

# Age Advantage Care Check List

## TO ENHANCE YOUR LIFESTYLE WE OFFER:

### Our companion care services:

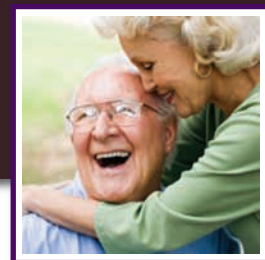
- Companionship
- Light housekeeping: laundry, changing bed linens, tidying, washing dishes, taking out the garbage, dusting, vacuuming, and helping organize household items.
- Meal preparation and cleanup
- Assistance with special diets
- Medication reminders and monitoring
- Help with clothes selection and dress
- Styling hair, makeup application, and shaving
- Light exercise/walking
- Shopping: general and grocery
- Plan and escort to Dr. appointments, beauty salons, and social activities
- Attend social activities such as: lectures, plays, church, and concerts
- Drop off and pick up prescriptions
- Help sort incoming and outgoing mail
- Letter writing
- Mail letters and packages
- Special occasion reminders
- Reading
- Help with pet and plant care
- Help with simple flower gardening
- Arrange and oversee home care services such as maintenance, deliveries, etc.
- Encourage and participate with hobbies and crafts
- Simple sewing assistance
- Record personal memories

### Our personal care services:

- Provide stabilization and assistance with showering and bathing
- Bed baths
- Assist with toileting, brief care, and bed pans
- Assistance with colostomy care
- Transfers: client weight bearing and non-weight bearing
- Slide board and Hoyer lifts
- Assist with eating
- Home exercising and range of motion
- Log physical activities, medication compliance, and health status

*...And more, please ask us*

*"Thank you so much for providing such good caregivers to care for my husband. I was especially grateful when you sent someone on short notice when I desperately needed help! I plan to recommend your service to anyone I know who needs home care." Thank you again, Rosemary P.*



WHERE PEOPLE MATTER MOST!