It offers a convenient and reliable way for individuals to access their medications and pharmacy-related services without the need to visit a physical pharmacy location. If the patient need it, a training can be provided on how to take medicines or use of the equipments (ex: Oxygen equipment; Oximeter etc...)

SERVICES

- › Medication delivery
- › Medical equipments rental
- › Delivery and set-up
- › Instruction and training
- › Medication packaging and labeling
- › Medication counseling
- › Medication and therapy aide
- › Billing assistance

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LABORATORY TESTS

Laboratory at home is a convenient and innovative healthcare service that brings laboratory testing and diagnostic services directly to the comfort of patients' homes. It offers a wide range of medical laboratory tests and sample collection, allowing individuals to access essential healthcare services without the need to move to a traditional laboratory or medical facility. A 15 minutes call with our on call specialized doctor is granted to those who want to review and better understand their tests results free of charge.

SERVICES

- › Sample collection
- › Diagnostic testing
- › Convenience and accessibility
- › Personalized service
- › Timely results and reporting
- › Collaboration with healthcare providers
- › Privacy and data security

TRANSPORTATION

Medical Transportation is a specialized healthcare service that provides safe and reliable transportation for individuals who require assistance to and from medical appointments, healthcare facilities, or other healthcare-related destinations. It offers a convenient and accessible solution for patients who have mobility challenges, medical conditions, or limited access to transportation.

SERVICES

- › Door-to-door service
- › Trained and compassionate staff
- › Specialized vehicles
- › Accompanied assistance
- › Safety and comfort
- › Coordination with healthcare providers

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