

Contact 24-Hour Care for all your Occupation and Physical Therapy needs. We will come right to your home. Ask your doctor today!

A Message to Our Clients....

We would like to remind all of our clients and families that our after hours answering service is for immediate scheduling issues and emergencies only, please.

Also, it is important to have a back up plan in case staff are unable to make it to an appointment. We will contact you as soon as possible to let you know if staff will be late or are unable to get to their visit.

Thank you! Agency Administrator,
Emmy Hinton

Benefits of OT and PT

Occupational Therapy

- Improve motor skills to perform everyday functions
- Regain a sense of independence
- Gain a sense of confidence and happiness

Physical Therapy

- Prevent long term pain through exercise and treatment
- Gain full range of mobility from damaged areas
- Ability to perform everyday activities



5-6 cups of red fresh fruit. (I used cherries, strawberries and raspberries) 2 cups of blueberries & 3 cups of yogurt or white chocolate covered pretzels.

Directions: Wash fresh fruit and dry. Lay out fruit and pretzels to represent the flag stripes, and place a small bowl of blueberries on the top left.

Dehydration

WHEN DOES IT HAPPEN?

Your body is exposed to high temperatures in combination with low water intake.

SYMPTOMS

Headache, fatigue, nausea, and when severe, confusion

PREVENTION

When you are outside, drink at least 8 cups of water per day. Stay indoors when possible, and use SPF 30+.

TREATMENT

Apply cool compress and drink extra water. If serious, seek medical attention.



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7 Simple Life Hacks for Aging in Place

Bed rails

can help make getting into and out of bed easier

Zipper Pull

to help improve your ability to dress yourself

Safety strips

in your bath tub prevent falls

Tub Bars

to prevent slips when getting into the shower

Tape for Rugs

can prevent tripping and falling

