

Home Remedy

What We Do

Provide high-quality, compassionate primary care for seniors in the Greater Kansas City area and advance education in geriatric medicine



“I don’t know what I’d do without Dr. Holt. I couldn’t live alone without his help.”

**Phyllis Crago,
84-year-old
homebound patient**

Home visits and other targeted geriatric services help elderly patients live independently as long as possible

Life for Phyllis Crago takes place inside four walls.

Confined to a lift chair around the clock for more than 12 years, the 84-year-old Leawood woman has a litany of medical problems: spinal stenosis, which is a painful narrowing of the spaces between the backbones; fibromyalgia, which involves pain in muscles and tissues throughout the body; arthritis; diabetes; high blood pressure; and congestive heart failure.

Crago has only left her apartment once in the past year and a half—and that was to practice a mandatory fire drill in her assisted living complex. She’s one of the “frail elderly”—someone typically older



than 75, who has multiple medical problems and medications, as well as limitations in daily activities.

“Even sitting in a wheelchair is unbelievably painful,” said the former artist and calligrapher, who only gets up with help from a walker to use the bathroom. “If I had to leave home to see a doctor at this point in my life, I probably wouldn’t see one.”

Help at Home

Fortunately, Crago can stay put because geriatrician Peter Holt, M.D., comes to her. Every four to six weeks, he visits Crago in her apartment and performs all the tests he’d do in his office using portable equipment: diagnostic services, vital signs, lab work, and X-rays.

“Seeing Phyllis at home is far easier on her than forcing her to bundle up and find a way to my office,” said Dr. Holt, who holds the Maxwell G. Berry, M.D., Endowed Chair in Primary Care and Geriatrics at Saint Luke’s Hospital. “And I can see firsthand how’s she’s functioning in her own environment.”

For the Long Haul

Crago is one of an estimated 2 million homebound seniors in the country. However, only about one in five patients who need home visits from doctors now receive them.

“I don’t know what I’d do without Dr. Holt,” Crago said. “I couldn’t live alone without his help.”

ACT NOW

Fill out the provided Giving form and send in your gift today!

How You Can Help

Your gift makes a critical difference in the lives of area seniors by supporting:

- Community-based clinics
- Home-visit programs for the homebound and frail elderly
- Community education
- Resource materials and caregiver support programs
- Training for nurses, medical residents, and other health care professionals