



## FOR IMMEDIATE RELEASE

### **Arcadia Home Care & Staffing's continued influence in the NAHC, the future of home care and private duty.**

Cathy Sparling represented Arcadia Home Care & Staffing at this year's NAHC Strategic Planning Congress. The conference, held in Washington DC, brought 120 home health care industry leaders together to discuss the future of health care with focus on the shift toward a home-centered continuous care model as governing regulations change.



With 2013 commencing the Affordable Care Act, new regulations stress the need for minimizing the percentage of hospital readmissions. The reaction has been to change the way discharged patients are handled by focusing more attention on home care as an opportunity to contribute to the continued care effort. Home care assists with the transition back home and the adjustment to new medical regimes, including diet and medication, as well as overall functional independence. Challenges are more readily identified and interventions may be put in place that will avoid a crisis that may lead to readmission.

Cathy Sparling, Arcadia's COO, has had many years of involvement with the association and more recently she has been an active member of NAHC's Private Duty Advisory Board since 2007. Cathy's involvement is rewarding in, as she states, "providing an opportunity to be involved with the country's top leaders for home care and hospice to decide our most important initiatives for the coming year. This group's passion for home care is inspiring and I am proud to be invited to participate."

Arcadia's involvement with the NAHC has for spanned over 20 years with most of our managing team having participated in various committees and events, as speakers, over the years. In the near future, March 17-20, Cathy Sparling will return to Washington for the March on Washington / Private Duty Home Care Integrated Conference & Exposition. She will have the opportunity to meet with the some of the leaders of the private duty industry, along with legislators, over key issues facing home care in the near future.

We are very proud and honored to have Arcadia Home Care & Staffing represented among the industry leaders at the NAHC. We look forward to Arcadia's continued involvement and influence in the development and refinement of an ever changing and expanding industry.

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