

[Homepage:](#)

We provide compassionate medical care, in the comfort of your own home.

The core of our mission is treating patients empathetically while meeting all their medical and personal needs. We are Joint Commission accredited and Medical/Medicare certified.

**Call Our Office: 818-609-2663**

## Testimonials

Hear what others have to say about us. For feedback and ideas regarding our services, please ask our office about our patient and family satisfaction survey.

“My husband’s nurse checks in on his symptoms and pain management at every visit, making sure he’s comfortable and progressing safely. We couldn’t be happier with the services.”—J.A.

“My mom’s therapist Mike has been incredibly supportive, helping her stay engaged and motivated to do her exercises. His encouragement and positive energy have made such a noticeable difference in her strength and confidence!”—D.L.

[Read More Testimonials](#)

## Our Home Health Care Services

It is a privilege when a person chooses a home health care company to provide them with home care. Having served LA, Ventura and Kern County communities since 2015, we are passionate about meeting all our patients’ medical and personal needs. And patients’ families having peace of mind their close ones are cared for. Our commitment to such excellence is expressed by our Gold Seal of Approval by the Joint Commission—an accreditation that shows the highest standard of care and patient commitment.

[View All Home Health Services](#)

## Skilled Nursing/Nursing

Registered nurses at Optimal Healthcare have all been competency-assessed to provide patients medical care. Our nurses create a plan of care for each patient and work closely with physicians to ensure seamless coordination. They assist with wound care...

[Learn More](#)

## Physical Therapy

Optimal Healthcare employs a highly skilled staff of physical therapists. Our PTs help patients regain strength, balance, and mobility after illness, injury, or surgery. Personalized rehabilitation programs are developed for our patients to restore...

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## Home Health Aide

Our certified home health aides provide assistance with daily living activities including bathing, laundry, light housekeeping, dressing, and mobility.

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## Occupational Therapy

Optimal Healthcare's occupational therapy staff focus on helping patients regain the skills needed for everyday activities. Therapists work on improving coordination, strength, and functional abilities...

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## Speech Pathology

Optimal Healthcare has a wonderful staff of speech pathologists, supporting patients with speech, language, swallowing, and cognitive-communication challenges. Our licensed therapists help individuals improve clarity...

[Learn More](#)

## Medical Social Services

Medical social workers at Optimal Healthcare guide patients and families through the emotional and practical aspects of care. They provide counseling, coordinate resources, and help develop care plans that meet medical...

[Learn More](#)

## Medical Equipment Delivery

Reliable access to medical equipment makes in-home care more safe and effective. We coordinate the delivery of essential equipment such as hospital beds, mobility aids, oxygen and monitoring devices...

[Learn More](#)

## Why Choose Optimal Healthcare?

**Professional and competent health care team.** We thoroughly screen all our employees before hiring. This includes an extensive background check, verifying licenses and checking references. Employees are tested for competency within their role, before they see patients individually. Performance evaluations are performed quarterly and annually.

**Prioritizing patient care.** From a patient's intake referral, we visit the patient's home within 24 hours. Other health care companies may prolong admission time (up to 48 hours). Our team, led by our registered nurses, provide expert and diligent care during each visit—including patient assessment and medical protocols. All personalized care plans are regularly reviewed and updated accordingly.

**Completely in-house managed.** We never outsource our office decision-making. This allows us to have a thorough understanding of each patient's care plan, including what kind of services, resources and medical equipment they need.

Our commitment to excellence begins with understanding your needs.

Please fill out the following information, and we will get back to you promptly. You may also call our office at **818-609-2663**.

Name: \*

First

Last

Email: \*

Phone Number: \*

Zip Code: \*

I am interested in \* (drop-down menu)

- Senior Support
- Post-Surgery Assistance
- Disability Support
- Referrals
- Not Sure (Help Me Decide)

Provide a Brief Message (Optional):

Submit

Services Page:

## Home Health Care Services

We are a certified Medical and Medicare home health agency and follow all local, state and federal government regulations. Our dedication to the highest standard of care and patient commitment is exemplified by our Gold Seal of Approval by the Joint Commission.

### Skilled Nursing/Nursing

Registered nurses at Optimal Healthcare have all been competency-assessed to provide patients medical care. Our nurses create a plan of care for each patient and work closely with physicians to ensure seamless coordination. They assist with wound care, administering medications (including IV medications), chronic disease monitoring, educating patients and their caregivers on treatments, and post-surgical recovery.

### Physical Therapy

Optimal Healthcare employs a highly skilled staff of physical therapists. Our PTs help patients regain strength, balance, and mobility after illness, injury, or surgery. Personalized rehabilitation programs are developed for our patients to restore independence and mobility. Sessions are conducted at home, allowing patients to progress safely and comfortably. The focus is on rebuilding confidence and supporting long-term recovery.

### Home Health Aide

Our certified home health aides provide assistance with daily living activities including bathing, laundry, light housekeeping, dressing, and mobility.

### Occupational Therapy

Optimal Healthcare occupational therapy staff focus on helping patients regain the skills needed for everyday activities. Therapists work on improving coordination, strength, and functional abilities like dressing, cooking, and personal care. They also recommend adaptive strategies and home modifications to support safe, independent living. Each program is tailored to meet individual needs and goals.

### Speech Pathology

Optimal Healthcare has a wonderful staff of speech pathologists, supporting patients with speech, language, swallowing, and cognitive-communication challenges. Our licensed therapists help individuals improve clarity, comprehension, and communication confidence. Therapy plans are designed around each patient's specific abilities and recovery goals.

## Medical Social Services

Medical social workers at Optimal Healthcare guide patients and families through the emotional and practical aspects of care. They provide counseling, coordinate resources, and help develop care plans that meet medical and personal needs. Social services ensure patients receive the support they need to navigate complex healthcare systems with confidence.

## Medical Equipment Delivery

Reliable access to medical equipment makes in-home care more safe and effective. We coordinate the delivery of essential equipment such as hospital beds, mobility aids, oxygen and monitoring devices. Our team ensures everything is set up properly and provides guidance on safe use.

Please fill out the following information, and we will get back to you promptly. You may also call our office at **818-609-2663**.

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## Testimonials

“My husband’s nurse checks in on his symptoms and pain management at every visit, making sure he’s comfortable and progressing safely. We couldn’t be happier with the services.” J. A.

“I was referred to Optimal Healthcare after a hospitalization for advanced heart failure and chronic breathing issues. Our nurse took the time to explain every part of the care process—what to expect, available services, and all my treatments. I would confidently recommend Optimal Healthcare to anyone needing skilled, supportive care at home.” – A. S.

“After a complicated spinal surgery, I turned to Optimal Healthcare for support—and I’m so glad I did. They coordinated everything seamlessly, sending a skilled nurse, pt, and home health aide to help me regain mobility and manage my pain safely. I’m finally getting back to my normal routine. I am grateful to everyone at Optimal Healthcare that helped with my recovery.” -S. W.

“With Optimal (Healthcare) every visit feels personal—their team listens, checks in, truly care. Their kindness and professionalism have made such a difference in my recovery, especially after the discouragement I felt coming home from the hospital. I finally feel hopeful again and more confident about my health moving forward.” E. C.

“My mom’s therapist Mike has been incredibly supportive, helping her stay engaged and motivated to do her exercises. His encouragement and positive energy have made such a noticeable difference in her strength and confidence!”—D.L.

### About Page:

## About Us

Joint Commission accredited. Medical and Medicare certified. In-house managed since foundation.

We provide a variety of home health services to meet the medical needs of our patients, in the comfort of their own home. We value and uphold our patients’ human rights, dignity and safety.

With our fully qualified, dedicated and highly skilled staff of registered nurses, licensed vocational nurses, home health aides, physical therapists, occupational therapists, speech therapists, and medical social workers, we are able to deliver excellence and the highest standards of home health services.

We are a multi-disciplinary and multi-lingual facility—endeavoring to deliver total satisfaction with our services.

## Our Story

Optimal Healthcare was founded with an idea imbedded in integrity and compassion—a home health agency that provides patients medical care with a steadfast dedication. Before the agency was ever born, Nooshin Yarahmadi had 20 years of nursing and healthcare leadership experience. She has worked both in hospitals and as a field nurse/employee in other home health agencies, dedicating her career to supporting patients and their families through every stage of care.

Nooshin knew her conscientious character goes above and beyond for her patients—regardless of the medical setting. After so many years of working within the medical field, she had a vision to not only provide patients medical care where they are most comfortable—in their own home—but to do it in a way that goes *above and beyond*.

And from there, Optimal Healthcare was born. Now she is not just a field nurse at another home health agency. Or a nurse working in a hospital setting. She is director of patient care services, administrator and founder of Optimal Healthcare.

Home health care specifically focuses on short-term, medically necessary skilled services to help a patient recover from an illness, injury, surgery, or manage a chronic condition in their own home. And our agency's mission is to do this with empathy and diligence.

By keeping a professional and competent health care team and always maintaining our office decision making in-house, patient care is always our number one priority.

### Contact Page

Our team, led by our registered nurses, provide expert and diligent medical care during patient in-home visits. Our mission is to go above and beyond. Please fill out the following information, and we will get back to you promptly. You may also call our office at **818-609-2663**.

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Email: \*

Phone Number: \*

Zip Code: \*

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Healthcare

Home health

Home health care

In-home care

Home health care services

Medical care