

## **WELCOME TO THE MERIDIAN AT HOME LEARNING CENTER**

### **Topic #1**

**Hello, and welcome to the Meridian At Home Learning Center.**

**The Learning Center is an online, education tool to help you understand the ins and outs of home health care. At Meridian At Home, our goal is to help you make informed decisions about home health care services. The best way for you to do that is to be armed with the right kind of information, which is what we'll provide you with here. The self-directed, self-paced tools enable you to choose the topics you'd like to focus on, and make learning easy and fun.**

**You'll learn the basics about home health care, the types of services provided, and how to find the right home health agency.**

**You'll also learn about the signs to look for that tell you a loved one needs help, and how to approach, him or her about the need for home care.**

**As a caregiver, you need to look after yourself, too. You'll find tips on how to cope with and relieve the stress of being a caregiver, how to take care of yourself, and how to balance work or other obligations with care giving.**

**We'll explain why it's vital to gather important general health and financial information to prepare you and your loved ones for the unexpected. And you'll learn all about legal tools such as Advance Medical Directives, Living Wills, and Powers of Attorney.**

**Remember, at Meridian At Home, our goal is to arm you with as much information as possible to help you make informed decisions about home health care services.**