



IMMUNIZATION AWARENESS:

A Key to *Prevention* at Any Age

Arosa
Care Elevated

Vaccines aren't just for kids. Staying up to date is one of the **simplest ways to protect health**, maintain independence, and avoid preventable illness.



Why Immunizations Matter.

Preventive vaccines protect against serious illness, reduce the risk of hospitalization, and **help preserve quality of life.**

For older adults, even a mild illness can have **long-term effects on mobility, strength, and independence.**



Need help keeping preventive care on track? (866) 462-7672 | startcare@arosacare.com



Recommended Vaccines for Adults.

- ✓ Annual flu vaccine
 - ✓ COVID-19 booster(s) as recommended
 - ✓ Shingles vaccine
 - ✓ Pneumonia vaccine
 - ✓ Tetanus, diphtheria, and pertussis (Tdap) booster
 - ✓ Other vaccines based on travel, health conditions, or local outbreaks
- (Always check with a healthcare provider for personal recommendations)



Common Barriers to Staying Current.



Difficulty scheduling or getting to appointments.



Misunderstanding vaccine safety or effectiveness.



Uncertainty about which vaccines are needed.



Gaps in communication between providers and family.



How Care Managers Can Help.



- ✓ Coordinate with physicians and specialists.
- ✓ Schedule appointments and arrange transportation.
- ✓ Keep vaccination records up to date and accessible.
- ✓ Communicate with family, facilities, and care teams.
- ✓ Address concerns and provide education on vaccine benefits.

Need help keeping preventive care on track?

(866) 462-7672 | startcare@arosacare.com

Arosa's Care Managers help clients and families coordinate medical needs, simplify decisions, and ensure the right care is in place at the right time.