

Home Health Certification and Plan of Care				Order ID: 1150/19026	
1. Patient s HI claim No.		2. Start Of Care Date		3. Certification Period	
8EP8RJ8NX28		05/15/2026		From: 05/15/2026 To: 07/13/2026	
4. Medical Record No.		5. Provider No.			
25351		217058			
6. Patient's Name and Address			7. Provider's Name, Address and Telephone Number		
Shirley Smithers 221 Harbor Dr, Severa Park, MD 21146- 410-458-5278			HomeCentris Healthcare LLC 10 Crossroads Drive, Suite 102 Owings Mills, MD 21117-8284 410-321-8448 1487113239		
8. DOB 05/11/1943 9.Sex Female			10. Medications: Dose/Frequency/Route (N)ew (C)hanged		
11. ICD	Principal Diagnosis	Date	Ibrance - Palbociclib 100mg; 1 tab by mouth once a day TAKE 1 TABLET BY MOUTH EVERY DAY FOR 21 DAYS THE OFF FOR 7 DAYS EVERY 28 DAYS CYCLE		
E11.22	Type 2 diabetes mellitus w diabetic chronic kidney disease	05/15/26	ALLOPURINOL 300 mg 300 mg tablet by mouth one time a day for Gout		
13. ICD	Other Pertinent Diagnoses	Date	Atorvastatin - Atorvastatin Calcium 10 mg / 1 Tablet by mouth at bedtime for HLD		
N18.31	Chronic kidney disease stage 3a	05/15/26	CALCITRIOL 0.25mcg 0.25 mcg / 1 Capsule by mouth once a day for Hypocalcemia		
C50.919	Malignant neoplasm of unsp site of unspecified female breast	05/15/26	Calcium Carbonate Antacid Oral Tablet Chewable 500 mg/tablet / Give 2 tablet by mouth three times a day for Indigestion		
C79.51	Secondary malignant neoplasm of bone	05/15/26	Oxycodone Hydrochloride - Oxycodone Hydrochloride 10 mg tablet by mouth every 6 hours as needed for PAIN CONTROL		
D63.0	Anemia in neoplastic disease	05/15/26	Potassium Chloride - Potassium Chloride Crystals ER 10 MEQ / 1 Tablet by mouth once a day for Hypokalemia		
D64.4	Congenital dyserythropoietic anemia	05/15/26	Rivaroxaban 20 mg / 1 Tablet by mouth at bedtime for LUE DVT		
D70.2	Other drug-induced agranulocytosis	05/15/26	Senna - Senna 8.6 MG; 2 TABS by mouth once a day BOWEL REGIMEN		
D84.81	Immunodeficiency due to conditions classified elsewhere	05/15/26	Thiamine Hydrochloride - Thiamine Hydrochloride 100 mg / 1 Tablet by mouth once a day for Supplement		
I50.30	Unspecified diastolic (congestive) heart failure	05/15/26	CLOPIDOGREL 75 mg 75 mg / 1 Tablet by mouth one time a day for dvt prophylaxis		
I82.619	Acute embolism and thrombosis of superfic vn unsp up extrem	05/15/26	DULOXETINE HYDROCHLORIDE 60 mg Delayed Release 60 mg / 1 Capsule by mouth one time a day for Depression		
E66.01	Morbid (severe) obesity due to excess calories	05/15/26	Ergocalciferol - Ergocalciferol 50,000 International Units 1 cap by mouth once a week wed		
E78.5	Hyperlipidemia unspecified	05/15/26	Ferrous Sulfate - Ferrous Sulfate: Folic Acid 325 (65 Fe) mg / 1 Tablet by mouth once a day for Anemia		
F41.9	Anxiety disorder unspecified	05/15/26	LINZESS 145 MCG / 1 Capsule by mouth in the morning for Chronic Constipation		
K21.9	Gastro-esophageal reflux disease without esophagitis	05/15/26	FUROSEMIDE 40 mg 40 mg / 1 Tablet by mouth one time a day for Fluid Retention		
M10.041	Idiopathic gout right hand	05/15/26	Magnesium Oxide - Simethicone 400mg; 1 tab by mouth once a day supplement		
M17.10	Unilateral primary osteoarthritis unspecified knee	05/15/26	Ibrance - Palbociclib 100 mg by mouth once a day 21 days on 7 days. Sequence starts after 7 days		
M47.816	Spondylosis w/o myelopathy or radiculopathy lumbar region	05/15/26	Naloxone Hcl - Naloxone Hydrochloride Nasal Liquid 4 MG/0. 1ML / 1 spray in nostril as needed for Suspected Opioid Overdose May repeat q 3 minutes in alternating nostrils until medics arrive		
Z79.01	Long term (current) use of anticoagulants	05/15/26	MOMETASONE FUROATE 0.1 perc External Cream 0.1 % / Apply to Skin Folds topically one time a day for Excoriation		
Z79.02	Long term (current) use of antithrombotics/antiplatelets	05/15/26			
Z86.14	Personal history of methicillin resis staph infection	05/15/26			
Z95.828	Presence of other vascular implants and grafts	05/15/26			
14. DME and Supplies: wheelchair, rolling walker, walker, commode, hospital bed			15. Safety Measures: standard precautions, fall precautions, bleeding precautions, ambulates with device, walker precautions, medication safety, ambulates with assistance, transfer with assist, supervision at all times, remove environmental barriers, anticoagulant precautions, activity supervision		
16. Nutrition: Z. NO PHYSICIAN-ORDERED DIET			17. Allergies: no known allergies		
18.A. Functional Limitations Endurance, Ambulation			18.B. Activities Permitted Up As Tolerated, Walker, Exercises Prescribed		
19. Mental & Psychosocial Status: COGNITION: 1. Requires prompting (cuing, repetition, reminders) only under stressful or unfamiliar conditions., ANXIETY: 1. In new or complex situations only, SOCIAL ISOLATION: 0. Never, BEHAVIORAL ISSUES: 7. None of the above behaviors demonstrated, HISTORY OF DEPRESSION: Yes					
20. Prognosis: fair					
22. A Rehabilitation Potential: SELF-CARE: 2. Needed Some Help - Patient needed partial assistance from another person to complete any activities., MOBILITY: 2. Needed Some Help - Patient needed partial assistance from another person to complete any activities.			22.B.Discharge Plans family/caregiver will be responsible for managing treatment		
Homebound status: Due to diagnosis of Type 2 diabetes mellitus with diabetic chronic kidney disease, the patient is experiencing decreased endurance and mobility, increasing the likelihood of falls. To safely leave their home, the patient needs assistance from another person and an assistive mobility device					

23. Signature and Date of Verbal SOC Where Applicable: Electronically Signed by Messick, Charles RN on 05/15/2026		25. Date HHA Received Signed POT
24. Physician's Name and Address Mary Spencer 8061 Springfield Rd Glenn Dale, MD 20769 PHONE: 4343909561 FAX: 18339082239 NPI: 1073966735		26. I certify/recertify that this patient is confined to his/her home and needs intermittent skilled nursing care, physical therapy and/or speech therapy or continues to need occupational therapy. The patient is under my care, and I have authorized the services on this plan of care and will periodically review the plan. F2F date : 04/30/2026
27. Attending Physician's Signature and Date Signed : Date of physician last face-to-face		28. Anyone who misrepresents, falsifies, or conceals essential information required for payment of Federal funds may be subject to fine, imprisonment, or civil penalty under applicable Federal laws. PAGE 1 of 4

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6. Patient's Name and Address Shirley Smithers 221 Harbor Dr, Severa Park, MD 21146- 410-458-5278				7. Provider's Name, Address and Telephone Number HomeCentris Healthcare LLC 10 Crossroads Drive, Suite 102 Owings Mills, MD 21117-8284 410-321-8448 1487113239		
Clinical Condition Requiring Homecare: <p class="MsoNoSpacing">The patient is an 83-year-old female recently discharged home on 4/30/26 after an extended hospitalization followed by approximately seven months of rehabilitation at Autumn Lake. Her medical history is significant for breast cancer with secondary malignant neoplasm of the bone, morbid obesity, type 2 diabetes mellitus, anemia, chronic kidney disease stage 3a, congestive heart failure, anxiety disorder, DVT of the left upper extremity, spondylosis, osteoarthritis, muscle weakness, recurrent UTIs with episodes of altered mental status, gait instability, and multiple additional comorbidities. The patient is alert and oriented x3 and reports severe foot, shoulder, and right knee pain rated 8/10, managed with oxycodone. She denies shortness of breath, lungs are clear, appetite is good, and bowel movement was reported today. Bilateral lower extremity edema (+2 to +3) is present, managed with ACE wraps and prescribed furosemide. The patient uses a walker for short-distance ambulation and a wheelchair for mobility and requires assistance with all ADLs and IADLs, which are provided by her daughter, who also manages all medications. The patient has a history of multiple falls, impaired balance, decreased lower extremity strength, difficulty with transfers and stair negotiation, decreased safety awareness, and pressure sores to the sacral area and feet. She resides with her daughter in a multi-story home with family support available at all times. Skilled nursing reviewed medications, dosing, signs and symptoms of bleeding, safe transfer techniques, and edema management with the patient and caregiver, both of whom verbalized understanding. Skilled PT and OT services are indicated to improve strength, mobility, transfers, balance, ambulation safety, fall prevention, and overall functional independence in the home setting.</o:p></o:p></p><p class="MsoNoSpacing"><o:p>&nbsp;</o:p></p><p class="MsoNoSpacing"><o:p>&nbsp;</o:p></p><p class="MsoNoSpacing">Date of Order<o:p></o:p></p><p class="MsoNoSpacing">05/15/2026
 Order<o:p></o:p></p><p class="MsoNoSpacing">Physician Face-to-Face Date: 04/30/2026
 Clinical Condition Requiring Home Care per Certifying Physician: sn-disease management pt-eval & treat ot-eval & treat dx: Type 2 diabetes mellitus with diabetic chronic kidney disease
 Homebound Status per Certifying Physician: patient requires another person or medical equipment such as crutches, a walker, or a wheelchair to leave home<o:p></o:p></p><p class="MsoNoSpacing">
 1 - SOC - SN Notes: <o:p></o:p></p><p class="MsoNoSpacing">PT Eval Notes:<o:p></o:p></p><p class="MsoNoSpacing">OT Eval Notes<o:p></o:p></p><p class="MsoNoSpacing">Physician:Spencer, Mary</p>						
SN Careplans				SN Goals		
SN WK1: 1 (05/15/26-05/16/26) ,WK2: 2 (05/17/26-05/23/26) ,WK3: 2 (05/24/26-05/30/26) ,WK4: 1 (05/31/26-06/06/26) ,WK5: 1 (06/07/26-06/13/26)				PATIENT-STATED GOAL: I WANT TO LIVE AND FEEL BETTER		
PARAMETERS FOR PHYSICIAN NOTIFICATION: temperature < 95 > 100.5, heart rate < 50 > 110, respiratory rate < 8 > 22, blood pressure systolic < 90 > 169, blood pressure diastolic < 60 > 90, O2 saturation < 88 > 100, pain < 0 > 5						
CAREGIVER: 1. Non-agency caregiver(s) currently provide assistance						
HOSPITALIZATION RISKS: 3. Multiple hospitalizations (2 or more) in the past 6 months, 7. Currently taking 5 or more medications, 8. Currently reports exhaustion, 9. Other risk(s) not listed in 1- 8						
STANDING ORDERS: infection control: hygiene, proper hand washing; advance directive: plan if patient is unable to make healthcare decisions ; fall precautions: wear sensible shoes, remove home hazards, living space adequately lit, assistive devices prn; emergency preparedness: plan for prn evacuation, resumption of home health visits; Assess the patient's incision on post op day 7 and the nurse or physical therapist will remove aquacel dressing leaving OTA; if incision is draining educate pt/pcg on cleaning with normal saline and covering with dry gauze daily and as needed. Assess/Instruct Pt/Pcg: Ice to ____ x 20 minutes each hour while awake. If cold machine ordered apply 20 minutes on and 20 minutes off for 3-4 times a day. Assess/Instruct all body systems/vital signs/complications, Blood Pressure; systolic is greater than 169 mm Hg or less than 90 mm Hg; diastolic is greater than 100 mm Hg or less than 55 mm Hg, Clinician to assess comorbidities and report changes in condition to the patient's physician, Pain Rating is greater than 6 on 0-10 scale, Pulse is greater than 110 or less than 50, Respirations are greater than 22 or less than 8, SPO2: is less than 90 % at rest /with exertion, Temperature is greater than 100.5 F or less than 95.0 F, Pain Rating is greater than 6 on 0-10 scale Implement Fall Prevention Program, Instruct and educate the patient/PCG on wearing compression stockings for the next 4 weeks per discharge instructions. Instruct the pt/PCG on using the incentive spirometer 10 times every 2 hour while awake. Provide education content at patient's level of health literacy. Assess/Instruct Pt/Pcg: Safety measures to prevent injury. Assess: Musculoskeletal status. Teach Pt/Pcg to maintain appropriate wt bearing status as ordered by MD, total joint replacement precautions as applicable, Safe stair climbing skills, Safe, effective use of adaptive/assist device Assess/Instruct Pt/Pcg: Pain management measures; assess pain level, pain medication, rest, body alignment, ROM, meditation, massage. Pt/Pcg educated in pain management techniques including positioning and relaxation techniques Instruct Pt/Pcg: Medication actions, uses, frequency, dose, side effects, interactions of all new/change meds, Provide medication education,. Assess/Instruct Pt/Pcg: Safety measures to prevent injury, Therapeutic Exercise, Transfer Training Monitor surgical wound for s/s of infection, educate on s/s of concern and infection prevention to promote wound healing.						
; Skin Preservation: Measures to prevent skin breakdown; pressure relief, incontinence care, nutrition, hydration ; Pain: Pain management measures; pain medication, rest, body alignment, ROM, meditation, massage ; Medications: Medication actions, uses, frequency, dose, interactions of all new/change meds Advance Directive:No Advance Directive						
PROBLEMS IDENTIFIED ON ASSESSMENT: D0160 - Depression, meal preparation, M2020 - Oral Med Management, M1033 - Exhaustion, M1400 - Dyspnea, dependent edema, M1600 - UTI, limited endurance, limited strength, swelling of affected area, muscle weakness, limited range of motion, Pain Effect on Sleep, Pain Interference with Therapy activities, Pain Interference with ADLs, balance deficit, obesity, rough/scaly/cracked skin						
PROCEDURES: cough/deep breathing exercises, apply compression bandage: APPLY ACE WRAPS TO BLE TO ASSIST WITH EDEMA CONTROL						
TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, * how to maintain a diary to monitor effective and				GOALS patient/caregiver recalls * lifestyle modifications to manage respiratory condition including * diet changes and regular exercise * strategies to control shortness of breath * home remedies to keep lungs healthy * recalls related medication(s) purpose, schedule patient/caregiver recalls * depression-prevention strategies including avoidance of isolation * healthy eating * sleeping habits * identification of activities that bring pleasure * preventive care * recalls related medication(s) purpose, schedule patient/caregiver recalls * strategies to minimize fatigue and exhaustion including work simplification * energy conservation * lifestyle changes * diet * recalls related medication(s) purpose, schedule patient/caregiver recalls * how to maintain a diary to monitor effective and non-effective pain relief including documenting time of pain, rating, precipitating events, medications, treatments, and what works best to relieve pain * teach relaxation skills and diversional activities * recalls related medication(s) purpose, schedule patient self-administers medications as prescribed * recalls related medication(s) purpose, schedule patient/caregiver recalls * prevention including increase fluid intake * increase Vitamin C intake to promote acidic bladder environment (cranberry juice) * perineal hygiene * recalls related medication(s) purpose, schedule meal preparation is available to patient for all meals		
Signature of Physician:				Date		
				PAGE 2 of 4		
Optional Name/Signature of Nurse/Therapist:				Date		
Electronically Signed by Messick, Charles RN				05/15/2026		

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non-effective pain relief including documenting time of pain, rating, precipitating events, medications, treatments, and what works best to relieve pain teach relaxation skills and diversional activities, related medication(s) purpose, schedule, * depression-prevention strategies including avoidance of isolation healthy eating sleeping habits identification of activities that bring pleasure preventive care, related medication(s) purpose, schedule, * prevention including increase fluid intake increase Vitamin C intake to promote acidic bladder environment (cranberry juice) perineal hygiene, related medication(s) purpose, schedule, * strategies to minimize fatigue and exhaustion including work simplification energy conservation lifestyle changes diet, related medication(s) purpose, schedule, patient self-administers medications as prescribed, related medication(s) purpose, schedule, meal preparation is available to patient for all meals					
PT Careplans				PT Goals	
PT WK2: 2 (05/17/26-05/23/26) ,WK3: 1 (05/24/26-05/30/26) ,WK4: 1 (05/31/26-06/06/26) ,WK5: 1 (06/07/26-06/13/26) ,WK6: 1 (06/14/26-06/20/26) ,WK7: 1 (06/21/26-06/27/26) ,WK8: 1 (06/28/26-07/04/26) ,WK9: 1 (07/05/26-07/11/26)				PATIENT-STATED GOAL: I want to be able to walk up and down steps	
PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Effect on Sleep, Pain Interference with Therapy activities, Pain Interference with ADLs, M1400 - Dyspnea, GG0170D1 - Sit to Stand, GG0170F1 - Toilet Transfer, GG0170G1 - Car Transfer, GG0170I1 - Walk 10 Feet, GG0170J1 - Walk 50 ft with 2 Turns, GG0170K1 - Walk 150 Feet, GG0170M1 - 1 - Step (curb), GG0170N1 - 4 Steps, GG0170O1 - 12 Steps, GG0170P1 - Picking Up Object, GG0170L1 - Walk 10 ft on Uneven Surface, GG0170E1 - Chair to Bed to Chair				GOALS Chair to Bed to Chair - 06. Independent	
PROCEDURES: home exercise program: Supine- ankle pump, quad set, gluteal set, heel slide, SLR, bridging. Seated-LAQ hip flex, hip abd, pillow squeeze. Standing-Mini squat, heel/toe raise, hip flex, hip abd, hip ext, leg curls., therapeutic modalities: Apply ice to Bilateral knees x 20 minutes with necessary barrier and skin assessments q 5 minutes., dynamic standing balance exercises: Dynamic balance activity to be performed on firm surface with no hands on device, weight shifting L-R with wide BOS, and forward backward with separated stance., gait training/stair training, transfers training, assist with fall prevention: NA				patient/caregiver recalls * lifestyle modifications to manage respiratory condition including * diet changes and regular exercise * strategies to control shortness of breath * home remedies to keep lungs healthy * recalls related medication(s) purpose, schedule	
TEACH PATIENT/CAREGIVER: * lifestyle modifications to manage respiratory condition including diet changes and regular exercise strategies to control shortness of breath home remedies to keep lungs healthy, related medication(s) purpose, schedule, * how to maintain a diary to monitor effective and non-effective pain relief including documenting time of pain, rating, precipitating events, medications, treatments, and what works best to relieve pain teach relaxation skills and diversional activities, related medication(s) purpose, schedule, Sit to Stand - 06. Independent, Chair to Bed to Chair - 06. Independent, Toilet Transfer - 05. Setup or clean-up assistance, Car Transfer - 06. Independent, Walk 10 Feet - 04. Supervision or touching assistance, Walk 50 ft with 2 Turns - 04. Supervision or touching assistance, Walk 150 Feet - 04. Supervision or touching assistance, 1 - Step (curb) - 04. Supervision or touching assistance, 4 Steps - 04. Supervision or touching assistance, 12 Steps - 04. Supervision or touching assistance, Picking Up Object - 04. Supervision or touching assistance, Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance				* how to maintain a diary to monitor effective and non-effective pain relief including documenting time of pain, rating, precipitating events, medications, treatments, and what works best to relieve pain * teach relaxation skills and diversional activities * recalls related medication(s) purpose, schedule	
				Sit to Stand - 06. Independent	
				Toilet Transfer - 05. Setup or clean-up assistance	
				Car Transfer - 06. Independent	
				Walk 150 Feet - 04. Supervision or touching assistance	
				1 - Step (curb) - 04. Supervision or touching assistance	
				4 Steps - 04. Supervision or touching assistance	
				12 Steps - 04. Supervision or touching assistance	
				Picking Up Object - 04. Supervision or touching assistance	
				Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance	
				Walk 10 Feet - 04. Supervision or touching assistance	
				Walk 50 ft with 2 Turns - 04. Supervision or touching assistance	
OT Careplans				OT Goals	
OT WK1: 1 (05/15/26-05/16/26) ,WK2: 1 (05/17/26-05/23/26) ,WK3: 1 (05/24/26-05/30/26) ,WK4: 1 (05/31/26-06/06/26) ,WK5: 1 (06/07/26-06/13/26) ,WK6: 1 (06/14/26-06/20/26) ,WK7: 1 (06/21/26-06/27/26) ,WK8: 1 (06/28/26-07/04/26)				PATIENT-STATED GOAL: walking to bathroom, tub transfer	
PROBLEMS IDENTIFIED ON ASSESSMENT: Pain Effect on Sleep, Pain Interference with ADLs, M1400 - Dyspnea, GG0130B1 - Oral Hygiene, GG0130C1 - Toileting Hygiene, GG0130E1 - Shower/Bathe Self, GG0130F1 - Upper Body Dressing, GG0130G1 - Lower Body Dressing, GG0130H1 - Don/Doff Footwear, GG0130A1 - Eating				GOALS Toilet Transfer - 06. Independent	
PROCEDURES: Therapeutic exercise : exe during the visit, Medication review : med list, endurance training : training endurance, cough/deep breathing exercises, home exercise program, equipment training, work simplification/energy conservation, gait training/stair training, transfers training				patient/caregiver recalls * lifestyle modifications to manage respiratory condition including * diet changes and regular exercise * strategies to control shortness of breath * home remedies to keep lungs healthy * recalls related medication(s) purpose, schedule	
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				Sit to Stand - 05. Setup or clean-up assistance	
				Chair to Bed to Chair - 05. Setup or clean-up assistance	
				Walk 150 Feet - 04. Supervision or touching assistance	
				1 - Step (curb) - 04. Supervision or touching assistance	
Signature of Physician:				Date	
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Surface - 04. Supervision or touching assistance, Oral Hygiene - 06. Independent, Toileting Hygiene - 06. Independent, Shower/Bathe Self - 04. Supervision or touching assistance, Upper Body Dressing - 05. Setup or clean-up assistance, Lower Body Dressing - 05. Setup or clean-up assistance, Don/Doff Footwear - 05. Setup or clean-up assistance, Eating - 06. Independent		4 Steps - 04. Supervision or touching assistance 12 Steps - 04. Supervision or touching assistance Picking Up Object - 04. Supervision or touching assistance Car Transfer - 05. Setup or clean-up assistance Walk 10 ft on Uneven Surface - 04. Supervision or touching assistance Oral Hygiene - 06. Independent Toileting Hygiene - 06. Independent Upper Body Dressing - 05. Setup or clean-up assistance Lower Body Dressing - 05. Setup or clean-up assistance Don/Doff Footwear - 05. Setup or clean-up assistance Shower/Bathe Self - 04. Supervision or touching assistance Eating - 06. Independent Walk 10 Feet - 04. Supervision or touching assistance Walk 50 ft with 2 Turns - 04. Supervision or touching assistance		

Signature of Physician:	Date
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