

Caring for Loved Ones with Mobility Challenges

When your loved one has mobility challenges due to a **spinal cord injury, multiple sclerosis, stroke, muscular dystrophy, cerebral palsy, fibromyalgia, scoliosis**, or other conditions, respecting their independence while ensuring their safety can be a delicate balancing act.

Family First's Care Experts understand this and can assist looking into mobility devices, finding available physical and occupational therapists in your community, and researching transportation options – all while supporting you as a caregiver.

Family First's Care Experts will work with you to improve the quality of life for your loved one receiving care, for your family, and for you.

Let us help:

- + Develop a Caregiving Blueprint
- + Review assistive technology solutions
- + Coordinate medical appointments and support insurance navigation
- + Assess and address safety issues
- + Explore home modification needs
- + Create opportunities for caregivers to recharge from caregiving responsibilities

