



THE SHRINKING LIFE RADIUS

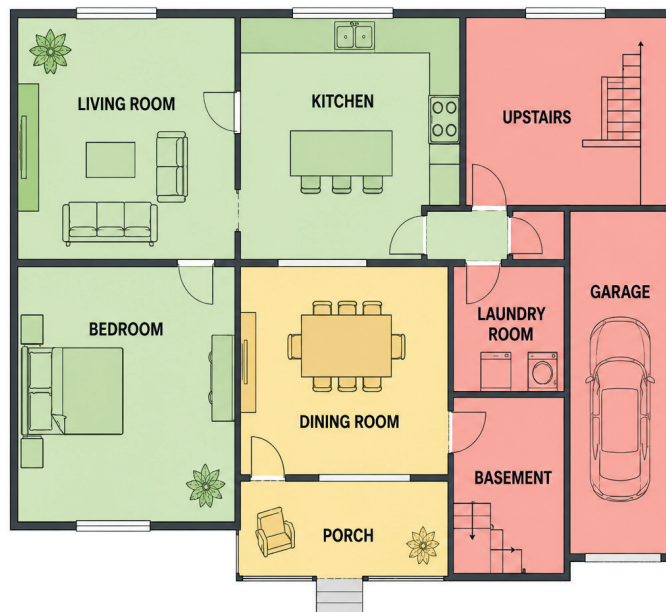
Is Their World Becoming Smaller?

Loss of independence doesn't always begin outside the home. Often, it begins inside the home, one room at a time. Many older adults slowly start avoiding certain parts of the house because those spaces have become physically difficult, uncomfortable, or intimidating.

**The Home Hasn't Changed,
Their Ability to Use it Has!**

What Causes a Senior's World to Shrink?

- ☐ Fatigue
- ☐ Pain
- ☐ Fear of falling
- ☐ Loss of mobility
- ☐ Memory Loss
- ☐ Loss of confidence
- ☐ Decreased endurance



USES DAILY
Used regularly and comfortably

USES OCCASIONALLY
Used less often due to effort or fatigue

USES RARELY
Avoided or no longer used

Why It Matters



The fewer rooms someone uses... the fewer activities they perform.



The fewer activities they perform...the faster physical decline occurs.

When a senior's world begins to shrink, don't wait for their independence to follow.

Home care helps seniors continue using more of their home by supporting...

- ✓ Mobility throughout the home
- ✓ Laundry and household tasks
- ✓ Meal preparation
- ✓ Safe stair navigation
- ✓ Confidence with everyday routines



**HOME CARE
HELPS EXPAND
LIFE AGAIN**

Home care provides the support needed to help older adults remain active, confident, and independent in the place they call home.

**Call to schedule a *free assessment* today.
You'll be glad you did!**



Serving the Greater Austin Area

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