

## BUSINESS SPOTLIGHTS



**Concierge Rehab** sees patients for many different conditions, quite often with poor balance and fall risk, strength and low activity tolerance, decreased participation in activities of daily living, low mobility and poor posture. They work with these patients at home 2-3x/week to improve their lifestyle. They accept most insurance including MCR and Aetna PPO where quite often patients don't have to pay anything out of pocket or need a prescription.

Call 561.894.1646 or [concierge-rehab.com](http://concierge-rehab.com)

**OneNDone Organizing** specializes in: • Senior Relocation • End of Life Clean-Up. • Home/Office Declutter • Downsize • Move: Pack/Unpack • Estate Liquidation

**"We honor the lives of your loved ones, repurposing items no longer needed, and ensuring precious commodities bring in resources for the families we serve."**

Call 561.693.7447 or [onendoneorganizing.com](http://onendoneorganizing.com)

FB: ClutterStopsNow

IG: OneNDoneOrganizing

### ABOUT SENIOR OPTIONS HUB

- I'm Nancy, Owner, Social Worker and Long-Term Care Surveyor w/25+ years working with seniors.
- We provide 2 visits/day and ensure the senior is safe, and provide nutrition/hydration support and socialization for \$38/day. No min hours for our services.
- I'm bonded/insured and have a negative state and federal background check.

IG @senioroptionshub FB: Senior Options Hub

PROVIDING SERVICES IN DELRAY BEACH,  
BOYNTON BEACH, WELLINGTON, WEST PALM  
BEACH & BOCA RATON

**SENIOR OPTIONS HUB, LLC**

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## TAKE CARE OF YOURSELF TO BETTER SERVE OTHERS

### MENTAL HEALTH HABIT FOR ADULT CHILDREN

**Set Realistic Expectations:** Understand you may not be able to meet all of your parent's needs alone, you may need additional help. Be compassionate with yourself and your multiple roles and get support from your network. No matter what, don't be hard on yourself. Take care of yourself by eating right, exercise and sleep. Remember you are doing the best you can at this moment.

### MENTAL HEALTH HABIT FOR SENIOR CARE PROVIDERS

**Set Clear Boundaries:** Establish boundaries between work and personal life and identify your priorities and your personal and professional goals. Determine if the things you are doing move you closer to your goals, if not, say no and delegate when necessary. Setting your boundaries are essential and valid and necessary to mental health.

## CHATGPT & SENIOR OPTIONS HUB CHAT ABOUT SENIORS

I consulted ChatGPT on seniors' top concerns, and independence was listed. It suggested a "Senior Independence Challenge" with engaging activities, like mastering new skills and personal goal achievement. While AI is insightful, social connections remain as important as they ever were. When assisting seniors, we prioritize building relationships and asking targeted questions to empower them. Understanding their needs fosters autonomy and control, preserving their independence. Preservation of independence must also include collaboration other individuals who work with seniors and understand their needs.