

Managing the Effects of Arthritis

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Home Companions Senior Care provides an in-home care solution through our team of Care Managers, Certified Nursing Assistants and Home Health Aides by simplifying tasks and assisting with daily living activities such as bathing, dressing, assistance with medications and our most valued and trusted service of providing companionship to combat one of the most preventable debilitating effects ...depression.

Home Companions Senior Care can provide one-on-one assistance with the following activities to support declining functional limitations while accommodating abilities:

Arthritis

- Assistance with painful tasks such as driving, bathing, dressing and home making
- Assist with prescribed ice packs and range of motion exercises
- Assisting with direction of proper transferring techniques to prevent joint pain
- Meal preparation and assistance with prescribed diet and exercise to prevent weight gain.
- Remind or assist with self-administered medication as authorized by an unlicensed trained person.

While your arthritis condition maybe individually unique, you can greatly improve your condition by learning how to adapt and modify daily activities to reduce pain and relieve stress.

Encouragement through Abilities:

- Modifying exercises
- Eating healthy meals
- Utilizing adaptive aids
- Communicate Learn more... www.arthritis.org

To find out more about in-home care solutions call our office today to speak with our friendly home care staff.

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