

COMPASSION AT EVERY STEP



Quick Recap

Movement breaks, structured workspaces, and motor planning drills support focus and daily task completion.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

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HOURS

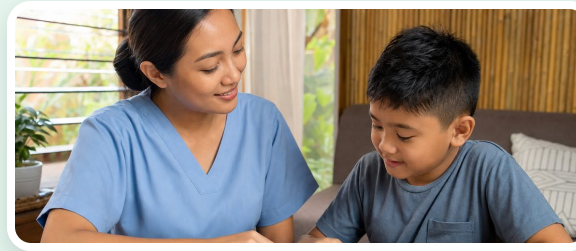
9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

COMPASSION AT EVERY STEP

Autism & ADHD Coordinated Care

Active Movement & Attention Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Heavy-work breaks: wall pushes, carrying laundry basket, or resistance band pulls.
- Short therapy blocks: 5–15 minute tasks with visual timers.
- Use a “first/then” board to set expectations: first homework, then play.
- Reduce noise and clutter in the work area; noise-canceling headphones can help with focus tasks.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

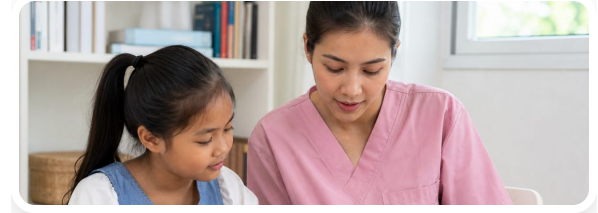
- Track focus duration, movement needs, coordination, and organization.
- Screen sensory overload in busy rooms or loud environments.
- Note which breaks restore attention best.

Good to know

- Autism influences communication and sensory processing.
- ADHD with autism may amplify focus and emotion challenges.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Alternate seated work with movement every 20–30 minutes.
- ADLs: color-code bins, label drawers, and keep routines visible.
- Coordination: catch/throw, balance board, and bilateral hand tasks.
- Movement breaks every 20-30 minutes support attention.
- Use wobble cushion or standing desk options if helpful.