



Replenish your strength with VHS

Frailty syndrome is an unavoidable disorder that often develops as loved ones age. Although it cannot be entirely prevented, its severity can certainly be decreased. Those who suffer from frailty encounter symptoms that include loss of balance and decreased mobility. Certain courses of action, when closely maintained, are vital in relieving these symptoms. The trusted, caring and experienced homemakers from **Visiting Homemaker Service of Hudson County (VHS)** are skilled in developing a unique regimen for clients.



Visiting Homemaker Service
Trusted. Caring. Experienced.

The repercussions of frailty syndrome can be severe, but the methods of early prevention and relief are quite simple. Those who disregard the early warning signs can easily become vulnerable to threatening health issues.

What are the symptoms of Frailty Syndrome?

- Weight and muscle loss
- Declining endurance
- Diminishing balance
- Waning mobility
- Decreasing levels of activity

Unfortunately, there is no specific treatment regimen for frailty syndrome; however, there are preventative measures that can be taken with the assistance of a trained professional. VHS caregivers are trained in planning and maintaining routines that are unique to the individual patient's needs.

- Maintaining adequate nutrition
- Frequent age-appropriate exercise
- Proper administration of medications and flu vaccines
- Early preparation for potential stressors

In addition, VHS provides assistance in performing the household chores that are often overlooked but necessary to keep a home safe. VHS caregivers help create a low-risk home environment.

- **General upkeep throughout the home** keeps things neat and obstruction-free, preventing falls that could result in serious injury
- **Performing routine housekeeping duties** lessens physical demands on clients, also preventing injury

Call today and get started! (201) 656-9012



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