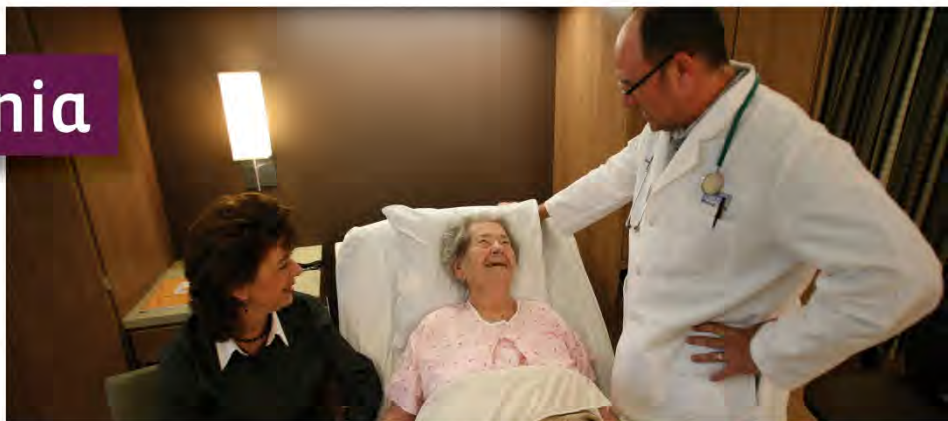


Pneumonia



Grandma Lizzie's grand day was near – she was eagerly anticipating her dismissal from the hospital. Pneumonia, which sometimes is difficult to diagnose in seniors because they don't always exhibit the classic symptoms, had sapped her energy and left her confused just two weeks earlier. Now bright-eyed and smiling, she couldn't wait to get home.

Not so fast, a doctor told the 73-year-old widow and a granddaughter who had planned to drive her home. The doctor noted how it important it was to ensure that Grandma Lizzie avoid a return trip to the hospital. He explained to them that the elderly are less likely to notice they have pneumonia until it's too late. Younger patients often visit their doctor with symptoms such as chills, shortness of breath and chest pain, but elderly sufferers are often asymptomatic. That is because their immune response is already in a somewhat weakened state.

The doctor offered a plan that included close monitoring at Grandma Lizzie's home for the coming weeks, along with other suggestions. Lizzie's granddaughter, of course, felt compelled to follow through with the doctor's plan, so her investigation into local caregivers kicked into overdrive.

The local Home Instead Senior Care® office stands ready to help a senior loved one, such as Grandma Lizzie, who is recovering at home from a bout with pneumonia. Home Instead Senior Care can help a senior transition safely from the hospital or facility through the network's Returning HomeSM Program.

How a Home Instead CAREGiver can help:

Nutrition Management: Since diet plays a big role in recovery, a CAREGiverSM can help with grocery shopping and meal preparation. Preparing healthy meals for a client offers opportunities to interact as well as a chance to observe and record the client's food intake.

Medication Reminders: A CAREGiver can pick up prescriptions and refills, and oversee medication reminders to help reduce the risk of a medication mishap. A CAREGiver also could make a note of any reactions or side effects so they can be addressed during a doctor's appointment or, if needed, alert the doctor immediately.

Exercise and Activity: Senior loved ones often are urged to maintain a daily regime of simple at-home activity or walking. A CAREGiver can remind and encourage a client to stay on schedule with exercising.

Support: Pneumonia may make an older adult very weak. Light housekeeping and assistance with bathing, dressing and toileting are other services that may be available.

Excessive Emotional Stress or Depression: It's not uncommon for a senior loved one to become anxious or depressed after returning from the hospital. A CAREGiver's companionship can help, and a CAREGiver can alert family members or the client's doctor if signs of depression appear.

Keeping Records: Many senior loved ones will be required to keep a medical diary that can be shown to a health care provider. A CAREGiver can be instrumental in helping a senior track important measurables and consistency of exercising.

Doctor Appointments: Follow-up visits to doctors are often required to ensure that an older adult's lungs are rebounding. A CAREGiver can track scheduled appointments, prepare a client for the trip and provide transportation to wherever the senior loved one needs to go.

For more information contact your local Home Instead Senior Care® office at **888.484.5759** or visit **ReturningHome.com**

Returning HomeSM

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