



Types of Medical Care in the Home

In general, there are 3 types of medical care that can be provided in the home:

- Regular Medical Care
- Palliative Care
- Hospice also known as Comfort Care

Regular Medical Care

No limits in Medical Care, Dr Postigo provides this.

Treatment is based on trying to address every problem. Patient can go to see all other specialists as needed and go to the hospital as needed.

If you want, Home Health Care can also be involved. Dr. Postigo can refer you for an evaluation with one of the Home Health Agencies. If you qualify, Home Health Care services can be provided in your home. Medically necessary services provided by home health care are offered with the goal of helping the patient regain independence to become as self-sufficient as possible while also managing their disease or condition. There are 3 Home Health Agencies in town that provide Home Health Care: Home Care of Rochester, Rochester Regional Home Health and Strong Home Health.

An example of Regular Medical Care:

When you go to a restaurant, you order everything: appetizers, soup, salad, drinks, main dish, and dessert.



Palliative Care

Medical Care with limitations according to patient wishes, Dr Postigo provides this. The majority of his patients choose this type of care.

Palliative Care is for the *living, not* the dying. Treatment is provided according to patient wishes. For example, some patients decide no mammograms, no colonoscopy, limited blood work, might only focus on the main problems, follow with only some specialists, physical therapy at home. For some problems can go to a hospital for further treatment or may choose not to go.

If you want, Home Health Care can also be involved. Dr. Postigo can refer you for an evaluation with one of the Home Health Agencies. If you qualify, Palliative Care services can be provided in your home. There are 3 Home Health Agencies in town that provide Palliative Care: Home Care of Rochester, Rochester Regional Home Health and Strong Home Health.

An example of Palliative Care:

When you go to a restaurant, you order only what you want: maybe only the main dish, or maybe just dessert.

Hospice also known as Comfort Care

Medical Care focused on keeping you happy during your last days. Hospice care is generally reserved for terminally ill patients who are in their last six months of life.



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The main goal is to keep the patient comfortable. Usually that means no more hospital admissions, no blood work, no physical therapy, medical treatments are stopped except for those that are focused on keeping the patient pain free and comfortable. Usually, morphine and benzodiazepines are used. These can make a patient comfortable but can also make a patient sleepy and not being awake to eat.

Hospice is provided by 2 agencies in town. If you want to go into Hospice, Dr. Postigo can refer you for an evaluation with one of the Home Health Agencies. If you qualify, Hospice services can be provided in your home, a Nursing Home or a Hospice Home Facility. Dr. Postigo will arrange the transfer of your care to a Hospice Medical Team, a group of Doctors and Nurses who work for the chosen Hospice Agency and who will be in charge of your care.

There are 2 Home Health Agencies in town that provide Hospice Care: Rochester Regional Home Health and Strong Home Health.

An example of Hospice or Comfort Care:

When you go to a restaurant and the meal is over and you decide you are ready to leave. Usually they bring you candy (morphine and benzodiazepines).

Providing home visits for Seniors in and around the Rochester area (Monroe & Wayne Counties)

Specializing in: Geriatrics, Internal Medicine, and Palliative Care

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