



Hampton Health, Ltd.
Medical and Wellness Services for
Patients & Families
in Assisted Living Communities

In addition to our focus on Internal Medicine and Geriatric care, Hampton Health, Ltd. has a long term emphasis on innovative methods for Assisted Living (AL) care, certified medical directorships (in AL), promoting the role of mid-level practitioners in all phases of geriatrics, as well as the timely placement of patients in assisted living communities.

Hampton Health has pioneered these novel business methods which are licensed and implemented through our intellectual property subsidiary known as "Physician Assisted Living Solutions" (PALS TM).

Along with our partners in Assisted Living (AL) we have implemented the most evolved, comprehensive and integrated bio-medical, psycho-social and holistic community-minded model of on-site AL support and training developed to date.

Traditionally, assisted living communities were built upon a 'social model', addressing social issues such as isolation, prepared meals, and manageable living spaces.

As our elderly population continues to grow and age, we have witnessed first-hand the increasing importance for the addition of a 'medical model' to address complications of aging, medical issues and illnesses that affect the elderly and chronically ill individuals, as well as the need to address the critical issue of adult children caregivers of aging parents within our AL communities.



Dr. Fullerton and our Hampton Health team of geriatric-trained providers work closely with patients and their families to provide comprehensive care by promoting targeted healthcare screening and age-related disease monitoring and management, with an emphasis on a personalized and individualized approach to enhancing quality of life.

As a geriatric specialty practice we serve as the centralized point of contact for access to other healthcare and wellness specialists and work closely with them as part of a multi-disciplinary team.

We promote wellness and prevention in our goal to avoid the transfer and trauma that comes from unnecessary visits to the ER or hospital. Here are some of the specific services we offer.

- We offer personalized and accessible services that provide ongoing monitoring for chronic illnesses and changes in condition 24/7.
- We streamline and coordinate our patient's medication management, diet and physical therapy by working closely with caregivers, management and facility staff.
- We emphasize open communication with designated family members and care givers and employ family care conferences and/or conferences with staff. We assist the patients and their families with creating advanced directives for care.
- We provide access to premiere local resources including homecare, hospitalist care, skilled nursing facility care and rehabilitation, estate and elder law assistance, case managers and medical social workers/counselors, geropsychiatrists, neurophysiologists, certified geriatric advisors, and local sub-specialty consultants (for referrals).



- Our geriatric-trained Certified Physician Assistants (PA-C's) and Stanford PA Students (under the supervision of Dr. Fullerton and wife Kate McElroy Fullerton, PA-C) assist in the medical evaluation of patients and alternate seeing patients with Dr. Fullerton.
- Our medical assistants are trained for on-site EKG testing, vaccinations, ear lavage (irrigations), phlebotomy (blood draws), tuberculosis testing (and other "CLIA Waived" lab tests), MMSE (mental status testing) and Geriatric Depression Assessment, as well as assistance with RCFE forms (Physician's Report for Residential Care Facilities for the Elderly), Department of Motor Vehicle and Long Term Care Insurance forms.

Hampton Health, Ltd. is uniquely situated and qualified to help families navigate the complex web of geriatric care and resources in our Assisted Living communities.

For more information contact New Patient Inquiries at **415-450-1175**.



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