

**Mark Sheets**

Greater Richmond Area Comfort Keepers owner

For more information go to
www.comfortkeepers.com/richmondwest-va
or call (804) 750-1123.

How can Home Health Care help people with Heart disease ?

Seniors who live with heart disease sometimes require special attention. Professional caregivers can be sure to help their senior clients avoid stress by maintaining an upbeat, positive attitude when they are together. They can encourage their clients to remain physically active. They can be sure to adhere to any dietary restrictions determined by their clients' doctors when preparing meals and snacks for their senior clients. Should particular medications be prescribed, caregivers can provide valuable medication reminders to ensure that the medicine is taken when it should be and in the proper dosage.

P.S. Caregivers can note any changes in the health of their senior clients with heart disease and alert their loved ones and/or medical care providers.

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