

Not Sure What To Do? 

5 SIGNS

IT'S TIME TO HIRE A CAREGIVER

Don't wait until it's too late.

1



MEMORY LOSS IS AFFECTING DAILY LIFE

Missing medications, repeating questions, or forgetting appointments and meals.

2



PERSONAL HYGIENE IS DECLINING

Skipping showers, wearing the same clothes, or noticeable changes in grooming.

3



THE HOME IS BECOMING UNSAFE

Clutter, fall risks, stove left on, or missed meals and spoiled food.

4



THEY'RE ISOLATING OR SHOWING SIGNS OF DEPRESSION

Avoiding calls or visits, loss of interest in activities, or mood changes and withdrawal.

5



YOU'RE FEELING OVERWHELMED OR BURNT OUT

Constant stress, feeling guilty, exhausted, or struggling to balance work, life, and caregiving.



You don't have to *do this alone.*

Getting help early can prevent emergencies, improve quality of life, and bring peace of mind to your entire family.



SMP

COMPANIONSHIP & CARE

Compassion. Respect. Peace of Mind.



Let's Talk About Your Situation

227-204-8667

Care can start in as little as 48 hours.

- ✓ Personalized caregiver matching
- ✓ Compassionate, trained professionals
- ✓ Support for both you and your loved one



SERVING PRINCE WILLIAM COUNTY, FAIRFAX, STAFFORD & SURROUNDING AREAS