

You Don't Need One Perfect Plan

You only need to decide what would make life a little easier right now.

Start Small

A few hours once or twice a week for things like companionship, errands, meals, transportation, or light help around the house.

Solve the Immediate Problem

Sometimes care begins because something specific has changed—a fall, hospital discharge, missed meals, bathing becoming difficult, or an exhausted spouse caregiver. Start by adding support around the biggest concern right now.

Build a Weekly Routine

Regular visits on certain days can give your parent more structure and give the family dependable breaks from coordinating everything themselves.

Adjust as Needs Change

Care does not have to stay the same forever. Visits can increase, decrease, become longer, or change as your parent's needs and your family's situation change.

Your first care plan does not have to be your forever care plan.

You do not have to predict the entire future. You only need to decide what would make life a little easier, safer, or more manageable right now.

From the Sunland HOME Plan

Honor What Matters.

Observe the Pattern.

Map the Next Best Step.

Engage the Right Support.

Not sure what your parent needs? Tell us what you're seeing. We'll help you think through the next step.

Call Sunland Home Care:
480-447-8893



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SunlandHomeCareAZ.com
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