

Senior Care Services Provided

@Home companionship

- Read books, magazines, newspapers
- Puzzles, word games
- Visit
- Play cards
- Hobbies and leisure activities
- Record favorite TV programs, movies
- Go for walks

Miscellaneous shopping/errands/transportation

- Take to religious services/functions
- Take to store as needed
- Buy gifts/cards
- Take to appointments (i.e., doctor, hair, spa, physical therapy)
- Mail letters, packages
- Pick up prescriptions
- Drop off and pick up dry cleaning
- Transport to/from airport

@Home care

- Assist with showers or baths
- Sponge bathe
- Assist with clothes selection
- Assist with dressing
- Cut nails
- Help brush teeth
- Assist with shaving
- Help with toilet needs

Provide respite for family caregivers

@Home help

- Light housecleaning
- Laundry, mending
- Organize mail
- Maintain a calendar
- Schedule appointments
- Yard work/gardening
- Make beds
- Care for houseplants
- Remove garbage
- Provide basic computer help – set-up, education and support
- Organize and clean out closets and drawers
- Keep calendar of important occasions, buy cards and gifts as needed, wrap, mail and/or deliver
- Keep pantry and refrigerator clean
- Ensure food is not expired
- Indoor seasonal decorations

Basic handyman services

- Change light bulbs
- Change smoke alarm batteries
- Outdoor seasonal decorations
- Arrange for hired help when needed
- Supervise hired home maintenance

Visit neighbors/friends

- Transport to and from house of neighbor/friend
- Assist with any needs while visiting
- Arrange to have friends/neighbors visit client
- Prepare and serve drinks, snacks during in home visits



Senior Care Services Provided



@Home care for pets

- Take pet to the vet or the groomer
- Feed pets
- Take dogs on walks
- Pet waste removal
- Buy pet supplies/food
- Change litter box
- Clean cages

Outings to local attractions

- Escort to plays, concerts, and movies
- Escort to sporting events
- Escort to social events, luncheons, dinners
- Escort to special family events (weddings, graduations, funerals)
- Take out to eat

Reminisce and record personal history

- Document family and/or personal history
- Sort through and digitize photos and other memorabilia
- Document people in photos
- Create photo books, albums, electronic diaries
- Scrapbooking

Remind Client to:

- Take medications
- Pay bills
- Stay nourished

Meal planning

- Make menu
- Get groceries
- Prepare meals as needed
- Prepare meals in advance
- Bake snacks and desserts
- Clean up after meals

Assist with communication

- Emails
- Letter writing
- Phone Calls
- Bill paying

Provide short term help while recovering from surgery or an illness

Restrictions:

- Cannot provide any medical support, i.e., change bandages, wound care, distribute or administer medications
- Emergency personal will be contacted in medical emergencies
- Cannot lift client – client must be mobile (minimal help/support can be provided)
- Not trained in physical, occupational, or speech therapy