

Maintaining Independence In Your Home



Helping Hands and Healing Hearts

First thing that keeps you safe in your home

- Installing and training on Adaptive equipment for your home
- Assessment of fall risk and placement of equipment in home

Household maintenance

Assistance with simple repairs in home and outdoor maintenance of properties



Helping Hands and Healing Hearts

Strategies to affordably stay in your own home


- Assurance you won't be overcharged for home repairs, yard work, etc.
- Set clients up with budgeting and reasonable priced assistance to maintain home.

Assistance with cooking meals and planning healthy choices

- Education on simple meal plans and healthy choice meals
- Meals prepared for you in your own home
- Frozen dinners for later days

Assistance with transportation to appointments or leisure activity

Our services will take you anywhere you need transportation to, whether it be leisure activity or medical appointments.



Helping Hands and Healing Hearts

Maintaining independence with self care routine

- Assistance with bathing and dressing
- Education on use of aids to be independent with self care needs

Assistance with cleaning your home and interior design

- Housekeeping
- Decorating for seasonal holidays
- Spring cleaning
- Interior design ideas to brighten and update homes for new look.

Pet Care

- Walking dogs, bathing, and exercise.
- Cat care
- Pet Sitting when away on vacations or day trips

Medical advocate for clients

- Provide education on medical decisions
- Provide support during adverse times of complicated medical conditions.
- Attend medical appointments with clients to support client with doctors discussions to ask appropriate questions at times of medical complications.



Hire your personal assistant for a monthly fee

- Fees discussed on individual plan of care
- Each client can prepare an individual plan to meet their personal needs
- 2-10 hours per week or per month, however much time you feel would work for you.