

EverCare Dementia & Alzheimer's Care Guide

EverCare Home Care LLC

Communication

- Speak calmly using simple sentences.
- Maintain familiar routines.
- Offer reassurance instead of correction.

Safety

- Secure hazardous items.
- Monitor for wandering risks.
- Keep emergency contacts available.

EverCare Fall Prevention Guide

EverCare Home Care LLC

Daily Prevention Tips

- Wear supportive, non-slip footwear.
- Keep floors clear of clutter and loose cords.
- Install handrails and grab bars.
- Use night lights in bedrooms and hallways.
- Schedule regular vision and hearing exams.
- Review medications with your healthcare provider.

When to Seek Help

- After any fall with pain, head injury, or dizziness.
- If balance problems become more frequent.

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EverCare Nutrition & Healthy Aging Guide

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Healthy Eating

- Eat a variety of fruits and vegetables.
- Choose lean proteins and whole grains.
- Stay hydrated throughout the day.
- Limit excess salt and added sugar.

Wellness

- Remain physically active as able.
- Maintain regular medical checkups.

EverCare Respite Care Guide

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Benefits

- Allows family caregivers time to rest.
- Reduces caregiver stress and burnout.
- Supports continuity of quality care.

When to Consider Respite

- After extended caregiving periods.
- During travel, illness, or personal commitments.