



Spotlighting National Minority Mental Health Awareness Month

Mental health issues are universal, affecting many regardless of age, race, or social status. If you are concerned about an aging parent's mental health, talk about it. Let them know you're worried about them and discuss your concerns with their doctor as well. Connect them with mental health resources such as support groups or counseling. At Always Best Care, we understand the unique mental health needs of the elderly, especially among minority populations. We provide compassionate care and support, helping to bridge the gap in mental health service utilization. For more information, please contact us at 908-484-1600.

ALWAYS BEST CARE RESOURCES

Senior Care News & Insights



Fighting Back Against Osteoporosis in Aging

Your bones are a living, growing part of your body. Over time, cells break down and are replaced by new cells to

repair and rebuild bone structure. This is a continuous process. However, as you age, you may slowly lose more bone mass than your body creates, a condition known as osteoporosis. As a result, your bones may become weaker, less dense, and at greater ...

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Promoting Minority Mental Health

Did you know that July is National Minority Mental Health Awareness Month? Mental health conditions do not discriminate. They affect people of all ages, races, genders, ethnicities, and backgrounds. However, minority populations are generally less likely to have access to or seek help for mental health for a variety of reasons. It is important to raise awareness ...

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ABOUT US

Welcome to Always Best Care Basking Ridge

Since 1996, Always Best Care has helped families with in-home care and assisted living referral 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 and we're here to serve you!



SUPPORTING YOUR NEEDS

Special Care Services



Always in Touch

A friendly weekday phone call 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.

[Learn More](#)

Fall Risk Assessment

The Balance Tracking System is a computerized balance assessment tool that provides an objective, accurate and reliable measure of an individual's postural sway. Postural sway is a known indicator of balance ability and is commonly used in fall risk assessment. After an individual is tested there are five results available for interpretation.

[Learn More](#)



Always Best Care senior services®

Always Best Care Basking Ridge

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