

ROCKINGHAM VNA & HOSPICE SERVICE AREA

Atkinson	East Kingston	Londonderry	Portsmouth
Auburn	Epping	Madbury	Raymond
Barrington	Exeter	New Castle	Rye
Brentwood	Fremont	Newfields	Salem
Candia	Greenland	Newington	Sandown
Chester	Hampstead	Newmarket	Seabrook
Danville	Hampton	Newton	So. Hampton
Deerfield	Hampton Falls	No. Hampton	Stratham
Derry	Kensington	Northwood	Windham
Dover	Kingston	Nottingham	*Rochester upon request
Durham	Lee	Plaistow	

ROCKINGHAM VNA & HOSPICE

HOME CARE

A Patient and Family Guide



CONVENIENT PAYMENT OPTIONS

Rockingham VNA & Hospice accepts most insurance plans, including Medicare and Medicaid. Patients are accepted based on their health needs, not on ability to pay.

CALL US

Please call us at one of the numbers below to inquire about services, volunteer opportunities or donating to our agency.

800-540-2981

Exeter Area
603-772-2981

Derry Area
603-432-7776

Portsmouth Area
603-436-7372

Centralized Intake
Monday—Friday 8 a.m. to 5 p.m.
Saturday—Sunday 8 a.m. to 4 p.m.

Referral Services
24 hours a day / 7 days a week
Fax
603-772-0931 www.rockinghamvna.org



ROCKINGHAM VNA & HOSPICE

an exeter health resource | The Art of Wellness

137 Epping Road, Exeter, NH 03833
www.rockinghamvna.org



WE CARE AT HOME

Rockingham Visiting Nurse Association & Hospice is a community-based, non-profit Medicare certified home health agency that serves adults in Rockingham County as well as parts of Strafford County.

More than 100 years ago, Rockingham VNA & Hospice was born out of the traditional values of neighbors helping neighbors. Today our care teams continue these values, working closely with patients, families and physicians to:

- Provide personalized care to patients in their homes for a faster and more comfortable recovery.
- Promote well-being and independence.
- Improve the health of our community.

At Rockingham VNA and Hospice we work with your doctor to develop an individualized plan of care that will promote your wellness and help you to be as independent as possible. Your doctor may order a nurse, physical therapist, occupational therapist, speech therapist, dietitian, home health aide or a social worker to help in your recovery.

Home Health Care: Promoting independence in your own home.

- Care and education for ongoing conditions such as diabetes, heart and lung diseases, and cancer.
- Experienced nurses to manage medications including IV medications and home chemotherapy.
- Special programs for diabetes management, wound healing, lymphedema (swelling of arms and legs from blocked lymph nodes).
- Expert therapists to treat joint, muscle, and nerve conditions, injuries or surgeries, and speech or swallowing problems.
- Home safety evaluations in preparation for joint replacement surgery.
- Nutrition education to help teach you the importance of nutrition in the healing process and how nutrition can affect chronic diseases.
- Support and resources tailored to specific needs and challenges.

Advanced Illness/Palliative Care Program: Improving the quality of life of patients and their families facing the problems associated with life-threatening illness.

- Provides relief from pain and other distressing symptoms.
- Will enhance quality of life, and may also positively influence the course of illness.
- We assist families to cope with the emotional impact of an advancing illness and assist them with identifying resources to meet their needs and help them in navigating complex choices and decisions.

Community Outreach Programs: Promoting wellness through self-care.

- Foot clinics: Care for your feet to prevent long-term problems.
- Falls prevention program: Home safety and other ways to lower your risk of falling
- Diabetes support groups