



February is National Senior Independence Month

At Freedom Home Care we want to help aging adults remain in control of their daily lives. National Senior Independence Month encourages aging adults to evaluate their current living situation, notice their strengths and weaknesses in their daily routines and make adjustments to have a better quality of life. Minor adjustments can provide huge improvements for aging adults.

We have a number of programs listed below to help aging adults with those minor adjustments while still retaining their independence.

Freedom Programs

- [Back to Home](#)
- [Dementia Care](#)
- [Fall Prevention](#)
- [Dual Discharge](#)
- [Hospice Care](#)
- [Case Management](#)

For more information about FHC programs contact [Christine](#).

Ask the Expert

How can I battle the winter blues?

Christine Nessler explains how Freedom Home Care can help isolated aging adults through the lonely winter months.

[Find out more.](#)

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