



Quick Recap

Balanced meals protect strength, bones, immunity, and energy—home care helps with meal planning, safe cooking, and adequate protein and fluids.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

(630) 915-5174

EMAIL

info@philippianshomecare.com

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.

Nutrition & Balanced Diet

Healthy Eating & Hydration Guide



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

A friendly guide for you and your family

DAILY CARE



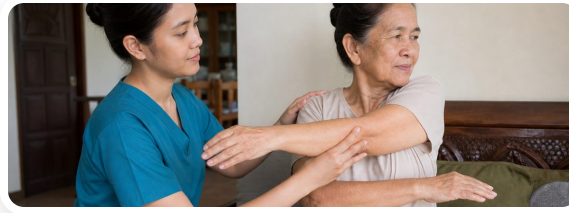
● Tips at Home

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.

- Plate planning: half vegetables, quarter protein, quarter whole grains at main meals.
- Protein at each meal: eggs, fish, poultry, beans, yogurt, or tofu as diet allows.
- Hydrate steadily: 6–8 cups of fluid daily unless restricted; older adults often feel thirsty too late.
- Limit added sugar and processed foods; cook at home with whole ingredients when possible.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Track appetite, meal size, and fluid intake daily.
- Watch for choking, drooling, or food pocketing in cheeks when swallow changes.
- Note loose dentures, mouth pain, or dry mouth affecting intake.

Good to know

- Seniors need adequate protein to preserve muscle and prevent falls.
- Hydration needs are about 6-8 cups daily for most older adults.

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.

- Colorful produce for vitamins and antioxidants.
- Limit ultra-processed snacks high in salt and sugar.
- Small frequent meals if large plates feel overwhelming.
- Eat with company when possible to support appetite.
- Grocery lists and labeled containers support independence.