



Home Care Guide

JULY 2026

Helpful tips and meaningful reminders for families caring for older loved ones.



1. UV Safety for Seniors

Protect older adults from the summer sun. Use sunscreen, wear a hat and light clothing, stay hydrated, and spend time in the shade or indoors during peak hours.



2. Celebrate Independence Safely

Enjoy Fourth of July festivities while staying cool and hydrated. Choose safe viewing spots for fireworks, keep walkways clear, and take breaks in the shade.



3. Supporting Veterans at Home

Trusted Hands proudly provides compassionate in-home care for veterans and military families. Our caregivers help with daily routines, companionship, and personal support so those who served can continue living safely and independently at home.

You served our country. Let us serve you.



4. Summer Memory Activity

Bring old family photos outdoors and share favorite memories. These conversations strengthen connection, spark joy, and help support memory and well-being.

A
Summer
WORTH
Remembering



July is the perfect time to enjoy sunshine, celebrate family traditions, and make lasting memories.

Whether you're caring for an aging parent or looking for support for a veteran or military family member, **Trusted Hands Senior Care** is here to help every step of the way.



Trusted Hands Senior Care
COMPASSIONATE CARE.
TRUSTED SUPPORT.

