



KNOW THE SIGNS SO YOU CAN BE PROACTIVE: WHEN TO CALL LIFESPRK

Proactive Planning to Maintain Health & Independence

The best time to explore senior care options is when you are healthy and independent, to maintain the 'spark' as we call it at Lifesprk. It's often the small, overlooked signs that lead to bigger more costly issues down the road that may jeopardize your health and independence. For others though, it may be that a health care crisis has occurred and you want to get back on track and prevent a future one.

Lifesprk Life Care Managers (nurses) and Navigators meet you wherever you are to develop the plan to help you live the healthiest, most independent life possible. Here are some of the reasons you should call Lifesprk to see how our whole person senior care model could help:

If there has been...

- An increase in frequency to the hospital, ER or clinic
- An exacerbation of a chronic disease or new diagnosis
- Concerns about thinking and memory
- Changes in health or wellness – pain, decreased mobility, decreased energy
- Consideration about giving up driving
- An increase or change in medications
- Unintended weight loss or gain
- A plan to move in the next year – interest in understanding options
- Support system overloaded and burned out
- Loss of spouse or significant caregiver
- Concern for senior's safety and well-being

If the senior is interested in...

- Giving family support and peace of mind
- Maintaining or increasing well-being
- Becoming more social and less isolated
- Creating a legacy document for future generations
- Avoiding a future health crisis

Call 24/7 at 952-345-0919

Or email ShineOn@lifesprk.com for questions about being proactive with your health.

"If you have something like Lifesprk, it is like having an insurance policy – if something happens, they're here for you. Lifesprk provides someone who can come check out situations so it's not a crisis for you, and your loved one gets help fast without going to the ER."

LAURA,

Daughter of Memory Care Client



"Lifesprk helped us make decisions. It's nice to contact someone and get answers – not fragmented. Have a conversation early with your parents. You want to take care of them, but better to plan and have the conversation. Lifesprk is a wonderful addition."

TARA WATERS,

Daughter of Lifesprk Client

"We all had been dreading (and avoiding) this topic for several years, for various reasons. One hour with Lifesprk changed everything. [Our Lifesprk Navigator] empowered us to recognize the value of starting early, he encouraged us to have fun with the process, and he gave us the gift of remembering this is truly an act of love."

KAREN PETERSON, BSN,

Executive Director, Honoring Choices