Age at Home by Agrace

Menu of Services

PERSONAL ASSISTANCE

- ❑ Bathing, grooming, hygiene and dressing assistance
- ❑ Mobility assistance
- ❑ Toileting, transfers and incontinence care
- ❑ Medication reminders and assistance
- ❑ Feeding assistance
- ❑ Daily exercise support
- ❑ Help reducing risk of slips and falls
- ❑ Help with turning and range of motion

HOUSEKEEPING SERVICES

- ❑ Meal preparation and clean-up
- ❑ Diet and nutrition monitoring
- ❑ Grocery list preparation
- ❑ Mail letters, bills, packages
- ❑ Mail and personal document organization
- ❑ Pet care (litterbox, feeding, brushing, walks, etc.)
- ❑ House cleaning
- ❑ Making beds and changing linens
- ❑ Washing laundry and putting away clothes

OUTDOOR ACTIVITIES

- ❑ Taking walks with the client
- ❑ Bringing in mail and newspapers
- ❑ Assistance with gardening
- ❑ Coordinating lawn care, snow removal and maintenance
- ❑ Taking out the garbage/recycling

SOCIALIZING and RELATIONSHIPS

- ❑ Companionship
- ❑ Coordinating social functions and visits
- ❑ Scheduling appointments
- ❑ Assisting with letterwriting and mail
- ❑ Communicating with family members
- ❑ Connecting with family and friends through social media

TRANSPORTATION

Services are available in either the client's vehicle (no additional fee) or caregiver's vehicle (per mile charge).

- ❑ Running errands (grocery shopping, bank, pharmacy, etc.)
- ❑ Providing transportation to grocery store, bank, appointments, religious and social activities, etc.
- ❑ Providing transportation to visit friends, family and neighbors
- ❑ Escorting client to breakfast, lunch, dinner

SPECIALTY SERVICES

- ❑ **Home safety check**
  Staff from Age at Home will come to the client's home to conduct a safety check and provide a printed report with the results.

- ❑ **Family caregiver coaching/Caregiver website**
  Clients and their caregivers will receive access to Age at Home's caregiver website, which provides tips and resources for caregivers. Upon request, Age at Home will coach family caregivers who assist in caring for loved ones.

- ❑ **Facility services**
  Caregivers are available to sit with and monitor a client during the client's stay in a hospital, rehab unit, sub-acute-care or skilled-nursing facility, memory-care unit or hospice.

- ❑ **24/7 care**
  Caregivers are available in the home 24/7 while providing care from our menu of services.

- ❑ **Overnight services**
  Caregivers are available to assist client with preparing for bed and any needs throughout the night. This service can be performed on an 8- to 12-hour basis.

- ❑ **Discharge/outpatient services**
  Caregivers are available to assist clients during admission to and/or discharge from a hospital, nursing facility, outpatient clinic or surgery center; caregivers accompany clients while transferring between the facility and their place of residence, and remain until client is settled.

- ❑ **Cognitive-support programming**
  Client-specific care planning for those suffering from Alzheimer's, dementia or other cognitive challenges; an individualized approach ensures care takes into account the client's life history, routines and preferences.

If there are other services we can provide to meet your needs, please ask.