

Dependable & Meticulous

CAREGIVING

for Individuals with

HEART DISEASE



Living with heart disease isn't easy. A diagnosis may signify the need for more careful management of existing health conditions, as well as lifestyle changes. Professional in-home care may be what your loved one needs to improve his or her heart health.

Since 2009, Presidio's Home Care Aides have been providing specialized care to heart disease patients. Our Home Care Aides are thoroughly trained to assist with meal planning, medication management, exercise and physical therapy. Our compassionate Aides understand how difficult changes can be, and are here to provide emotional support and companionship to your loved ones.

Thoroughly Trained

In the course of the 150 hours of documented, state-accredited training, every one of our Home Care Aides has received, each has been equipped with a foundation of knowledge to understand the different types of heart disease, the nutritional needs of patients living with the condition, and how to manage other health conditions that may exacerbate it.

Observant & Vigilant

The role of a Home Care Aide is not only to help your loved one live a lifestyle that promotes heart health, but to be observant. Our Aides are on the lookout for potential health complications.



OUR APPROACH

Meal Planning



Nutrition planning is paramount when it comes to fortifying the heart and maintaining a healthy weight. Our Aides can prepare nutrient-rich meals that are lower in calories, while taking into consideration the likes and dislikes of your loved one.

At-Home Exercises



Physical activity will help make your loved one's heart muscle stronger, in addition to relieving chest pain and lowering cholesterol. Our Aides can participate in aerobic activities with your loved one and assist with physical therapy routines.

Medication Management



our loved one may be taking medications for heart disease, in addition to other medical conditions. Our Home Care Aides can assist with setting up an organization system and provide medication reminders to ensure important medications are not missed.

Be a Companion



A heart disease diagnosis may be sudden, and individuals living with heart disease may experience mood changes or loss of interest in activities. Our Aides can be there to listen and support your loved one emotionally.

