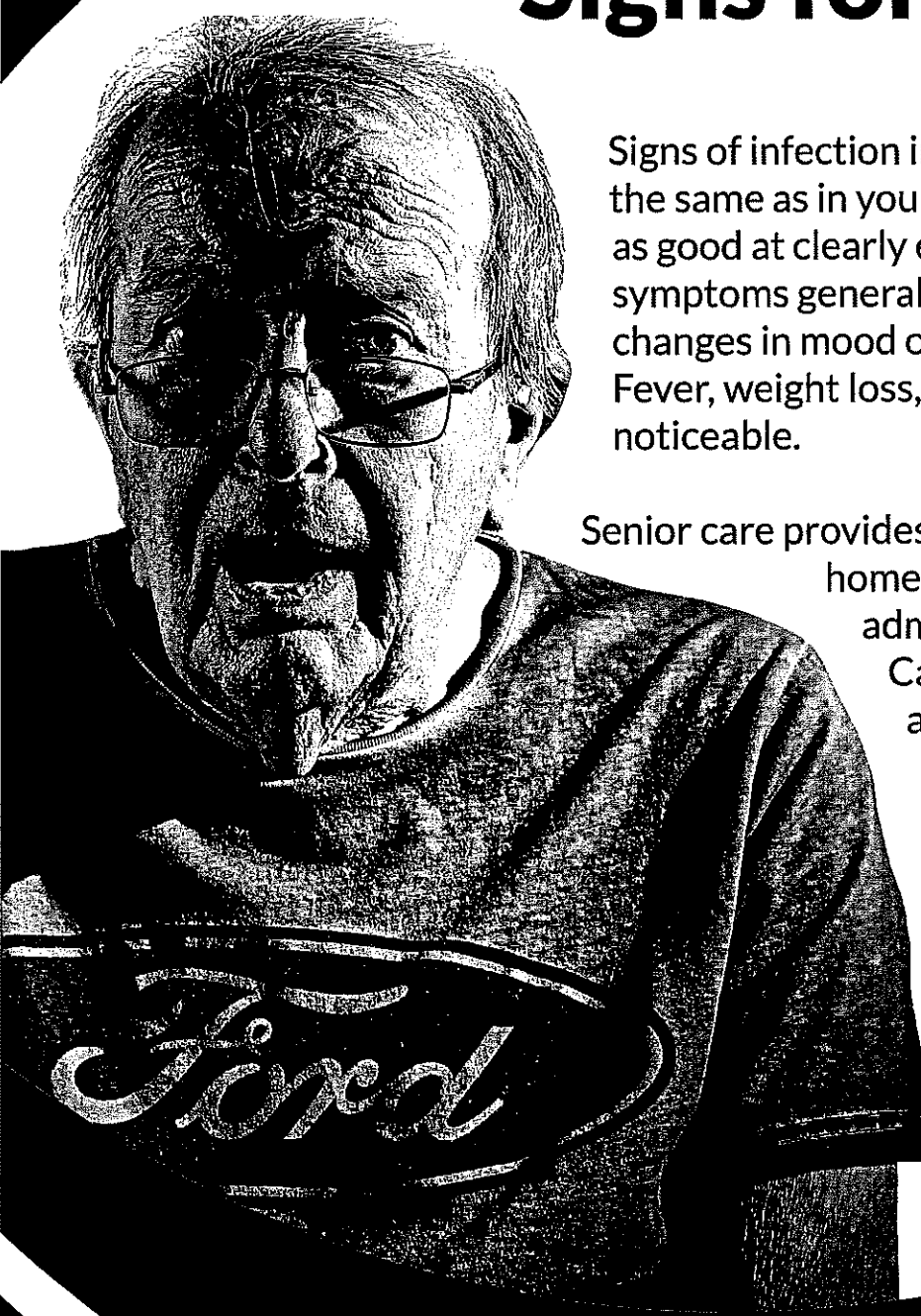


Do You Know the Signs for Infections?



Signs of infection in older adults are not always the same as in younger people. They may not be as good at clearly expressing complaints, and symptoms generally include cognitive impairment, changes in mood or behavior, or functional decline. Fever, weight loss, or discomfort may not be as noticeable.

Senior care provides one-on-one assistance in the home and can reduce risk of hospital admissions or serious illness.

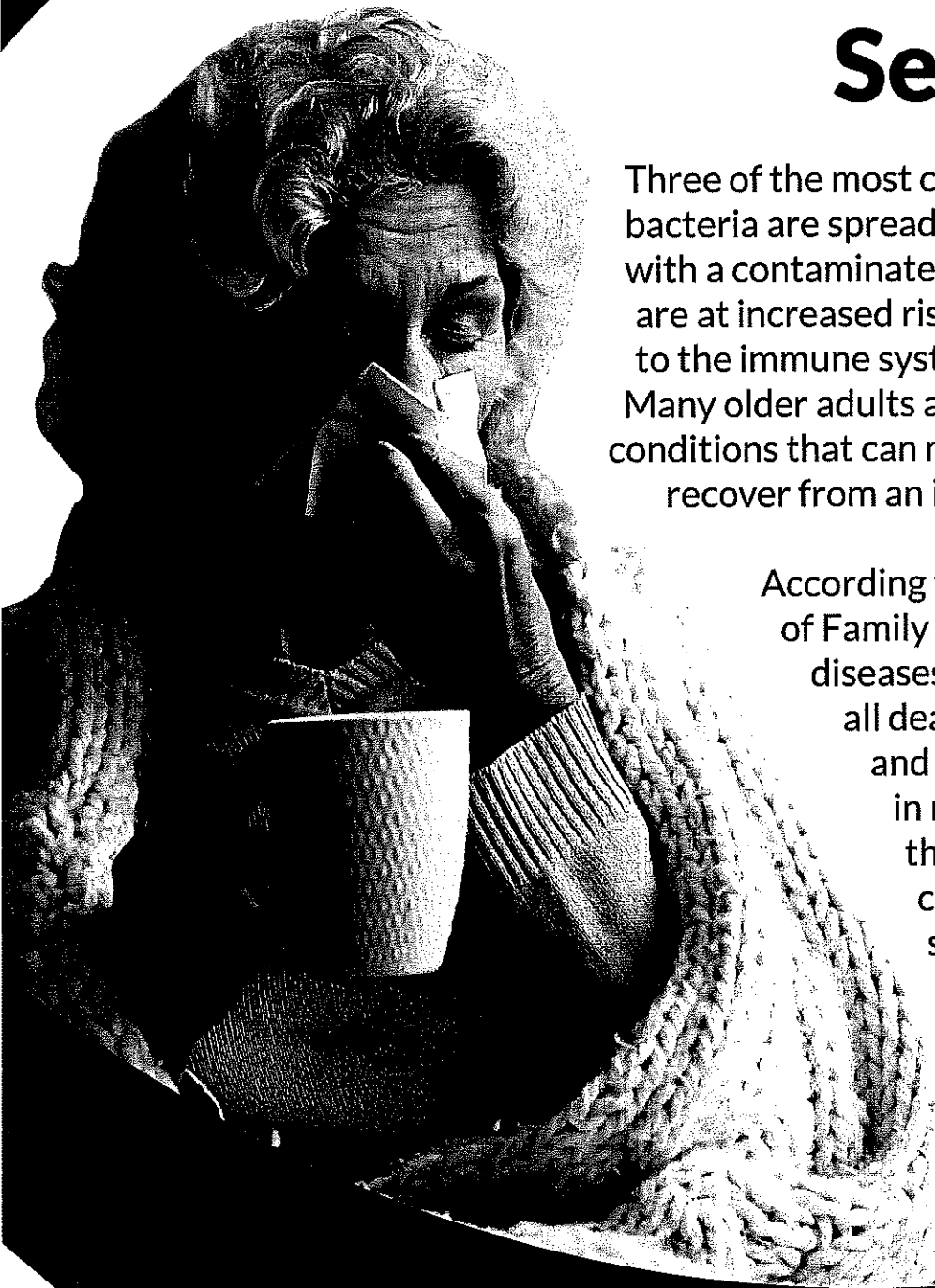
Caregivers get to know seniors and are aware of subtle changes and signs that may indicate a problem. They also help with a variety of daily activities including personal hygiene to support seniors in maintaining safety and good health.



For More Information Call 203-269-1522



Infections Can Be a Serious Threat for Seniors



Three of the most common ways viruses and bacteria are spread are through the air, contact with a contaminated surface, and food. Seniors are at increased risk of illness or infection due to the immune system weakening with aging. Many older adults also have underlying health conditions that can make it harder to fight off or recover from an infection.

According to the American Academy of Family Physicians, "Infectious diseases account for one third of all deaths in people 65 years and older." Being proactive in reducing risk of infection through good hygiene and cleaning practices can help seniors stay healthier.



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Understanding the Symptoms of Mild Cognitive Impairment



Knowledge and experiences built over years, old memories, and language would stay intact.

People with dementia have symptoms that can vary such as:

- Memory
- Attention
- Communication
- Reasoning, judgment, and problem solving
- Visual perception beyond typical age-related changes in vision

Signs that may point to dementia include:

- Getting lost in a familiar neighborhood
- Using unusual words to refer to familiar objects
- Forgetting the name of a close family member or friend
- Forgetting old memories
- Not being able to complete tasks independently

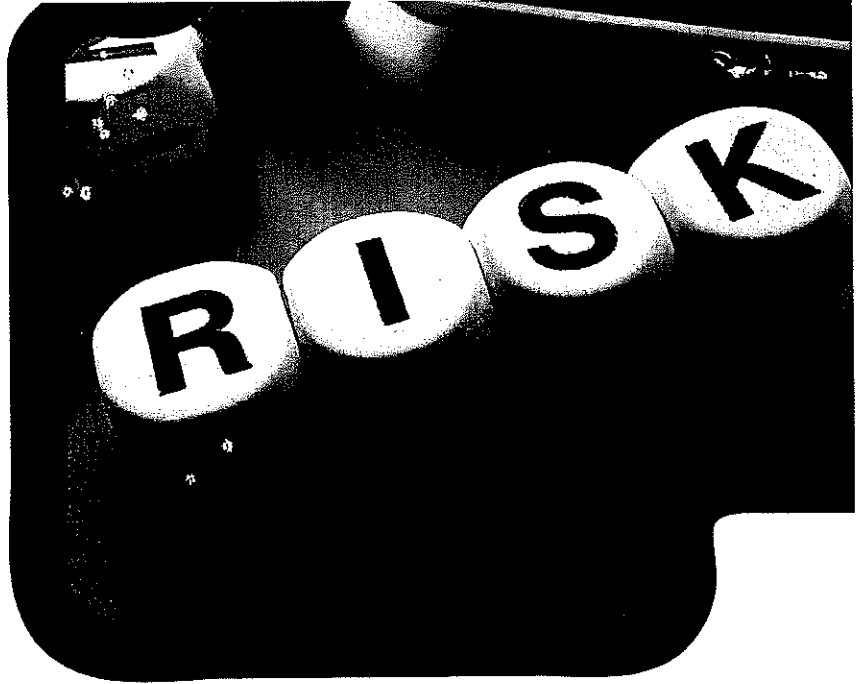


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What increases the risk for dementia?



How is Dementia Diagnosed?

A healthcare provider can perform tests on attention, memory, problem solving and other cognitive abilities to see if there is cause for concern. A physical exam, blood tests, and brain scans like a CT or MRI can help determine an underlying cause. Talk to a medical provider if you observe changes in your loved one.

Know What Factors To Look For

- **Age**

The strongest known risk factor for dementia is increasing age, with most cases affecting those of 65 years and older

- **Family history**

Those who have parents or siblings with dementia are more likely to develop dementia themselves.

- **Race/ethnicity**

Older African Americans are twice as likely to have dementia than Caucasians. Hispanics 1.5 times more likely to have dementia than Caucasians.

- **Poor heart health**

High blood pressure, high cholesterol, and smoking increase the risk of dementia if not treated properly.

- **Traumatic brain injury**

Head injuries can increase the risk of dementia, especially if they are severe or occur repeatedly.

**For More
Information
Contact:**

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Falls Can Be Life Threatening



Falls Can Lead To Hospitalization or Worse!

Did You Know ...

- 1 out of 3 seniors fall every year
- Less than half who fall talk to their healthcare providers about their falls
- Two-thirds of seniors who fall and don't receive help in 72 hours may not survive

Falls can lead to serious injury and land seniors in the hospital. Caregivers are trained to look for common hazards around the home and support patients with activities of daily living as well as adherence to patient/client treatment plan.

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In-Home Care has Proven to Prevent Falls in the Home



Taking Steps to Prevent Falls

In-home caregivers work closely with clients to create a safer environment and monitor their well-being. They assist with a wide range of activities including:

- Meal planning and preparation as well as nutritional intake
- Assistance with exercise routines to promote balance, flexibility, muscle strength, and mobility
- Support with activities of daily living to decrease fall risk, increase safety, and follow through with prescribed patient/client treatment plan
- In-home safety assessment and recommendations such as enhanced lighting, removal of throw rugs, and using non-breakable dinnerware

Reducing Hospitalization and Readmission Rates

Fall prevention is critical to enhancing safety and preventing emergent care and re-hospitalizations. Our caregivers are trained to:

- Facilitating adherence to prescribed patient/client treatment plan
- Provide early detection and intervention regarding potential complications or changes in health
- Assistance with bathing, grooming, dressing, and other activities of daily living
- Preparing nutritious meals and providing medication reminders
- Transporting clients to appointments

What makes us unique are the many services that Always Best Care has to offer. From the ***Balance Tracking System, Philips Lifeline, enhanced QAPI program, and Always Best Care's Remote Patient Monitoring System***, we provide an extra layer of support to promote better healthcare outcomes.

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