

# A PACT

AND MY PROMISE TO YOU



“ Staying independent is important to our home care patients. I work to help them learn how to adapt, build strength to keep active, and live at home safely. ”

*Kim Chastain*

*BJC Home Care Services  
Occupational Therapist*

## Our patients feel right

at home with their BJC Home Care

Services therapist — therapists like

Kim Chastain, who work to help patients jump-start their recoveries after surgery,

illness or disability. ☺ Kim knows the

exercises that increase strength and range

of motion and help reduce pain. ☺

She teaches her patients new or simpler

ways to remain active without fear of falls

or injury. ☺ She finds equipment and

shares ideas to help them safely stay right

where they feel most comfortable —

in their own homes. ☺

For more information or to arrange services,

call 314-205-8600. Learn more about [BJC's](#)

[partnering for quality health care.](#)

## BJC<sup>SM</sup> Home Care Services

**BJC** HealthCare<sup>SM</sup>

— Setting the Standard —