

## Our Services

Our services are customized to meet your individual needs. We pride ourselves on being flexible. If your care needs change, we can adjust our services and schedule to best meet your needs. We are available when you need us from a few hours a day up to 24 hour care. Highly qualified and trained caregivers are ready to help with a variety of daily activities including:

### Companion / Homemaking

#### Homemaking

- Dust and vacuum
- Clean kitchen
- Clean bathrooms
  - Bathtub
  - Shower
  - Sinks
  - Toilet
- Organize closets
- Make beds and change the linens
- Laundry and ironing
- Mend clothes
- Wash dishes
- Take out trash
- Water plants
- Pet care – feeding/exercising
- Supervise home maintenance such as housecleaning, plumber, gardener, etc.
- Answer the phone
- Answer the door
- Appointment reminders
- Medication reminders

#### Warm companionship

- Assist with entertainment preparations, hosting, serving and cleaning up
- Plan visits and outings
- Encouragement and comfort
- Conversation
- Play board games
- Reading to client
- Do crossword puzzles
- Arts and crafts projects
- Cook together
- Walking
- Garden

#### Errands & Transportation

- Grocery and clothes shopping
- Pick up prescriptions
- Doctor appointments
- Make bank deposits
- Sort bills, read mail, write letters
- Theater and movie events
- Dine out for breakfast, lunch or dinner
- Drive to family gatherings
- Assisting with entertaining
- Drop off/pick up dry-cleaning
- Buy stamps, mail packages
- Attend church services
- Run other errands as requested
- Attend doctor appointments with client and document as requested

#### Meal Preparation

- Monitor diet and plan meals
- Prepare grocery lists
- Check for food expirations
- Planning, cooking and serving meals
- Hydration reminders
- Clean-up after meal preparation
- Clean counters and appliances
- Baking for Holidays / Special Occasions

#### Overnight Services (12 hour shifts)

- Awake shifts
- Prepare breakfast and clean up in the morning

**Personal Assistant Services:**

- Minor Alzheimer's and Dementia Care
- Assisting with dressing
- Assisting with grooming
- Buttoning garments
- Tying shoes
- Help putting on shoes

**Personal Care Services:**

- Medium to Severe Alzheimer's and Dementia Care
- Assist with walking and light exercises
- Ambulation
- Mobility and transfer assistance
  - o Chair to bed
  - o Chair to toilet
  - o Bed to chair
- Bathing
- Showering
- Bed Baths
- Assist with dressing and grooming
- Assist with toileting
- Incontinence care
- Changing briefs
- Emptying Catheter Bags
- Dressing
- Positioning in bed
- Feeding
- Skin Care

**Transforming Dementia Care**

We are dedicated to **Transforming Dementia Care** and helping your loved one living with the debilitating effects of Alzheimer's or other dementias remain at home while enjoying the highest quality of life possible.

Live Well at Home by Eskaton combines the expertise of our Care Navigators and Live Well Transforming Dementia Care Partners, to bring your loved one and family an in-depth, person-centered, activities-based memory care program at home.

**Call us for information.**

**We Provide Care Wherever You Live**  
Live Well at Home can also provide care for your loved one even if they no longer live at home. In fact, our caregivers routinely provide care in a variety of settings:

- **Independent Living Facilities**
- **Assisted Living Facilities**
- **Continuing Care Retirement Facilities**
- **Skilled Nursing Facilities**
- **Nursing Homes**
- **Rehabilitation Centers**
- **Hospitals (sitter services in addition to other care)**

We also provide **discharge services** if your loved one is leaving a hospital, skilled nursing facility or rehabilitation center.