



DAY TO DAY SERVICES

- Wellness checks
- Companionship
- Meal prep
- Light housekeeping
- Laundry
- Managing incoming mail and scanning mail to POA or family member
- Organization
- Help with technology, cell phones, computers
- Manage calendar of events with reminders
- Schedule home repair appointments
- Feed animals

WELLNESS

- Case management
- Nutrition
- Medication reminders
- Schedule doctor and dentist appointments
- Help with physical and occupational therapy exercises to improve physical functioning
- Cognitive stimulation with games, coloring and talk down memory lane
- Manage their safety with assistive devices to help with fall prevention
- Neighborhood or community walks
- Initiate home health for nursing, occupational therapy and physical therapy to improve physical functioning, fall prevention and disease management
- Can order an assessment for medical devices such as walkers, wheel chairs, raised toilet seats, shower chairs, lift chairs, grab bars

ESCORT & TRANSPORTATION

- Sitter services at the hospital
- Grocery shopping
- Dry cleaning pick-up
- Beauty salon or nail appointments
- Lunch dates with friends
- Senior center activities
- Sunday drives every day of the week
- Activities in the community
- Assist with going to doctor appointments

FAMILY

- Respite for family members
- Facetime calls
- Notary services
- Weekly billing with documentation provided of events
- Long term care planning
- House sitting services
- Wellness checks when family is on vacation
- Snowbird/Vacation home check-ins
- Preservation of assets by having no minimum hours required

COMMUNITY RESOURCES

Referrals to Vetted Community Partners

- Home health to improve physical functioning
- Fall protection devices for safety
- Continuum of care and referrals for placement
- Nurse delegation
- Medical management
- Hospice and Palliative care
- Foot care
- Elder Law attorneys for any legal paperwork that needs to be updated or started
- Wealth manager to preserve assets for long term care planning
- Realtor referrals
- Moving and downsizing professionals
- Veteran assistance
- Grandpad distributor
- Medication management

COMMUNITY PARTNERING

Transitional Personal Assistant Services

- Offer monthly subscription services to utilize those hours as you see fit
- Will work with your waitlist and offer assistance in their home until they are ready or you have an opening to have them join your community
- Will escort to doctor's appointments and report findings to family members and Director of Nursing if client lives in a retirement community
- Companionship services
- Meet their neighbors with cookies
- Assist them to activities
- Familiarize them with the layout of their new home and community
- Shopping for any necessary items
- Unpacking