



About Us



Our Services

MONTHLY HIGHLIGHTS APRIL 2022

Alcohol Awareness Month



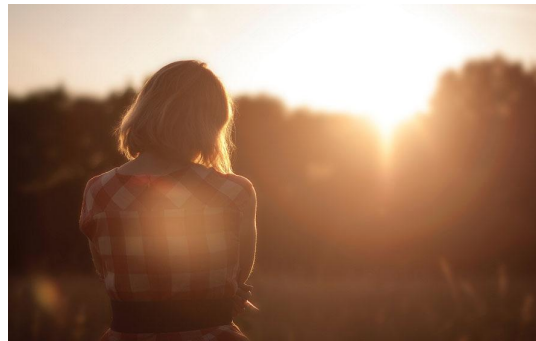
Alcohol & Aging: Impacts of Alcohol Abuse on the Elderly

Alcohol is the most used substance among adults aged 65 or older, and alcoholism is a serious disease affecting many older adults.

It's estimated that one-third of older individuals suffering from alcohol use disorder developed the problem later in life. In addition, some studies indicate that binge drinking among older adults has increased in recent years.

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Autism Awareness Month



7 Signs of Mild Autism in Older Adults

Many older adults have symptoms of autism spectrum disorder (ASD) but remain undiagnosed. The reason? They reached adulthood before public and clinical awareness of ASD increased and before the current diagnostic criteria for ASD were formulated.

Additionally, mild or high-functioning autism is particularly easy to overlook by loved ones and medical professionals alike, as symptoms are not always obvious and misdiagnoses are common.

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Managing Asthma with Springtime Allergies

Spring can be a beautiful time of year – but also a frustrating one for those who suffer from allergies and asthma.

Buds are starting to grow, birds are back to singing, and greenery is making its return. The spring season is a beautiful one – but unfortunately, it also brings with allergens with it.

Shahzad Mustafa, MD, is an allergist with Rochester Regional Health and shares advice on how to keep on top of those allergens that may trigger allergies and asthma.

[READ MORE...](#)

EASTER RICE KRISPIE TREATS (NO BAKE!): FAST & FESTIVE WITH A SURPRISE INGREDIENT!



Easter Rice Krispie Treats are festive, fun to make and FAST! And you'll never guess what gives them their happy colors! With Easter just a hop away this sweet treat is festive as well as fast and easy to make!

These Easter Rice Krispie Treats are bright and bold. They are colored withwait for it.....

[READ MORE](#)

The National Council on Aging (NCOA) is a respected national leader and trusted partner helping older adults meet the challenges of aging through services like BenefitsCheckUp®.

BenefitsCheckUp® is a comprehensive, **free** online tool that connects older adults with benefits they may qualify for.

Step 1

- Answer some questions
- Review your initial results or enter more details to personalize your report.

Step 2

- Get your report
- Provide more information to get a customized report of benefits you're most likely to qualify for.

Step 3

- See how to apply
- Review your custom report, learn more about benefits, and start enrolling in programs.

[READ MORE...](#)

Kith Elder Care serves Philadelphia, Montgomery, Delaware, Chester, and Bucks Counties

Contact **Kith Elder Care** for a **FREE** consultation at 215.880.3541

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