

New Year, New Care Plan

“Is this normal aging... or is it time for help?”



The Post-Holiday Reality Check

Adult children come home and notice changes that cause concern.

- Mom’s fridge is nearly empty.
- Dad’s meds are disorganized.
- The house feels a little less safe.

When signs of decline surface, they are jarring, and most people don’t know where to start.

For the first time, they realize a care plan is needed.

From Independent to Supported... Spot the Turning Point

Families often need guidance recognizing when “a little extra help” becomes essential.

- Increased forgetfulness or confusion
- Missed appointments or skipped medications
- Weight loss or changes in hygiene
- Fatigue or balance problems
- Social withdrawal or isolation

If more than one of these is true, let’s talk about a care plan.



Home Care Turns Realization into Action!

When families see the signs, they need guidance – not guilt. Home care is the solution, & we help by...

- ✓ Conducting an in-home Care Planning Assessment.
- ✓ Coordinating communication between family, physician, and caregivers.
- ✓ Establishing routines for safety, nutrition, and medication.
- ✓ Adjusting care levels as needs change.

A Care Plan isn’t Paperwork – it’s Peace of Mind.

Help families start 2026 with a plan, not panic. Encourage a **New Year Care Plan Consultation** with your trusted home care partner to keep seniors safe, independent, & supported at home.



Assisting Hands[®]
Home Care

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