

December is Advanced Aging & Frailty Awareness Month

Recognizing When Aging and Frailty Signal the Need for Extra Support

Educational Insight

Frailty is more than aging — it's the body's gradual loss of strength, resilience, and ability to recover. Patients experiencing advanced frailty are at higher risk for falls, weight loss, hospitalizations, and rapid decline after illness. Hospice and palliative care can be life-changing for these individuals and their families by focusing on safety, comfort, and preserving independence as long as possible.

Consider a Palliative Care Referral When:

- Progressive weakness, fatigue, or decreased mobility
- Unintentional weight loss or poor appetite
- Multiple chronic conditions with frequent medication changes
- Recurrent hospitalizations or ED visits
- Family or caregiver burnout

Consider Hospice When:

- Dependence with most or all activities of daily living
- Recurrent infections (UTIs, pneumonia)
- Unintentional weight loss >10% in 6 months
- Multiple falls or fractures
- Rapid overall decline in function, cognition, or energy despite interventions

How We Help

Our care team provides:

- Expert symptom management for fatigue, pain, anxiety, or breathlessness
- Education and emotional support for caregivers
- Coordination with the care team to prevent avoidable hospitalizations
- A holistic focus on comfort, dignity, and maintaining quality of life

Our Shared Goal:

To help aging individuals live their remaining days or years with peace, comfort, and meaning — wherever they call home.

Why Families Choose WesleyLife

- Admission 7 days/week, including holidays
- Available to admit 24/7
- Full-time on-call clinical support
- Dedicated and compassionate staff



Wherever you are on the path...

Curative and Palliative Care

Hopeful, Treatment-Focused

- Exploring care options with openness and compassion
- Easing symptoms alongside ongoing treatments
- Helping families make informed choices
- Building trust and preparing for what's ahead

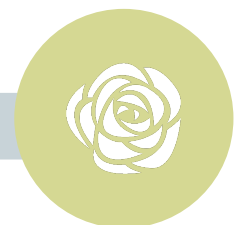


Hospice Care

Comfort, Presence, Dignity

- Focus on quality of life
- 24/7 availability and on-call support
- Daily visits during final days of life

... we're here to walk it with you.



Family Support and Legacy

Navigating Loss With Love

- Emotional and spiritual support
- Legacy planning and life celebration
- Grief support for families