

The Small Things that Change Everything at Home

Micro Social Determinants of Health (mSDOH)

Not all risks are obvious. Some of the most important factors are small, daily, and easy to miss.

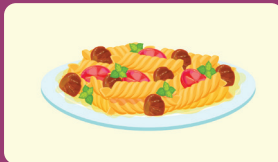
What Are Micro Social Determinants of Health?

They're the day-to-day realities that shape outcomes.

Took Medication?



Ate a Real Meal?



Got Up & Moved?



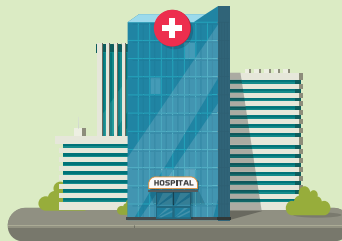
Feeling Off?



Why These Matter So Much

Small, daily factors, such as medication adherence, nutrition, and activity, are strongly linked to hospital readmissions and long-term outcomes.

(Source: Centers for Medicare & Medicaid Services)

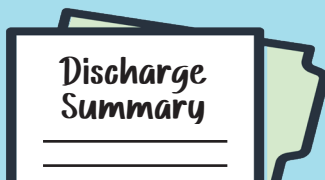


Unmet social needs are associated with higher healthcare utilization and poorer outcomes.

(Source: Centers for Disease Control and Prevention)

The Reality

These are not addressed in a...



They are only addressed through **daily presence.**



What Home Care Actually Does

- ✓ Reinforces medication routines.
- ✓ Supports nutrition and hydration.
- ✓ Encourages safe mobility.
- ✓ Observes and reports subtle changes.
- ✓ Provides consistency and structure.

Small Inputs.
Big Outcomes.

We manage the micro factors that make the biggest difference in keeping seniors stable, safe, and at home. Involve us as soon as possible!



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