



Arthritis is more than minor aches and pains

Many assume arthritis, which affects 50 percent of people age 65 and older and 22 percent of all adults, is a minor inconvenience that individuals adjust to as they age. In fact, arthritis not only affects a person's physical condition, it can also impact a person's psychological outlook and lead to depression, anxiety and, very often, serious accidents in the home due to loss of mobility. If you or someone you love suffers from chronic arthritis, see how the trusted, caring and experienced homemakers from **Visiting Homemaker Service (VHS) of Hudson County** can remedy the situation. To learn more visit vhshc.org.



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Chronic arthritis can be managed. Here's how to remedy the situation and ensure that a loved one continues to maintain independence in the home with a little help from VHS:

Registered Nurses and Social Workers provide the following services:

- Assessment of the client health status and family supports
- Monitor client's condition and responses to help in the home

With arthritis, helping with simple tasks around the home and maintaining or restoring the home to a safe condition is key to retaining independence and dignity. VHS help can prevent more serious accidents or complications down the road by providing the following services:

A **Certified Home Health Aide** can help with the activities of daily life for the client, including sustaining family support and help with personal care.

Extra Hands is a service that maintains a clean, safe home environment by providing affordable light housekeeping on a regular basis. Extra Hands is delivered by a trained and supervised Home sCare Aide.

Chore Service can clear household hazards from the home to prevent falls. This includes heavy house cleaning that returns the home to a healthy and safe condition. Usually a one-time service, Chore Service is available if seasonal help is needed.

Companion Service can help the client reduce the risk of further complications by providing a trained and supervised Home Care Aide in the home to add a measure of safety, security and companionship to a senior or loved one.

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



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