



Caring You Can Count On: Home Care Tips from Central Penn Nursing Care

VALUABLE ASSISTANCE FOR DIABETES

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Seniors who live at home and face the challenges of diabetes may need help. Home care aides offer some of the needed assistance. They can provide transportation when a medical appointment is scheduled. Because exercise is critical for those with diabetes, the aides can work with the seniors to maintain a simple exercise program. Even taking them for a walk outdoors can be a healthy and uplifting exercise and prevent physical inactivity. Aides can provide medication reminders to those seniors who must take insulin. Preparing special meals can help diabetic seniors achieve and maintain appropriate blood glucose levels. Alert Central Penn Nursing Care if your loved one has been diagnosed with diabetes and we can help.

If you're concerned about your loved one's continued good health, please call our office. We can provide these sorts of hands-on services to help ensure that he or she stays healthy. We provide all skill levels of caregivers to offer specialized services.

Did you know if you are a Veteran of World War II, the Korean War or the Vietnam War you may be eligible for Home Care benefits thru the Veterans Administration?

P.S. Seniors run a particular risk when they have diabetes.

Call us in Lancaster (717) 569-0451, or you may contact us through our website at www.cpnc.com. *Home care you can count on!*