



Those Suffering From Brain Injuries May Have Special Care Needs

In honor of National Brain Injury Awareness Month, our goal is to help bring attention to this very important health issue and hopefully provide some insight for those taking care of their loved ones with a brain injury. The effects of a brain injury create new challenges for how seniors age in place. For example, they may have trouble coordinating their bodies, retaining information, or how to clearly express themselves to others. In this month's articles we provide some facts and tips on how to cope with a brain injury. If you are in need of additional assistance, consider using a caregiver to help with tasks that may be difficult, or even potentially dangerous. Contact us today at 908-484-1600 for a no obligation care assessment.



Reducing Risk of Falls in Seniors

Injuries sustained from a fall can seriously affect seniors' lives and their ability to safely live independently. According to the Centers for Disease Control and Prevention (CDC), about 36 million falls are reported among older adults every year, and about three million older adults are treated in ...

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How Brain Injury Can Affect Seniors

March is Brain Injury Awareness month and a great time to review the serious impact that traumatic and non-traumatic brain injuries can have on seniors' lives. According to the Brain Injury Association of America (BIAA), "There are more than 5.3 million individuals in the United States living with a ...

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About Our Services

Since 1996, Always Best Care has helped families with non-medical in-home care and assisted living placement services. With Always Best Care, every client receives extraordinary care in an inspiring environment with caring people. Our Care Coordinators have worked with thousands of seniors across the country. We're here to serve you!



[Visit our Website](#)



Always in Touch

A friendly phone call each weekday for seniors and disabled adults. Always in Touch provides daily socialization and the reassurance that the senior "is not alone." Click the link below to enroll.

[Enroll Today](#)



Fall Risk Assessment

Millions of elderly people are treated in emergency rooms for fall injuries every year. Let our trained professionals help assess your fall risk before it happens.

[Learn More](#)



Remote Patient Monitoring

RPM gives patients peace of mind at home by monitoring vital signs and alerting providers if medical intervention is required.

[Learn More](#)



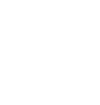
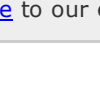
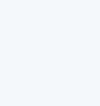
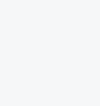
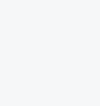
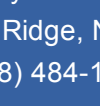
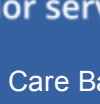
March Recipe: Broccoli and Tortellini Salad

Crisp, fresh broccoli and cheese tortellini with a creamy dressing are the basis of this salad. Raisins, sunflower seeds and red onion dress it up. This recipe is most requested at potlucks.

[Start Cooking](#)



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