



Cardiac Care

Allow a Senior Care Advisor/Nurse to help create a client-directed care plan centered around the senior's cardiac condition.

Caregivers may assist with any of the following:

- Assistance with ADL's: Bathing, grooming, toileting, dressing and eating
- Remind the senior to take their prescribed medications: Scheduled medications, PT/INR checks, etc.
- Shop for and prepare heart-healthy meals, including low-sodium options, a well-balanced diet, and encouragement of proper hydration.
- Medical Appointments: Transport and escort senior to appointments
- Medication reminders and support with exercise as prescribed or desired
- Assist with mobility and fall prevention: Cardiovascular disease may cause the senior to feel dizzy and/or out of breath upon standing or walking.
- Companionship and Socialization
- Assess for home safety and provide supervision
- Transitional care support following a hospital or rehabilitation stay
- Promote a Heart-Healthy Lifestyle: Encourage adequate sleep, and stress reduction.
- Respite Care: Gives family caregivers time to rest while providing support with daily activities and heart-healthy routines



 *Call us anytime.*

Website: conciergecarefl.com