



HOME CARE
ASSISTANCE

Moving every day matters.

The daily goal for people living with Parkinson's Disease is staying active.

Parkinson's doesn't just affect the person with the diagnosis—it affects everyone who loves that person. Over time, it can become much more challenging to care for someone living with a complex array of progressive symptoms. **We can help.**

Parkinson's presents and progresses differently in everyone. Whether your loved one is dealing with rigidity and spasms, cognitive issues or dementia, or decreased mobility and balance resulting in an increased risk of falls, we have a customized solution for you. Every Care Plan we design reflects our home care expertise and experience, built on nearly 20 years of success helping families like yours.

Care Customized for You

We learn about your care needs and interests then develop a Care Plan that's as unique as your loved one—and designed to adapt with them over time. Your loved one can get the support they want and you can get the help you need.



Support that adapts with you.

As this disease progresses over time, the symptoms will change, requiring a different level of support to maintain a good quality of life.

- **Mobility Exercises**
We can support physical therapy exercises to decrease rigidity, improve balance, and decrease fall risks.
- **Cognitive Stimulation**
If your loved one has dementia, hallucinates or gets confused easily, we can help manage these behaviors and keep them safe.
- **Transportation and Errands**
We can take your loved one to doctor's appointments, exercise classes, or social outings to keep him or her engaged.
- **Medication Reminders**
It's crucial for someone with Parkinson's to take their medication as prescribed—our caregivers provide medication reminders and make sure the correct medications are taken at the right time each day.
- **Fall Prevention**
Medication and decreased mobility can increase fall risks for people living with Parkinson's. Physical support and help with housekeeping and chores can help maintain a safe environment and reduce the risk of falls.
- **Meal Preparation and Cooking**
Eating a healthy diet is important when living with Parkinson's disease. We can prepare healthy, balanced meals that give your loved one the nutrients needed to stay healthy.
- **Bathing, Dressing, Grooming**
Decreased mobility makes everyday tasks more difficult. We help with bathing, dressing, and grooming so you can focus on quality time with your loved one.

Whether your loved one has just received a Parkinson's diagnosis or is moving into later stages of the disease, we have a customized solution for you.



Call today for a free assessment. We're here to help if you need us.
505-798-0800 | www.HomeCareAssistanceofAlbuquerque.com