

# Care Services

Right at Home offers care services for almost any family and practically any situation. Our in-home care lets loved ones enjoy healthy lives in the comfort of a familiar environment. We tailor our care to your family's unique situation through a Personal Care Plan. These individualised care programs include whatever your family needs from any of our care categories\*:



## COMPANIONSHIP/HOMEMAKING

Light housekeeping and meal preparation can become frustrating tasks to those affected by ageing. Right at Home provides assistance for numerous daily activities, as well as basic peace-of-mind services:

- Safety supervision
- Transportation
- Social Interaction
- Cognitive stimulation
- Monitoring home
- Cooking
- Light housekeeping
- Organisation
- Laundry services
- Respite for family carers



## PHYSICAL ASSISTANCE

For those suffering from the physical effects of ageing, Right at Home can help throughout the day in a number of ways:

- Getting dressed
- Positioning in chair or bed
- Transfer between bed and chair
- Wheelchair assistance
- Transport assistance

\*Not all services are available in every location. For a full list of available services in your area, check with your local Right at Home office.



## HYGIENE

As limitations evolve, basic hygiene can become a challenge. No matter what level of assistance your loved one needs, we can accommodate:

- Bathing and showering assistance
- Bed baths
- Grooming
- Shaving with electric razor
- Oral hygiene
- Toilet and continence care



## WELL-BEING

Our carers can provide services that help your loved one stave off or delay further effects of aging, both physical and mental. We can help foster well-being with services that include:

- Light exercise program development
- Meal planning
- Medication reminders
- Safety supervision
- Cognitive stimulation