

## Welcome to WESTARM Homecare: Home Health Aide Amanda Laughery

Home Health Aides provide direct care, personal assistance and support to our patients to complement the nursing, physical therapy, occupational therapy and speech therapy we offer. Amanda Laughery has worked with WESTARM since February 2020. She assists patients with activities such as bathing, grooming, dressing, exercising, and medication administration.



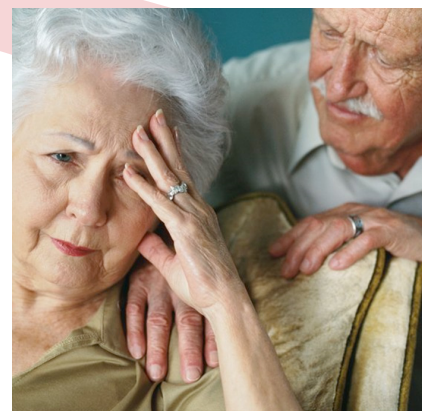
Amanda attended Freeport High School and Westmoreland County Community College. She has been a certified nursing assistant for about 22 years, and became interested in nursing to help others. She believes it is her calling. **"I love working for WESTARM because of the patients I get to care for."** She resides in West Tarentum with her two children, Chance and Deegan.



Amanda is now **available for Home Health services** that are just one call away at 724-337-0420.

## Why Do I Get Vertigo?

You're rolling over to your right in bed, when suddenly the room starts to spin. For a few days, it continues each time you turn to the right. The condition, called **Benign Paroxysmal Positional Vertigo (BPPV)**, can be downright scary when it takes you by surprise. The dizziness, lightheadedness and nausea left in its wake will keep you from working and doing normal activities. At the root of the problem are tiny calcium crystals that sense gravity, found within the chambers of the inner ear that can become loose and make you dizzy.



3 factors that affect ear crystals: being over age 65, having a previous head injury, or viral inner ear infections.

You don't need expensive tests to get a diagnosis of BPPV! You can be diagnosed based on your pattern of symptoms and a medical evaluation. A vestibular physical therapist (PT) can show you how to do self-repositioning exercises to get the crystals back into place. All eight of our facilities have physical therapists that are **highly trained in vestibular rehabilitation**.

Call us today at 724-337-6522 to schedule your appointment; **no physician referral is needed**.

In light of the pandemic, we began filming stretch and therapy related videos. We encourage you to follow along with them at home in order to stay active and decrease pain and discomfort!

**Find them on our social media channels:**



[facebook.com/westarmtherapy](https://facebook.com/westarmtherapy)



[instagram.com/westarmtherapy](https://instagram.com/westarmtherapy)



[youtube.com/westarmtherapy](https://youtube.com/westarmtherapy)

Call us today:  
724-337-6522

- Skilled Nursing
- Home Health Aide
- Medical Social Work
- Speech Therapy
- Occupational Therapy
- Physical Therapy

## SERVICES OFFERED:

2757 Leechburg Road  
Lower Burrell, PA 15068



## New to You: Telehealth Visits from Home

All WESTARM **outpatient facilities remain open** during normal business hours. As always, we practice stringent, CDC-recommended procedures and utilize appropriate products for cleaning our surfaces, linens, and hands before and after each patient's treatment. WESTARM is committed to providing the same level of quality care that you have come to expect from us while ensuring the safety of our patients and staff.

We realize some of our patients may find it difficult to make it into a clinic; we are **now offering telehealth** as an option for those patients who want to take additional safety precautions or are having trouble finding transportation.

Telehealth is simply physical therapy services that are provided with the use of a technology platform, instead of in a clinic.



### Our therapists will:

- Utilize video conferencing through computer, tablet, or smartphone
- Work one-on-one with you to assess your condition and provide real-time feedback
- Provide modifications and recommendations on current programs and exercises
- Continue your PT progress without disruption or regression

