

Our Services

Your Care Plan is customized to meet your individual needs and preferences. Should your care needs change over time, we will work with you to make any adjustments to your personalized plan and schedule to ensure you receive proper delivery of care. Our professional Care Pros are available from 4 hours to 24 hours a day, ready to help with a variety of daily activities.

Homemaking

- › Dust and vacuum
- › Clean kitchen
- › Clean bathrooms
 - » Bathtub
 - » Shower
 - » Sinks
 - » Toilet
- › Organize closets
- › Change linens and make beds
- › 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

Meal Preparation

- › Monitor diet and plan meals
- › Prepare grocery lists
- › Check food expirations
- › Plan, cook and serve meals
- › Hydration reminders
- › Clean-up after meal preparation
- › Clean counters and appliances
- › Baking for holidays/special occasions

Errands & Transportation

- › Grocery and clothes shopping
- › Pick up prescriptions
- › Doctor appointments
- › Bank deposits
- › Sort bills, read mail, write letters
- › Theater and movie events
- › Dine out for breakfast, lunch or dinner
- › Drive to family gatherings
- › Assist 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

Overnight Services (12-hour shifts)

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

Personal Care Services

- › Alzheimer's and dementia Care
- › Buttoning garments
- › Tying shoes
- › Help putting on shoes
- › Assist with walking and light exercises
- › Mobility and transfer assistance
 - » Chair to bed
 - » Chair to toilet
 - » Bed to chair
- › Bathing
- › Showering
- › Bed bathing
- › Assist with dressing and grooming
- › Assist with toileting
- › Incontinence care
- › Changing briefs
- › Emptying catheter bags
- › Dressing
- › Positioning in bed
- › Feeding
- › Skin care

Care Where You Are

Live Well at Home can provide care for your loved one wherever they call home. Our Care Pros routinely provide care in a variety of settings:

- › Independent Living Communities
- › Assisted Living Communities
- › Continuing Care Retirement Communities
- › Skilled Nursing Centers
- › Rehabilitation Centers
- › Nursing Homes
- › 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.



Dementia Care

Our Care Pros are dedicated to providing professional, compassionate care to those older adults living with Alzheimer's and dementia. Our goal is to help them remain at home while affording them the highest quality of life possible.

Live Well at Home by Eskaton combines the expertise of our Care Navigators, Care Pros and over 50 years of serving older adults and their families to provide your loved one with personalized care tailored to their unique needs. Call us today for more information.