



Managing Chronic Conditions at Home

According to the 2023 CDC report, chronic conditions, like diabetes, COPD, and heart disease, affect nearly **80% of older adults.**

These conditions are the leading causes of hospitalizations and diminished quality of life.

Your Routine, Your Resilience

Home care provides the structure and the reminders that make healthy routines stick. **Everyday Home Care Support = Better Living!**



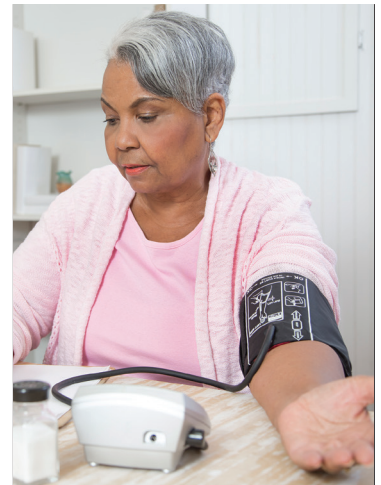
Medication reminders to prevent missed or double doses.



Assistance with meal prep to support condition-specific diet.



Supervision during light activity to maintain safe movement.



Regular wellness check-ins for early identification of concerns.

Why It Matters...

With the right support at home, seniors don't just manage their conditions. They gain the confidence, stability, and resilience needed to keep doing the things they love.

**Let's keep you strong, steady, and living life on your terms.
Contact us today!**



Assisting Hands®
Home Care

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Serving South Orange County

949-426-7300

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