

## Companionship Services

### Cognitive Stimulation

- Play Games and Cards
- Puzzles
- Read Aloud
- Reminisce about the Past
- Develop and Participate in Crafts
- Renting / Watching Movies
- Assistance writing Letters / Correspondence
- Community Integration

### Organization

- Sorting of Mail
- Arrange Appointments
- Monitoring of Food Expiration
- Supervise Home Maintenance
- Preparation of Grocery Lists
- Cleaning out Closets

### Community Integration

- Plan Visits and Outings
- Escort to Senior Center
- Visits to Neighbors and Friends
- Attend Religious Services

### Basic Pet Care

## Homemaker Services

### Housecleaning

- Vacuuming
- Dusting
- Dry and Wet Mopping
- Dishwashing
- Cleaning the Kitchen and Bathroom
- Changing Bed Linens
- Emptying Trash and Recycling

### Transportation

- Escort to Appointments
- Accompany to Leisure Activities Restaurants, Museums, Fairs, Movies, and Many More!

### Meal Preparation

- Menu Planning
- Preparation of meals

### Laundry

- Wash and Dry Personal Clothes
- Wash and Dry linens and bedding
- Ironing

### Shopping

## Home Health Aide Services

### Cognitive Stimulation

- Showers – Standing & Sitting
- Bathing – Bathtub & Sponge Baths

### Grooming

- Nail, Oral, Hair, Skin, and Foot Care (Soaks)
- Shaving

### Toileting and Continence Care

- Bedpan / Commode Routines
- Changing Undergarments
- Emptying of Catheter Bags & Urinals

### Respiratory Care

- Inhalers
- Oxygen

### Mobility

- Assist with Transfers
- Assist with Ambulation
- Assist with Hoyer Lift

### Dressing

- Assistance with Clothing
- Assistance with TED Stockings

### Exercise

- Range of Motion
- Outdoor Exercise i.e. Walking

### Tracking Procedures

- Vital Signs
- Bowel Movements
- Blood-Sugar Levels
- Household Cleaning Chores

### Medication Reminders & Assistance

### Monitoring of Vital Signs

## Skilled Nursing Services

### Medication Management

### Monitoring of Vital Signs

### Safety Assessment

### Wound Care

### Case Management

### Catheter Changes

## Additional Services

### End of Life Care

### Alzheimer's Care

### Dementia Care

### Diabetic Care

### Respite Care

### Parkinson's Disease Care

### Cancer Care

### Post-Operative Care