

CHRONIC COMPLEXITY IS THE NEW NORMAL

Managing More Than One Diagnosis



Most seniors are not managing one condition. They're managing several. Heart disease, diabetes, arthritis, COPD, cognitive changes, and vision loss often overlap, making daily life and care plans complex.

THE "STACKING EFFECT"

EACH ADDED
CONDITION
INCREASES...



COORDINATION MATTERS

- ▶ 80% of adults 65+ have at least one chronic condition.
- ▶ Nearly 70% have two or more.
- ▶ Multiple conditions increase hospitalization risk and healthcare costs.

Sources: CDC, CMS

COORDINATING CARE WHERE IT ACTUALLY HAPPENS: AT HOME

- ▶ Medication reminders and side-effect monitoring
- ▶ Support with meals aligned to medical needs
- ▶ Encouragement with safe movement and therapy routines
- ▶ Appointment reminders and symptom observation

Home care coordinates daily routines, so complex care plans actually work at home.



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