

# Don't Let the Holidays Turn into Hospital Days!

## Holiday Hospitalizations on the Rise

Emergency room visits and hospitalizations tend to rise during the holidays for older adults due to infections, dehydration, and exacerbations of chronic conditions.

- Falls remain one of the leading causes of injury and hospitalization for older adults, but a proactive home-safety approach is proven to reduce risk.
- Medication mismanagement or delayed care for mild symptoms can turn a routine issue into an acute event.



## Home Care Supports the Solution

- ✓ Regular in-home visits or check-ins by home-care aides mean early signs (dizziness, changes in mobility, medication confusion) are spotted and addressed before a crisis.
- ✓ Home Care supports transitions (from hospital or specialist visit) by coordinating with the family and provider to ensure follow-through, reducing the "holiday interruption" risk.
- ✓ The sense of continuity and familiar caregiver support offers reassurance to both the older adult and their family, reducing delays in seeking help.

## This Season, Give the Gift of Staying Home!

If you want to help your clients or patients stay home and out of the hospital this holiday season, we're ready to help. **Contact us to learn how our home-care team can serve as your trusted partner in early intervention.**



Serving the Greater Austin Area

**512-999-7379**

License # 017603