

Physical Health Optimization Network

Optimizing physical health means to continually improve one's physical well-being, even in the absence of illness.

"Care like family."
-Neil Anand-

Neil Anand is the owner of ComForCare Home Care. He has worked in industries other than health care, but continuously found himself drawn back to the industry.

I felt the compassion in Neil's voice when he spoke about his work and clients. When working or simply being a friend to others, Neil's principle of "care like family" allows him to be the best friend and advocate for those around him. Neil's career is both physically and mentally challenging. He often puts others before himself. He also knows he must care for himself in order to be fit to care for others, and he implements routines, social gatherings, and activities to maintain his well-being.

Neil often speaks of his client as a family members. When asked to share an experience about working in health care, Neil shared an example of how his work and personal life is physically and mentally affected by his clients. Neil states that by working with the aging population, he has experienced client loss. Although he receives great reviews, thank yous, and recommendations from his clients' families regarding his services, Neil realizes the loved ones left behind, are unaware that he is also grieving.

Neil continuously fine-tunes his service to provide quality care to his clients. He stands by his rule that his clients are always in full control. Through information gathering, he creates a customized care plan, allowing his clients to maintain their routines and preferences. In addition to helping seniors, Neil's role is to support the broken areas that limit his clients' participation in their activities of choice. Neil is passionate about providing services to families who may require childcare, individuals with disabilities due to work or other injuries, new and expecting moms in delicate health conditions who require a little extra help before or after birth and much more. Contact him with your unique situation, and he may be able to help.



Neil uses a vast network of resources to help his clients and their families make informed decisions about their loved one's care. Remember, whether it's due to injury, illness, or aging, everyone needs a little extra help sometimes, especially at home. However, family members and friends can't always be there to assist their loved ones. That's where ComForCare Home Care comes in. With personalized care plans and compassion, living your best life possible independently in your home is possible with Neil

Contact: Neil Anand

Address: 1700 Post Road, Suite E5 Fairfield, CT 06824

Email; nanand@comforcare.com Web: www.comforcare.com/fairfieldct

Tel: (203) 612-8966

WholePerson Therapeutics LLC is owned and operated by a licensed occupational therapist. The role of an occupational therapist is to restore, adapt, or compensate a person's ability to complete and participate in activities independently. For individuals who require additional services for safety and independence, we recommend ComForCare. We also recommend Neil for caregivers who may need a respite day while knowing their loved one is safe and happy.

Until next time...