The Holiday Health Check

As loved ones age, we may find that they are more physically limited in how they get around or what kinds of activities they can do around the house. It’s important to take into consideration the physical conditions of your older loved ones, so you can ensure they are getting the care they need.

This holiday season, it may be the right time to have a conversation with your loved one about his or her health. Here are some questions that you can use to open these tough conversations — and get them on the path to getting the right care.

- Have you been having any trouble with memory loss?
- Have you been experiencing any dizziness?
- Are you recovering well from a recent injury or surgery?
- Have you been managing your heart disease, arthritis, blood pressure, etc?
- Are you experiencing any side effects from medications?
- Have you experienced any weakness in your muscles?

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