



Care Essentials SM

Is your daily routine like it used to be? Are you able to do daily tasks? Need assistance? Home Companions Senior Care can help! Our team of home health aides can help simplify tasks and can help to improve safety and keep you as independent and as active as you can be. Our care team approaches this through non-skilled home care such as:

- Ensuring safety during shower/bathing ;
- Assist you to organize and understand your pills;
- Assist you with recording your daily blood sugar and pressure;
- Assisting you in making and serving tasty nutritious meals;
- Assist you with laundry and keeping your living area tidy ;
- Doing as much as you can for yourself with assistance as needed, will benefit your mind, body, and spirit!

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COMPANIONS
SENIOR CARE
Licensed Home Health Agency