



**Comfort
Keepers®**

Elevating the
Human Spirit™



Mental health matters

Did you know?

- One in three seniors experience **loneliness**
- One in four experience social **isolation**
- Up to 25% of adults aged 65 and older have a mental health condition, including **depression**
- More than 60% of caregivers say caring for their loved one has increased their level of **anxiety** and worry

We can help

At Comfort Keepers®, we recognize the importance of mental well-being, especially for seniors who may spend long hours alone each day. We also understand the emotional challenges faced by family members caring for their elderly loved ones. We're here to support both seniors and their families, ensuring they feel valued, connected and cared for.

Our approach to holistic senior care

We believe in addressing the emotional, social and physical needs of every individual.

Providing emotional support for families:

Offering guidance and resources to help family members better understand and support their loved ones' needs while prioritizing their own well-being.

Personalized companionship: Compassionate caregivers who recognize the signs of mental stress and provide empathetic support. They encourage engagement in hobbies, games and mentally stimulating activities to help reduce feelings of isolation.

We're here for you

- Large, specialty trained caregiving staff
- Fast scheduling
- Individualized care coordination
- Specialized care assessments and plans
- Health, wellness & safety monitoring
- Experts in Long-Term Care Insurance
- Experts in Veterans benefits

Support your loved one's mental well-being -
connect with us today!

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