You need *care too*



When someone you love depends on you, finding time for yourself can be hard

You make meals, help with bathing and keep track of appointments. Somewhere along the way, you may have started putting off your own needs.

How are you doing?

You might recognize some of these changes:

- ○ **You feel tired much of the time.**
- ○ **You lose patience more easily.**
- ○ **You've put off your own health needs.**
- ○ **You rarely have time for people or activities you enjoy.**

We can help

Our caregivers can spend time with your loved one while you take a break, help with bathing and dressing, prepare meals and support familiar daily routines.

Your local Qualicare Care Advisor will ask what you're managing, learn what matters to you and your loved one, and work with you to plan support.



Let's talk about what would help

Book a Free In-Home Assessment

Qualicare Home Care
888-591-0017
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Qualicare