
FREE GUIDE TO HELPING YOUR LOVED ONES STAY INDEPENDENT AT HOME



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NUTRITION & HYDRATION

Food & water fuel our body. It is important that especially as we age, we stay hydrated and are eating nutritious meals to ensure we are giving our bodies the vitamins and minerals they need.

You can help your loved ones out by ensuring they are eating well. Provide a few meals a week for them, take them out to eat, have easy and accessible meals in their home they can make themselves.

Encourage them to drink water. Put a reminder on their fridge or bathroom mirror. Get them a water bottle with a straw. It has been said that people drink more water when it is easily accessible, like through a straw. Adding lemon or another flavour to water can also make people drink more water.



AT HOME SAFETY

The majority of us spend most time in the comfort of our own homes. It's where we feel safe, comfortable, and secure.

TO MAKE SURE YOUR LOVED ONES HOME IS SAFE, CHECK FOR CLUTTERED AREAS, CORDS ON THE FLOOR, RUGS THAT MAY NOT BE PROPERLY SECURED, AREAS THAT MAY LOOK SLIPPERY DEPENDING ON THE LIGHTING. ALL OF THESE THINGS CAN HELP PREVENT SLIPS, TRIPS, AND FALLS.



ASSESS THEIR HOME FOR ASSISTED DEVICES TO MAKE GETTING UP AND AROUND EASIER. HAVE GRAB BARS, SASK-A-POLES, RAISED TOILET SEATS, SHOWER CHAIR OR BENCH INSTALLED IN THE BATHROOMS.





LIFE LINE

Discuss the importance of having a lifeline button for those that live alone in case of emergencies



PERSONAL CARE

Ensure they are able to manage personal care to prevent infections, skin breakdown/irritations and promote overall physical wellbeing.



MOBILITY

Encourage mobility and exercise where possible. Even walking around the house, small weights while watching TV, or stretches.



MEDICATIONS

Bubble packed medications can help provide more stability than medication vials as well as a Spencer automated medication machine that dispenses medications at the correct time.

COMPANION SUPPORT/RESPITE RELIEF



The days can feel long to our loved ones as they age. It's important they are still able to get out and about or have company come to them to support their mental health and ease loneliness. Playing cards, doing puzzles, reading, going for walks or whatever else their hobbies may be it's great to be able to support them to continue those or find new things. Even spending time visiting & reminiscing means a lot to our loved ones.

SERVICES FOR YOUR FUTURE SUPPORT

JB Wellness Services offers nursing and non nursing services to help you have less worry, more care and support for you and your loved ones.

Nursing Services

- personal care
- nail care
- wound care
- physical assessments
- medication checks
- post hospital follow ups

Other Services

- companion visits/respite relief
- transportation
- meal preparation
- light household help

**CALL JENILEE AT 1-306-831-7418 TO BOOK YOUR
APPOINTMENT**

LESS WORRY, MORE CARE & SUPPORT