



WORRIED ABOUT A LOVED ONE WHO LIVES ALONE?

HERE ARE SOME ITEMS TO CHECK ON AND THINGS OUR CAREGIVERS/CARE MANAGERS CAN HELP MONITOR:



Eating & Nutrition

- **What are they eating?** - Nutrition is **CRUCIAL** to their health!
- **Do they need food?** - SHIPT/Instacart and meal delivery services may be good options to keep them stocked with healthy food.
 - ◇ Our caregivers can shop for them and ensure they have enough food, plan/prep meals and track what they're eating.
 - ◇ The caregivers can help them maintain a clean, safe and organized kitchen with plenty of healthy snacks and meals.



Tracking Weight

- **Are they losing or gaining weight?** - Your loved one may claim they are eating properly, but tracking weight helps not only get an idea about intake but also may alert you to various health issues.
 - ◇ We can help track and manage your loved one's weight.



Tracking Vitals

- **How are they tracking things like blood pressure, blood sugar, etc.?**
 - ◇ Just like we can track weight, we can also track and monitor vitals and keep a chart to provide their medical professionals. We can help coordinate what needs to be tracked and how best to manage conditions at home.



Housekeeping & Laundry

- **Are they maintaining a clean and safe environment?**
 - ◇ Our caregivers can assist with ensuring the home stays tidy and clean.
 - ◇ They can also make sure they have clean and ironed clothes since laundry can be difficult with physical challenges.



Exercise & Getting Outside

- **Are they getting enough exercise and staying as active as possible?**
 - ◇ Our caregivers can help them do prescribed exercises from a physical therapist or by using their own equipment.
 - ◇ We can help get them up and out of a chair safely to keep their legs moving and stretch a bit so they don't suffer the health repercussions of sitting all day.
- **Are they getting outside and getting some fresh air?**
 - ◇ Being cooped up can result in increased depression, anxiety, and stress.
 - ◇ Having a caregiver or care manager there to help get them out safely, whether that is for a car ride or a walk around the block, can make a world of difference.



Doctor's Appointments

- **Are they tracking all of their doctors' appointments?**
 - ◇ Our team can help manage doctors' appointments and yearly preventative care.
 - ◇ We can also assist your loved one with utilizing available telehealth services.
 - ◇ Our team can help prioritize what appointments may be needed, find specialists, and coordinate care and communication.

Call today to find out more ways we can help! Pinellas (727) 447-5845 | Hillsborough (813) 333-5020