

## Services We provide...

### Companionship:



- Transportation to Dr. appointments, meetings, lectures, classes, bingo, worship services
- Planning for outings & visits
- Assistance with walking & mobility
- Mail letters, correspondence, bill paying
- Crafts & hobbies
- Gardening
- Grocery list preparation & shopping
- Assistance with meal choice for particular dietary needs

### Activities of Daily Living and Safety such as:

- Preparing Meals
- Help to Prevent Falls
- Bathing
- Walking Assistance
- Medication Reminder

### Home Services:

- Light housekeeping
- Laundry assistance & ironing
- Changing linens & bedclothes
- Drop off & pick up dry cleaning
- Assist in home shopping & errands

### Mental Vitality:

Keep loved ones mentally stimulated to maintain vitality. Regular mental exercise can help memory and contributes to an individual's optimism about life. We make mental exercise an integral part of our daily care through conversation, reminiscing, storytelling, reading, playing games and other activities a client enjoys.



### Physical Activity:

Even moderate amounts of ambulation and exercise contribute significantly to an individual's health by improving balance, flexibility, strength, and range of motion. Staying active and strong can improve a person's outlook on life and enhance independence.

### Social Engagement:

Surrounding an individual with friends, family and activities people love can bring untold enjoyment. We understand how important this is so we help clients stay in touch with friends, attend social, religious, and cultural events, or simply have the opportunity to interact with others.



Senior Home Care Services LLC



**Call Today For a Free  
No obligation Nursing  
Assessment**

## Senior Home Care Services LLC

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Fax: 703-871-3901**

**Call us 24/7**

# Senior Home Care Services LLC!

**S**enior Home Care Services is dedicated to providing the kind of care that helps enrich lives and maintain the highest possible level of independent living. We offer an extensive range of services tailored to the unique needs of each individual we serve. Whether at *Home*, at a *Hospital*, in a *Nursing Home*, *Assisted Living*, or *Independent Living Facility* we provide a *Helping Hand*, a *Watchful Eye*, and trusted *Companionship* that can not only make your loved one maintain a level of independence, but also to enrich their lives with loving care.



## EVERY DAY IS SPECIAL WHEN YOU'RE IN GOOD HANDS!

**T**he staff at *Senior Home Care Services* are special people. We take joy in our ability to make a difference in the lives of people and families, and to help them live happy, independent lives it's a mission of love and compassion. We understand that each person is different. That's why each staff at *Senior Home Care Services* is selected based on their compatibility with a client to ensure the best possible match.

## TRUSTWORTHY, TRAINED AND COMPASSIONATE CARE

**E**ach staff member at *Senior Home Care Services* is carefully selected, screened and trained to deliver compassionate care for families and seniors.



Our companions and personal care aides are *Bonded* and *Insured* and go through an extensive background check and a careful screening process.

## SENIOR HOME CARE SERVICES COMPANIONS ARE AT YOUR SERVICE

**D**ifferent families choose *Senior Home Care Services* for different reasons. It may be to provide companionship for a loved one, help in the home or in cases of a night out with a spouse, vacation, or simply a few hours of quiet time at home for family members who provide regular care.