

FOOT CARE

INTEGRACare provides nursing foot care that is individualized, personal and of the highest professional standard. Our foot care nurses have undergone postgraduate training in diabetic and advanced foot care.

Nursing foot care provides comfort. More seriously, foot care nurses can detect potential problems like fungal nails or foot infections, athlete's foot and pressure sores.

Client's feet are cleansed; nails are cleaned, cut and filed, corns and calluses are reduced or removed and a relaxing foot and leg massage conclude the treatment.

Proper care can reduce long-term treatment for advanced fungal infections and skin damage caused by long, chipped or ingrown nails.

Foot care nurses impart health teaching regarding foot hygiene, shoe selection, and use of compression stockings

All foot conditions requiring further treatment or assessment will be referred.

With improved foot health, our clients will have enhanced mobility and a sense of well-being and comfort.

WOUND OR DRESSING CARE

When one is discharged from hospital with a surgical wound that still needs to heal or if one lives with chronic conditions, like diabetes, there is a risk for wounds including foot ulcers. In home wound or dressing care is an important measure to prevent infections and heal wounds properly.

INTEGRACare nurses have specialized knowledge and training in wound care, which enables us to provide exceptional care using the best treatments and products. We work closely with each client to meet to their individual needs.

Wound care nurses assess and measure the wound and skin around it, and choose the right dressing or treatment, and change wound dressings as required.

Wound care nurses also remove clips or sutures after surgery.

PHYSICAL THERAPY OR PHYSIOTHERAPY

INTEGRACare physiotherapists can play an important role in your healing process and improving your comfort, strength and balance. Physiotherapy began as a drug-free method to rehabilitate injured veterans during World War I. It is now a registered health care profession that can provide treatment for pain, injury and chronic illness.

Physiotherapists do more than help rehabilitate people after an accident or injury. They help manage cancer and chronic lung disease, care for musculoskeletal conditions such as carpal tunnel syndrome, help stroke patients recover, aid in treatment of developmental delays in children, and even help prevent chronic disease.

Often provided in conjunction with other care, our physiotherapists and physiotherapist assistants will come to your home to provide care and guidance with issues like exercise or posture. Physiotherapists work with other caregivers by developing specific exercise plans to improve your quality of life.

REGISTERED MASSAGE THERAPISTS (RMT)

INTEGRACare registered massage therapists come to your home to help alleviate the discomfort.

Massage Therapy is effective as a therapy for almost any condition that includes a stress component. The therapeutic touch provided by an RMT can be particularly helpful if one is in a wheelchair or has limited mobility. Reduced mobility leads to poor circulation and nerve function with resulting degeneration and shortening of muscles and rigid joints that cannot straighten normally. Massage helps shortened muscles with gentle stretching.

As stress and tension is relieved, minor physical ailments sometimes disappear. Benefits can include improved ease in breathing, increased mobility and appetite, improved digestion and elimination, decreased need for pain medication, more restful sleep and increased balance & coordination. It also plays an important role in palliative care or treating dementia, chronic pain, Parkinson's or MS.

INTEGRACare

In Home Nursing Support Services

ASSISTIVE DEVICES

INTEGRACare sells and rents assistive devices based on your needs. Rollators, walkers, bath seats, commodes, wheel chairs, electric hospital beds and more.

Devices can be rented for a short or indefinite period of time.

DISPOSABLE SUPPLIES

We provide a wide range of non-prescription pharmacy supplies (e.g., incontinent pads, dressings, etc.)

TRANSPORTATION

To facilitate transportation, we set up and manage taxi accounts on your behalf. This gives you mobility and reduces both dependence on family and the ongoing costs of car ownership.

CLEANING

We have cleaning teams who can take on carpet cleaning or major cleaning challenges.

TRADES

When you need nursing care, you probably are not in a position to call tradesmen. INTEGRACare sub-contracts to trusted and qualified tradesmen to help you maintain your home (e.g., electricians, plumbers, handymen, carpenters and more). This gets the job done, reduces your worry and the work is backed up by our assurance that whatever is done will be satisfactory.

For those who need nursing care, INTEGRACare is here to resolve problems and maintain quality of life.