## 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

### 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**

**Safety Assessment**

**Wound Care**

**Case Management**

**Catheter Changes**

### Additional Services

**End of Life Care**

**Diabetic Care**

**Cancer Care**

**Alzheimer’s Care**

**Respite Care**

**Post-Operative Care**

**Dementia Care**

**Parkinson’s Disease Care**

### Full List of Services

- Full List of Services