

COMPANIONSHIP SERVICES

- Help alleviate stress, anxiety, loneliness
- Stimulate mental awareness
- Coordinate & remind about appointments
- Maintain personal calendar
- Record family history, organize photos/scrapbook
- Aid with reading (read aloud)
- Play games & cards
- Assist with hobbies & crafts
- Conversation: reminisce, discuss current & historical events
- Rent/play movies, DVDs, monitor TV usage
- Read religious materials, spiritual support
- Encourage walking, exercise or outings, fitness classes
- Escort for shopping/errands (post office, grocery store, library, etc.)
- Escort to: church, restaurants, sporting events, plays, club meetings, weddings, funerals, concerts, etc.
- Report observed changes in mental or physical abilities
- Answer telephone & door, receive deliveries
- Report suspicious phone calls or visitors
- Escort to visits at hospital or nursing facilities
- Plan special events, visits, day trips, sightseeing
- Accompany to doctor's appointments
- Shopping for clothing and personal care items

PERSONAL SERVICES

- Morning & nighttime routines
- Clothing selection & dressing
- Brushing teeth/dentures & shaving
- File nails/apply nail polish
- Medication reminders
- Bathing, showers, bed baths
- Incontinence (depends, catheter bag, bed pan)
- Mobility & stability
- Eating, drinking & hydration
- Brushing, styling & setting hair
- Support hose & braces
- Non-sterile wound care & bandages
- Hearing aids & batteries
- Maintenance of eye glasses & contacts
- Fill pill boxes or touch pills*
*Inquire about nurse to fill pillboxes for an additional charge.

HOME HELPER SERVICES

- Laundry, ironing & mending
- Trash & recycling
- Make bed & change linens
- Dusting, vacuuming, mopping
- Clean bathroom & kitchen surfaces
- Load/unload dishwasher
- Light yard work & gardening
- Pet care, dog walking
- Fill bird feeders
- Test/maintain smoke & CO detectors
- Help with holiday decorations, gifts, cards
- Remove clutter
- Monitor & report home safety issues/recommend improvements
- Organize & clean out closets
- Remove snow and ice from walkways
- Replace light bulbs

Meal Planning & Preparation

- Help plan meals & prepare grocery lists
- Grocery shopping
- Clean/organize refrigerator & pantry
- Dispose of spoiled/outdated foods
- Prepare meals & future meals
- Encourage compliance with special diets
- Record & arrange recipes

Transportation and Errands

- Call in and pick-up prescriptions
- Drop off and pick up dry cleaning
- Purchase gifts and cards
- Go to post office, mail packages
- Go to cemetery, place flowers
- Help with travel preparations & airport transportation

What We Can't Do:

- Administer medications
- Lift more than 25 lbs.
- Clip finger or toe nails
- Interpret vital signs or glucose levels
- Provide sterile wound care
- Provide medical advice or opinions
- Give injections or suction a mouth
- Change or adjust oxygen
- Perform physical therapy
- Give a full-body massage
- Perform tube/intravenous feedings
- Provide infusion therapy
- Bill paying or financial transactions

