



Independence at Home: How Arosa Keeps Seniors Safe & Independent

The Importance of Independence for Seniors

Maintaining independence is crucial for seniors' well-being and quality of life. According to the Centers for Disease Control and Prevention (CDC), personalized care plans can significantly reduce emergency room visits and hospitalizations for seniors with chronic health conditions, leading to better overall medical management and quality of life.

The CDC also emphasizes the importance of supportive resources for caregivers to ensure seniors can remain healthy and independent at home.



Care plans can reduce emergency room visits and hospitalizations, leading to better overall medical management and quality of life for seniors. - CDC

*CDC - Maintaining a Care Plan:
<https://www.cdc.gov/aging/publications/features/caregivers-month.html>

Personalized Care Plans for Every Need:

Arosa's care management and in-home caregiving services focus on creating personalized care plans to meet each client's unique needs.

Our services can include:



Medication Reconciliation: Ensuring all medications are correctly prescribed and taken.



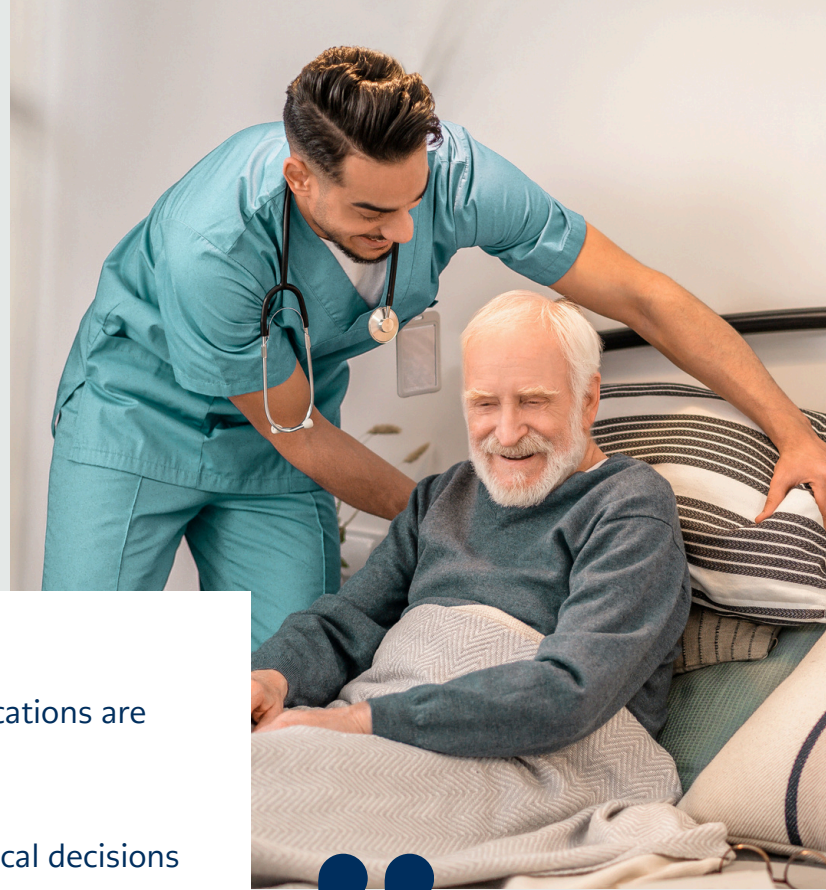
HPOA Support: Assisting with legal and medical decisions to protect clients' best interests.



Disease Progression Education: Providing clients and families with the knowledge to manage chronic conditions.



End-of-Life Support: Offering compassionate care and support during the final stages of life.



Personalized care plans and health initiatives help seniors remain healthy and independent. - CDC

*CDC Grand Rounds: Promoting Well-Being and Independence in Older Adults: <https://www.cdc.gov/mmwr/volumes/67/wr/mm6737a4.htm>



Features:



Tailored care plans.



Coordination with healthcare providers.



Regular health assessments.



Emotional and social support.

Your Partner in Maintaining Independence.

Learn more: 866-46-27672 or startcare@arosacare.com.

Understanding the impact of Integrated Care services.

Here's how common diagnoses such as heart failure and COPD look with and without our services:

With Arosa:	Regular health monitoring & fewer hospital visits.	Without Arosa:	Increased hospitalizations & emergency visits.
	Education & support for disease progression.		Lack of education on disease progression.
	Comprehensive medication reconciliation & management.		Poor medication management & adherence.
	Encouragement of personal engagement and social activities.		Limited personal engagement & social isolation.

Why choose Arosa?

Arosa is dedicated to enhancing the independence and quality of life for seniors. Our comprehensive approach includes:



Expert Care Managers:

Skilled professionals who coordinate all aspects of care.



Dedicated Caregivers:

Compassionate individuals who assist with daily activities and provide companionship.



Holistic Support:

Addressing physical, emotional, and social needs to promote overall well-being.



Your Partner in Maintaining
Independence

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