

IF SOMETHING HAPPENED TOMORROW, WHO WOULD KNOW?

Most people assume someone would notice if they needed help. *But would they?*
Take a moment to think about the people in your life.

WHO WOULD...

- Notice if you missed a doctor's appointment?
- Check on you if they hadn't heard from you in several days?
- Help you if you were unable to drive?
- Pick up a prescription or run an errand for you?
- Notice changes in your health, mood, or routine?

YOUR CIRCLE OF SUPPORT

Family, friends, neighbors, healthcare professionals, and community connections all play an important role in keeping seniors safe, connected, and independent.

BUILD YOUR CIRCLE

In the spaces below, write the names of people who play an important role in your life.

FAMILY MEMBERS

FRIENDS & NEIGHBORS

HEALTHCARE PROFESSIONALS

COMMUNITY CONNECTIONS

(Church, clubs, volunteer groups, senior center, etc.)



HOME CARE HELPS

If your circle feels small, think about adding additional support. Professional caregivers can become an important part of a senior's support network by providing...

- | | |
|--------------------------------------|---------------------------------------|
| ✓ Regular check-ins & companionship | ✓ Observation of changes in condition |
| ✓ Transportation & errand assistance | ✓ Peace of mind for families |
| ✓ Meal preparation & daily support | |

CONTACT US TO LEARN HOW HOME CARE CAN BECOME PART OF YOUR CIRCLE OF SUPPORT.



Serving the Greater Austin Area

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