

Managing the Effects of Osteoporosis

Health Management

Coping with the Effects of Osteoporosis

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:

Osteoporosis

- Encourage careful positioning, walking, and prescribed exercises.
- Activities shall be planned to allow the patient/client plenty of time to prevent rushing.
- Use safety precautions to prevent injuries i.e. falls
- Promote self-care
- Assist with prescribed nutrition and encourage proper use of prescribed medications.

Don't rush it! Take your time and prevent falls...your home is your castle, but when you're away from home you can keep yourself safe by wearing a fanny pack to keep your hands free, and wear low heeled shoes.

Encouragement through Abilities:

- Setting goals
- Eating healthful foods
- Monitoring fatigue
- Communicate Learn more... www.nof.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