



A few helpful tattletale tips that may indicate a loved one needs a Helping Hand

Look at your loved ones' appearance. Is clothing dirty and unkempt, and is your loved one neglecting their personal hygiene?

Check the refrigerator, freezer and drawers. Look for spoiled food and expired dates.

Has your loved ones' declining health prompted them to purchase more convenience and junk foods, and neglect proper nutrition? Is she/he losing weight?

Notice floors and furniture. Have unstable hands spilled drinks and food that have not been cleaned up?

Check to see if the mail is opened and correspondence is appropriate. Are bills being paid on time? Are appointments being kept?

Ask neighbors and other close friends to observe and report to you your loved ones' daily routine. Drop by unexpectedly.

Tips for Emergencies

If you are a caregiver of a senior with physical disabilities living in your home, contact your local fire station to alert them that you have a person that may have a difficult time evacuating the home in the event of an emergency. Also note and identify what bedroom belongs to the person with special needs.

Gather essential supplies, and be sure to keep a copy of your eyeglasses prescription, list of medications and their dosages, and other important papers to take with you if you have to leave your home.

Listen for information on radio and TV about hazardous weather and other events, and heed the advice of local officials.

*Tips brought to you by **Granny's Helping Hands Pa Inc.**, a leader in Non Medical Home Care in Pennsylvania. **We provide services to consumers of all ages.** Granny's services are as individualized as our consumers. Our goal is to keep our consumers independent and safe in their own homes.*

Choose Granny's Helping Hands as your Home Care provider. We care for our consumers as if they were our own family!!

Follow your instincts ! Don't wait call today.
(610) 284- 4244

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WE'RE THERE WHEN YOU NEED US!