



Managing Chronic Conditions at Home

According to the 2023 CDC report,
chronic conditions, like diabetes,
COPD, and heart disease, affect nearly
80% of older adults.

*These conditions are the leading
causes of hospitalizations and
diminished quality of life.*

Your Routine, Your Resilience

Home care provides the structure and the reminders that make
healthy routines stick. **Everyday Home Care Support = Better Living!**



Medication reminders
to prevent missed or
double doses.



**Assistance with meal
prep** to support
condition-specific diet .



**Supervision during
light activity** to maintain
safe movement.



**Regular wellness
check-ins** for early
identification of concerns.

Why It Matters...

With the right support at home, seniors don't just manage their conditions. They gain the confidence, stability, and resilience needed to keep doing the things they love.

**Let's keep you strong, steady, and living life on your terms.
Contact us today!**



Serving the Greater Austin Area

512-999-7379

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