

Contact us. We're here to help.
ComfortKeepers.com



**Comfort
Keepers.**

Elevating the
Human Spirit™

Supporting healthy hearts



COMFORT KEEPERS® IN-HOME SUPPORT

For people 65 and older, the risk of heart disease is greater due to a condition known as atherosclerosis – a build-up of plaque in the arteries that can lead to a heart attack or stroke.

But simple lifestyle changes can help improve heart health and limit the risk of developing cardiac issues. Choosing to eat healthy foods, reduce levels of dietary salt and fat, and regularly exercise can help reduce risk factors.

Comfort Keepers® offers assistance that can help your patients get on track to a healthier life.

How Comfort Keepers can help

Comfort Keepers can provide the assistance needed to help promote heart health, starting with nutrition. Whether a special diet has been prescribed or all that's needed is a healthier meal plan, our caregivers, who we call *Comfort Keepers*®, work with our clients to ensure they benefit from foods that can promote optimum cardiovascular wellness.

Exercise is also essential for the heart and overall health. *Comfort Keepers* help those we care for be as active as permitted by their physician by providing mobility support and monitoring to ensure safety and security.

If medication or other therapies are prescribed, we help clients stay on track with medication reminders and transportation to doctor and therapy appointments.

At Comfort Keepers, we believe in Elevating the Human SpiritSM by providing our clients with both assistance and daily moments of joy. With the help of our trained *Comfort Keepers*, seniors can enjoy a heart-healthy lifestyle while finding pleasure in the everyday moments that make life worth living.

Achieving heart-healthy results

Did you know?

70 percent of heart disease can be prevented with correct nutrition and incorporating heart-healthy foods



Heart

While heart disease is the most common cause of death among those 65 or older, there are strategies that can improve the odds of recovering from a heart attack and help reduce the risk of developing it. Comfort Keepers® can help your patients:

Follow a healthy eating plan.

Our *Comfort Keepers*® assist clients with grocery shopping and meal preparation and can help them choose heart-healthy foods such as fruits, nuts, oatmeal, dark chocolate and fish high in omega-3 fatty acids, that can help support cardiovascular health.

Exercise regularly. Because physical activity is critical for heart health, *Comfort Keepers* are experienced in helping seniors engage in condition-appropriate, physician-approved physical activity that can help reduce excess weight, decrease blood pressure and reduce stress levels. Even seniors with mobility issues can engage in physical activities, with the help of a *Comfort Keeper* who is there to provide guidance and support.

Follow physician guidelines and health plans. *Comfort Keepers* will work with you and your patients to ensure scheduled medical appointments are kept, medication reminders are given, and prescribed therapies are followed.

A holistic approach

Interactive Caregiving™ is our approach to elevating home care with compassion by focusing on the mind, body, nutrition, and safety of our clients. This is especially important for those who are dealing with heart issues. When our *Comfort Keepers* plan a day's activities, they keep these four mainstays in mind. Caregivers work together with clients to accomplish tasks, which stirs memories, stimulates thought, and builds a sense of pride. "Doing for" may get the task done, but "doing with" boosts spirits and brings joy. It's a holistic approach that ensures our clients are cared for from every angle and taking an active approach to life, as they recover from heart-related conditions.



Elevating the Human Spirit

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