

# Supported *Independence* Starts With a Plan

**Independence is easier to protect before a crisis forces the conversation.**

Many families wait until something changes before they talk about support. A fall. A hospital stay. A missed medication. A change in memory. A spouse or adult child who is quietly overwhelmed.

But support does not have to mean taking over. With the right plan, older adults can stay connected to their routines, preferences, home life, and sense of control.

## A STRONG INDEPENDENCE PLAN HELPS ANSWER:

### 1. What matters most to this person?

Daily routines, privacy, favorite activities, preferred schedules, and the parts of life they want to protect.

### 2. Where is daily life getting harder?

Meals, medications, transportation, hygiene, mobility, appointments, household tasks, or follow-through after a health change.

### 3. Who is carrying the responsibility?

A spouse, adult child, neighbor, friend, or professional may be filling gaps that are becoming harder to manage alone.

### 4. What decisions should be made before a crisis?

Care preferences, home safety, family roles, legal/financial readiness, communication plans, and backup support.

### 5. What kind of support would help without taking away independence?


The right support should protect dignity, reduce risk, and help life feel more manageable.

## **Arosa helps families plan for support before the crisis point.**

Through Care Management, Caregiving, and Concierge Nursing where available, Arosa helps families build practical care plans, coordinate support, and adjust as needs change.



**Independence does not have to mean doing everything alone. It can mean having the right support in place to keep life steady.**


 To talk through a concern or build a support plan, contact your local Arosa team.


## When to Start the Planning Conversation


A person does not need to be in crisis to benefit from a care plan.


Small changes are often the first signs that support could help protect independence. Watch for these care signals:




 **Changes in routine**  
Missed meals, missed medications, unopened mail, skipped appointments, or household tasks piling up.

 **Changes after a hospital or rehab stay**  
New instructions, new medications, mobility changes, follow-up appointments, or uncertainty about what happens next.

 **Changes in safety**  
Falls, near-falls, cluttered walkways, difficulty bathing, unsafe driving concerns, or trouble getting in and out of the home.

 **Changes in family stress**  
One person becoming the default decision-maker, siblings disagreeing, a spouse becoming exhausted, or adult children trying to coordinate care from a distance.

 **Changes in confidence**  
A person saying they are “fine,” while others are noticing more confusion, isolation, anxiety, or difficulty managing the day.

### Questions referral partners can ask families:

- What are you most hoping to help them keep doing independently?
- What has changed in the last 30 to 90 days?
- Who is helping now, and is that plan sustainable?
- What feels manageable today but could become harder soon?
- What would give the family more clarity and peace of mind?

### Where Arosa Can Help

One plan. The right support. Room to adjust as needs change.



#### Care Management

Assessment, planning, family communication, care coordination, advocacy, and ongoing oversight.



#### Caregivers

Practical In-Home care that supports daily routines, safety, comfort, and consistency.



#### Integrated support

A plan that can adjust as needs change, so families are not rebuilding support from scratch every time something happens.

Planning early helps families protect what matters most: dignity, routine, connection, and choice.



[arosacare.com](https://arosacare.com)  
[startcare@arosacare.com](mailto:startcare@arosacare.com)  
866 GO AROSA (462 7672)