



**Always Best Care**  
senior services®



## Spotlighting National Arthritis Awareness Month...

Arthritis is not just a condition of the elderly. It can affect nearly anyone of any age. With over 100 different types of arthritis, it can be challenging to predict who will be affected the most. In this month's articles we will discuss techniques for managing the symptoms, and provide some helpful tips if you or a loved one is suffering from arthritis. While it is important to stay active to keep your joints from becoming too stiff, keep in mind to always listen to your body so you don't overdo it. If you need some advice on living with arthritis, please contact us at (908) 484-1600 today for an individual care consultation!

### ALWAYS BEST CARE RESOURCES

## Senior Care News & Insights



**Managing the**

# Aches and Pains of Arthritis

Arthritis is a condition that can affect people of all ages, though many people associate it with older adults. Several types of arthritis are more common in seniors, but it is not specifically a disease of aging. May is National Arthritis Awareness Month and a great time to reflect on some strategies that can be beneficial in managing ...

[Read Article](#)



## 5 Benefits of Companionship for Seniors

Senior care can provide a wide range of services and supports for older adults to help them safely age in place. One valuable aspect of working with an in-home caregiver is that it provides seniors with companionship. While many seniors enjoy the independence of living in their own home, it can also become lonely if they have lost ...

[Read Article](#)

### ABOUT US

## Welcome to Always Best Care of 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!



[Visit Website](#)

**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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