

# A Special Message for the **FAMILY CAREGIVER**

**LET'S BE HONEST:** Most of us are not *Superheroes*



Although we often try to be  
**FOR THE LOVED ONES IN OUR CARE**



BUT STUDIES SHOW THAT

**CAREGIVING STRESS**  
CAN RESULT IN...

**DEPRESSION**

**SLEEP DEPRIVATION**

**PREMATURE AGING** and

**A HIGHER MORTALITY RATE**

*But Luckily*

**THERE IS HELP** and you shouldn't feel guilty when accepting it.

#### **WHEN IS HOME CARE APPROPRIATE?**

- When a loved one is unsafe, alone or socially isolated
- When a loved one has had a recent illness, injury or surgery that left him or her less functional or independent
- When a loved one is experiencing noticeable memory loss or has Alzheimer's or dementia
- When a loved one needs assistance with meals, transportation and personal care during the day
- When a loved one is having trouble managing medications
- When you need respite in order to properly care for yourself and maintain a healthy relationship with your loved ones

*...and many more situations*

#### **WHY HOME CARE?**

- It leads to **HIGHER SATISFACTION** with life
- It allows for **DIGNITY, INDEPENDENCE** and **MAXIMUM COMFORT** for the care recipient
- It is usually **CHEAPER** than the cost for a nursing home or assisted living
- It offers personalized care tailored to the **NEEDS** of the family and the individual
- Home care **PROMOTES HEALING** and **FEWER CHANCES** of re-hospitalization



*Want to find out if home care is right for your situation?*

**Contact Heart of the Carolinas Home Care today!**



#### **OUR SERVICES INCLUDE...**

- Care coordination
- Personal care
- Cancer care
- Transportation
- Organization
- Specialized dietary planning/meal preparation
- Specialized Alzheimer's/dementia care
- Exercise and enrichment activities
- Companionship



**864-990-4345**

*...and so much more!*

