

When is it Time to Recommend Help?

When you have that nagging feeling that someone needs help, your instincts are usually right. Watch for signs that indicate someone may need assistance to remain safe and happy at home.



Warning signs...

- Weight loss in the past 3 months
- Isolation or loneliness
- History of falls
- Difficulty with medications
- Hospitalization in the past 6 months
- Lack of nutrition and/or hydration
- Multiple chronic conditions
- Poor hygiene

Three Pillars in Home Care

Home care is the new health care frontier with many services now available in the home. **Most of a senior's needs can be met from the safety and comfort of their own home.** A home care provider can reduce the risk of falls and hospitalizations.

Nutrition & Hydration

- ✓ Meal planning and preparation
- ✓ Dietary restrictions and specifications followed as prescribed

Medical Support

- ✓ Medical condition management
- ✓ Disease management regimen followed as prescribed
- ✓ Medication management
- ✓ Symptoms monitored and reported

Health & Safety

- ✓ Assistance with ADLs, IADLs to reduce risk
- ✓ Recommendations for safety equipment and home modifications
- ✓ House cleaning & home maintenance
- ✓ Health monitoring

Don't ignore the signs. Call the Senior Care Experts today!



614-820-5000
888-809-SONG