

# Managing the Effects of Multiple Sclerosis

## Health Management

Coping with the Effects of Multiple Sclerosis

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:

### Multiple Sclerosis

- Assistance with ADL's and support with IADL's in the morning to conserve the patients' needed energy.
- Transferring assistance to prevent falls
- Assist with preparing nutritionally well-balanced meals
- Encourage hydration/fluid intake
- Assist with social interaction and activities to boost self-esteem
- Remind or assist with self-administered medication as authorized by an unlicensed trained person.

Empower yourself to live your life to the fullest

### Encouragement through Abilities:

- Setting goals
- Eating healthful foods
- Monitoring fatigue
- Communicate Learn more... [www.mscando.org](http://www.mscando.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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**SENIOR CARE**  
LICENSED HOME HEALTH SERVICES