

# Our Mission

Here at **Advancare**, we place the safety of your loved one above everything else. Our mission is to ensure better quality of life for our elderly clients and their families by providing dependable and affordable healthcare. We build long lasting relationships with our clients by providing personalized plans to suit their every need.



# Welcome to Advancare

At **Advancare**, our focus is to provide compassionate in-home care for seniors and help clients avoid:

- Loss of friends and possessions.
- Loss of independence and freedom.
- Loss of spirit.

We proudly serve families in Miami and the Broward County area with experienced and dedicated caregiver services that allow clients to maintain as much independence as possible while receiving the in home care assistance and companionship they need.



A proud member of the Senior's Choice Member Network

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[www.advancare.net](http://www.advancare.net)



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## Falling & General Safety

Tips to keep you on your feet.

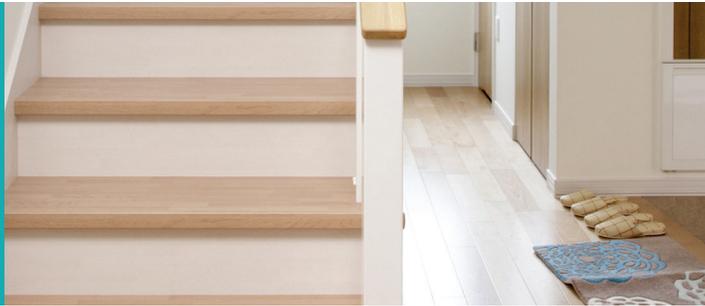
Call today for your free assessment!



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## Live in a safe and sound environment



### Questions for Loved One

When caring for an elder, it is wise to take as many safety precautions as you can in order to ensure a safe and sound living environment. Go over the following questions with your older loved one in order to get a better view of their living situation. Questions are provided with some common answers and tips.

#### Do you have any hallways, staircases, or stairwells?

*Make sure they are well lit to avoid hazards in the dark.*

*Flashlights are handy to have around the living space, especially by the bedside.*

*Avoid clutter in these tight spaces by staying neat and organized.*

*Place any cords or other hazards out of the walkway.*

*Consider putting handrails on stairs to make climbing them less of a burden.*

#### Have you been dizzy lately?

*Some medications can cause dizziness or drowsiness. Make sure a doctor reviews your medications every year.*

*Hearing loss can cause dizziness. Be sure to have your hearing checked yearly.*

#### How is your vision?

*If an obstacle can be seen, it can be easily avoided. Be sure to have your vision checked yearly.*

*If you wear glasses, make sure they are properly cleaned.*

#### Have you fallen recently?

*Avoid wearing long clothing, like robes and sundresses, which may trip you.*

*Wear slip resistant shoes to prevent sliding on slippery surfaces.*

*Visit your doctor on a regular basis, and especially after a fall. Be alert to any new injuries.*

### Some Basic Tips

- ✓ Secure any loose throw rugs or get rid of them completely.
- ✓ Place items on lower shelves.
- ✓ Sit in chairs with sturdy arms for support when getting up.
- ✓ Add railings to stairs, showers, and bathtubs if necessary.
- ✓ Use a cane or walker if needed.
- ✓ Ask for assistance when possible.

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