

## How do I know if personal care home and community based services are right for me?

Every patient's recovery is different. Some require ongoing care, while others need service for only a few hours each week. Personal care services are available 24 hours a day, seven days a week to help patients and families attain the quality of life they deserve.

Our personal care home and community based services program is an affordable option that offers a wide range of services. Our program offers personal care aide services.

A personal care services caregiver acts as a personal assistant. They are homemakers, bath aids, live-in companions, home care aides, and personal attendants.

We work with you and your family to tailor caregiver tasks and schedules specifically to your needs. This is especially helpful when you or a loved one are managing the challenges of a chronic disease or recovering from an illness or injury.

Caregivers will come to your home or assisted living facility and help with day-to-day needs.

Services include:

- Assistance with grooming, bathing, and dressing
- Medication reminders
- Meal preparation and assistance with feeding
- Light housekeeping
- Respite care
- Caring companionship and socializing
- Errand services (grocery store, post office, etc.)
- Transportation (doctor's appointments, church services, hair appointments, etc.)
- Mobility, transferring, and positioning assistance
- Toileting or incontinence care
- Oral hygiene
- Sitting with hospitalized patients

Contact your local provider today for more information.

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