



Thrivng
at Home

Your Home – *Our* CARE[®]

At Assisting Hands[®] Home Care, meeting the needs of our clients is our mission. We use our *Thrivng at Home*[®] approach while helping them remain safe and independent in their own home.

We understand that providing the very finest personalized in-home care is important to our clients and their loved ones, which is why we have built our business and reputation on doing just that. You can rely on our award-winning care, and our highly trained, compassionate, and dependable caregivers.

Services include assistance with:

- ▶ Bathing, dressing, and grooming
- ▶ Medication reminders
- ▶ Light housekeeping
- ▶ Shopping and errands
- ▶ Meal planning and preparation

Specialized Care:

- ▶ Chronic conditions that lead to increased return trips to the hospital (Heart failure, Diabetes, COPD, Stroke, and others)
- ▶ Post-surgery recovery, Cancer care, Hospice support
- ▶ Dementia, Parkinson's Disease



Assisting Hands[®]
Home Care

Helping You Thrive At Home

Companion Care - Personal Care - Transitional Care

assistinghands.com/bostonnw

Our *Thriving at Home*® approach provides individuals with the best support to help keep them healthy at home

- ▶ Provides a sense of independence
- ▶ Offers personal care by highly trained caregivers
- ▶ Guides smooth care transitions to/from the hospital or rehab facility

How do we do all of this?

- ▶ Monitor for signs/symptoms that may need to be escalated
- ▶ Communicate progress daily through our Client/Family Portal
- ▶ Take proactive actions to reduce, and track all incidents/hospitalizations

Thriving at Home



Our Caregivers

Personal care for our clients is provided by Certified Nursing Assistants or Certified Home Health Aides, who have the experience and understanding to provide quality care.

In addition to our monthly in-service training, we go above and beyond to ensure all of our elite caregivers have received our *Thriving at Home* training. That certification provides them with the expertise to identify and escalate concerns and help keep our clients healthy at home, and out of the hospital.

Client family members can tap into our custom innovative technology platform daily to view secure, personalized care notes on their loved ones' progress. Keeping you informed is our priority.

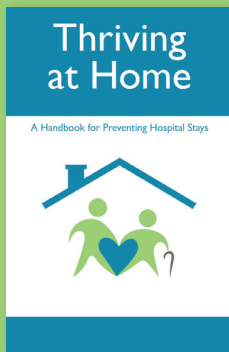
“ Thriving at Home is an excellent guide to support ‘aging in place.’ Hospitalizations and discharges for chronic conditions can be overwhelming, especially in a world of changing technology. Empowering patients and caregivers with a guide that maps out possible pitfalls and answers questions are important first steps to reducing re-hospitalizations. ”

— Jennifer Collins, M.D.
Cardiologist



“ Assisting Hands helped my family handle a very stressful situation. They are great communicators and very dependable - I never worry if my parents are getting the care they need. They have worked hard to find caregivers that fit my parents' personalities and needs - both my Mom and Dad are happy and well taken care of. I am extremely grateful for everything they do! ”

— Terri R.



A Complimentary Copy of *Thriving at Home - A Handbook for Preventing Hospital Stays* is provided with each in-home assessment.

Call today: (781) 315-6700



Welcome to Assisting Hands®

Meeting the needs of our clients is our mission while helping them safely remain happy and at home.

We understand that providing the very finest personalized in-home care is important to our clients and their loved ones which is why we have built our business and reputation on doing just that. When life's events cause you to need help, we will provide you with highly trained, compassionate and dependable caregivers whom you can rely on.

At Assisting Hands® we also consider communication with our clients and their family members to be a very important part of our care services which is why we provide "real-time" immediate updates through our family-friendly online portal. Our clients soon discover that we understand what is important to them.

Contact Us Today!

Click on the web address below to learn more about Assisting Hands® Home Care, or call our phone number to have a representative contact you for a free in-home consultation with our home care specialist.

www.assistinghands.com/bostonnw

Our Services Include:

PERSONAL CARE

- Personal Hygiene Assistance
- Grooming / Oral Care
- Meal Plan / Preparation
- Bathing and Grooming
- Medication Reminders
- Transferring Assistance
- Exercise / Walking Assist
- Toileting / Incontinence Care
- Home Safety / Fall Prevention



SUNRISE/SUNSET SERVICES

(Assist with Morning Wake-Up)

- Assist with Bathing and Grooming
- Assist with Dressing
- Prepare Breakfast / Snacks
- Make the Bed

(Assist with Evening Tuck-In)

- Assist with Night Clothes
- Grooming / Oral Care
- Medication Reminder

PERSONAL ASSISTANCE SERVICES

- Grocery Shopping / Couponing
- Run Errands
- Coordinate Schedules
- Photo Albums / Scrapbooking
- Assist with Travel Arrangements
- Water Houseplants / Pet Care

RESPITE SERVICES

(1 Hour to 24 Hour Care Available)

- A Needed Break for Family Caregiver

HOUSEKEEPING SERVICES

- Empty Trash / Sanitize Container
- Change Linens / Make Beds
- Mopping / Vacuuming Floors
- Dusting / Polishing Furniture
- Clean Refrigerator Interior
- Washing and Drying Dishes
- Straightening Up Each Room
- Laundry / Folding and Ironing
- Dust Window Ledges

Assisting Hands® Home Care

Meeting Our Clients' Needs

- Dementia / Alzheimer's Assistance
- Post-Surgery/Recovery Care
- Veteran's Care
- Cardiac Condition Care
- Hospice Support



Serving Boston Northwest
(781) 315-6700



@AHBostonNW

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