



Is it time to Call Unity?

10 Signs You May Need Home Care Assistance

Care Companions may be appropriate if you or a loved-one is...:

- Forgetting to take medications as scheduled/prescribed
- Needing more assistance with personal care and other once independent tasks
- Bathing or grooming on an infrequent basis
- Falling behind on household chores or daily tasks
- Struggling to shop for and prepare healthy meals
- Becoming less physically active, avoiding social interaction or losing interest in hobbies
- Feeling lonely, depressed, anxious, isolated or bored
- Walking with an unsteady gait or experiencing decreased mobility such as having problems getting up from a seated position
- Feeling exhausted, overwhelmed or frustrated due to the emotional and physical demands of caregiving
- Wishing to live independently at home for as long as possible



Call Unity to request a free informational visit and safety assessment in your home.

920.338.1111 or 800.990.9249

www.UnityHospice.org/CareCompanions

A caring nonprofit partnership of Bellin Health, HSHS St. Mary's Hospital Medical Center and HSHS St. Vincent Hospital