

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

7700 N Kendall Drive, Suite 200
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Phone: (305) 441-9794
www.advancare.net



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Extreme Weather Guidelines

Be safe when you go outside.

Call today for your free assessment!



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**Be prepared for
a storm**

Hurricane Safety

It is smart to be prepared for any natural disasters that may come your way. Hurricanes and tropical storms are very common in South Florida, so keep this guide handy.

Always have your mobile phone on you during an extreme storm. You should also be aware of any local disaster resources, like the Salvation Army, Red Cross, FEMA, and others.

Have a supply area or care package in your home with plenty of essential supplies that you might need during or after a storm. You should try and gather about 3 days worth of supplies. These supplies should include non-perishable and canned foods, bottled water, flashlights, batteries, blankets, pillows, etc.

You should keep all of your medications and other medical equipment ready in case of immediate emergency. Make sure your medical and personal information is easy to find for first responders.

It is also smart to prepare your home for an incoming storm. Use boards or shutters to protect your windows from debris picked up by the wind. Secure any loose items in your yard. Unplug as many appliances and devices as you can as to protect them from power surges.

Stay Cool in Summer Months

Summer can get very hot in South Florida. Temperatures are often well over 90 degrees. Elderly people are more prone to heat related illnesses because they are less adaptable to temperature changes. Also, many common medications taken by seniors can also affect how someone may react to hotter temperatures.

It is wise to know the symptoms of heat exhaustion and heat stroke. If a loved one exhibits any of these signs, such as cramps, dizziness, and weakness, rehydrate them and get them medical attention.

The best thing you can do is stay cool and hydrated. If you lack A/C, find a place that does have it, like a library or restaurant. Keep at least a gallon of drinking water per person refrigerated and available to drink.

If you have a medical emergency, always dial 911.

Call today for your free assessment!

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