

# INTEGRATED WELLNESS PROGRAM

## Safety

Our holistic approach to home care provides a customized plan for reaching each client's optimal wellness. We look at the 5 key factors: nutritional, emotional/social, safety, physical and mental for integrated wellness planning. Our staff have been trained to execute our comprehensive plan of care so that the most favorable results can be achieved. Home Helpers Home Care believes that the keys to wellness are in all activities of daily living. We offer specialized planning for neurological disorders, heart disease, cancer, stroke, and diabetic clients.



### Mental Exercise

- Exercises to promote left and right brain activity
- Memory Exercises
- Music and Art Therapy
- Specialized Activity Planning for Disease State Management



### Nutritional Plan

- Whole Foods
- Supplements
- Proper Hydration
- Special Diabetic Planning
- Specialized Menu Planning for Disease State Mgmt



### Physical Exercise

- Walking to Wellness Plan
- Individual Exercise Plans
- Holistic Approach to Physical, Speech and Occupational Therapy
- Specialized Planning for Neurological and Muscular Diseases/Injuries

### Emotional / Social

- Planned Social Activities
- Family Communication & Support
- Using the Web to Stay Connected
- Pet & Children Therapy
- Thoughtful and Loving Services Designed to Keep Client Happy.

