

Benefits of In-Home Nursing Care: Nutrition

At **CNS Cares**, we understand as individuals age, their nutritional needs undergo significant changes. In this issue of CareBeat, we highlight how in-home nursing care to support your nutrition goals

Tailored Nutritional Support for Seniors

As individuals age, their nutritional requirements change that necessitates a more specialized approach to diet. Our experienced nurses are knowledgeable and equipped to provide personalized nutritional counseling, ensuring patients receive meals that are wholesome and customized to their unique needs.

Comprehensive Meal Planning & Assistance

Meal planning can be challenging, especially when health concerns are in the picture. Our in-home nursing care team is skilled in aiding patients with meal planning, taking into account their specific dietary restrictions and preferences. We also assist in identifying external resources that can further support access to nutritious foods to support a healthy diet.

Promoting Recovery Through Proper Nutrition

Proper nutrition is key to a successful recovery process. Our in-home nursing care ensures that patients recovering from health setbacks receive the nourishment they need. By addressing nutritional needs along with each patients' medical requirements, we support successful short-term recovery and long-term well-being.

Collaboration with Health Care Professionals

Our nursing team collaborates closely with your physician to formulate care plans that address medical conditions and incorporate essential dietary considerations. This holistic approach ensures that patients receive comprehensive care that promotes their overall health and resilience.

Monitoring for Nutritional Well-Being

During our regular nursing visits, we monitor all aspects of patients' health including nutrition. Recognizing the importance of maintaining a healthy weight and preventing malnutrition, our nurses keep a watchful eye on weight fluctuations and inadequate nutrition. This proactive approach allows for timely intervention, safeguarding patients' well-being.

Hydration Management for Longevity

Staying adequately hydrated is crucial for everyone. Many seniors tend to consume insufficient fluids, which can lead to chronic dehydration. Our nursing team closely monitors fluid intake and offers encouragement to ensure that dehydration is prevented, contributing to improved vitality and longevity.

Elevating Health Through Proper Nutrition

At CNS Cares, we believe that good nutrition is fundamental to good health. Our highly trained, experienced nurses optimize our patients' nutritional intake, enabling them to derive the maximum benefit from their diets to help them lead healthier lives.

To learn more about how you can benefit from in-home nursing care, talk to our Care Team at **877-259-9001** or email info@CNSCares.com

At CNS Cares, we understand that personalized care in the familiarity of your home is invaluable, and our team of compassionate nurses is here to support you every step of the way. Our In-Home Health Cares services are a benefit for qualified individuals who have a Department of Labor White Card. We can help you determine if you qualify to receive a White Card and provide support to file your claim.