

Managing the Effects of Parkinson's

Health Management

Coping with the Effects of Parkinson's

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:

Parkinson's disease

- Assist with preparing foods that can be easily swallowed without aspirating such as a chopped, thickened or pureed meats or vegetables.
- Assistance and/or supervision of ADL's to prevent falls.
- Encourage prescribed physical and breathing exercises
- Monitor input and output when there is concern of constipation or dehydration
- Remind or assist with self-administered medication as authorized by an unlicensed trained person.

Empower yourself! You have a great deal to do with how your Parkinson's symptoms will unfold...it's a condition that's unique to the individual. You can live your life to the fullest!

Encouragement through Abilities:

- Stretching and Exercise
- Eating healthy foods
- Taking medication
- Communicate Learn more... www.parkinson.org

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