



COMPASSION AT EVERY STEP



Quick Recap

Even small changes today can help you age healthier tomorrow. Add one or two healthy actions to what you already do to reduce risk of falls, dementia, diabetes, heart disease, and high blood pressure.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

PHONE

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HOURS

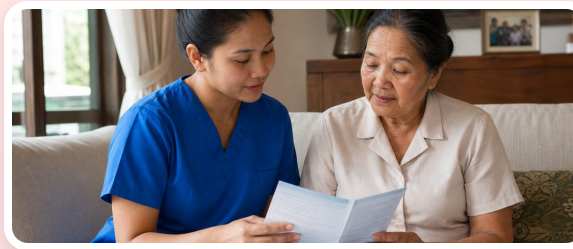
9:00 AM to 5:00 PM

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



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

Stand Strong

Against Falls & Chronic Conditions



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.

- Activity plan: walking, balance, tai chi, or chair exercises cleared by your clinician.
- Home safety: secure rugs, install grab bars, use night lights from bed to bathroom.
- Vision and hearing: get checked yearly; up-to-date glasses and hearing aids reduce falls.
- Social wellness: loneliness and isolation increase fall and memory risks—schedule regular contact.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

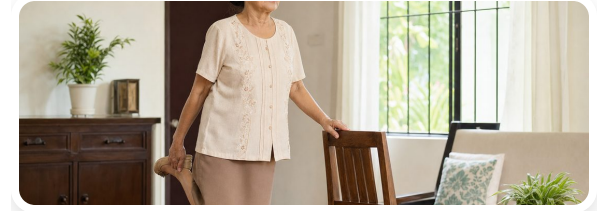
- Monthly balance confidence scale and near-fall log (date, place, what happened).
- Home hazard checklist: loose rugs, cords, dim halls, missing grab bars, pets underfoot.

Good to know

- Standing Strong NC: practical steps to reduce falls, dementia, diabetes, heart disease, and high blood pressure.
- Falls are the leading injury cause for adults over 65.

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.

- Pick one new habit this week; add another when the first feels steady.
- Strength and balance classes, Matter of Balance, or community walking groups when available.
- Proper footwear indoors—avoid loose slippers on slick floors.
- Yearly vision and hearing checks help reduce falls.