



Home
Instead®

To us, it's personal



Services



Personal Services

Help with bathing, dressing, mobility and more



Transportation

Rides to doctor appointments, prescription pickup, grocery shopping and more



Companionship

Combat loneliness and isolation with regular visits



Hospice Support

Keep a loved one comfortable and provide respite to family members



Meal Prep and Home Helper

Preparation of nutritious meals, medication reminders and light housekeeping



Alzheimer's and dementia care

Help relieve the burden with person-centered care tailored to individual needs

Reasons to Age in Place.

Care in the comfort of your own home. No matter where “home” is, receiving personalized care there can help aging adults stay safe and well.

Customizable, scalable hours and services. Personalized care plans can help meet aging adults needs now – and scale up if future needs require it.

Minimize health exposures. Receiving care at home can help reduce potential exposures to germs that can cause illness.

One-on-one care. Aging Adults deserve the undivided attention and focus on comfort and safety that only in-home caregiving can provide.

Personalized care plan. Everyone needs something different from home care. Our person-centered care plans can help meet individual’s needs right now – and can flex to meet different needs in the future.

Lifestyle continuity. In-home care can help a senior to maintain vital social connections within their existing community and circle of friends.

Companionship. Aging Adults can build a personal relationship with their Care Professional to reduce loneliness and depression.

Better health outcomes. The one-on-one care may improve medication adherence and nutritional status, which can improve health outcomes.

Maintain independence and dignity. In-home care affords aging adults a level of dignity and independence that institutionalized care simply cannot.



Free Care Consultation

- **Paul Alavathil, Director of Business Development**
- Paul grew up in the west end and is grateful to now be able support his community. His career with Home Instead has given him the opportunity to connect with a vast amount of resources that exist to family Caregivers and their senior loved ones, including those provided by Home Instead. He is a good listener and will do his best to understand your unique needs and present you with only the very best of options. His goal is return family caregivers to the role of spouses, sons and daughters and seniors to higher quality of life, by ensuring that your Caregiver and solutions are "best-fit".

24/7 On call Service

- We are here to assist 24/7!





Senior Care for Individuals with Arthritis

We understand the vexing challenges people with arthritis face in everyday life. Our specially trained Care Professionals help minimize arthritis-related frustrations with:

- Mobility assistance
- Help with bathing, grooming and dressing
- Assistance holding and manipulating eating utensils
- Opening jars, cans and containers
- Lifting and carrying boxes and other objects
- Bending and reaching for items in low or high areas
- Washing, drying, folding and putting away laundry
- Medication monitoring and reminders
- Transportation to and from appointments
- Help getting in and out of bed or recliners
- Application of non-prescription pain patches and heating pads
- Help with gardening and other recreational activities



Diabetes Care

What services we offer?

- **Senior Care for Individuals with Diabetes**
- Our at-home care for diabetes may include:
 - Help planning diabetes-friendly meals
 - Assist during blood sugar emergencies
 - Social stimulation and companionship to maintain a healthy mood
 - Oral diabetes medication reminders
 - Prepare supplies and record blood glucose readings
 - Remind self-administration of insulin on schedule

Dementia Care

We have Alzheimer Trained Caregivers to help those that may have a loved one dealing with Alzheimer and other Dementia.

- **Caring for People with Dementia at Home**
- With years of experience caring for people living with dementia, we understand how difficult and emotional it can be. Our relationship-centered approach enables our Care Professionals to provide professional care that:
 - Honors who the senior was earlier in life
- Builds confidence and enhances physical strength
- Maintains a routine to prevent agitation and other dementia-related behaviors
- Stimulates brain and promotes cognitive engagement
- Maintains a safe environment
- Manages changing dementia-related behaviours
- Creates opportunities for social interaction
- Reduces the feelings of loneliness and depression



Hear from Christie

- **My caregiving skills:**
- Being a positive force in someone's life
- Assisting with bathing & hygiene
- Helping with activities of daily living
- Preparing meals and snacks
- Performing light household tasks
- Listening and chatting
- Assisting with transportation needs
- Building professional relationships with my clients
- Being observant for changes in my client's health and well-being

"I would like to share with you my 10 years with Home Instead Senior Care services. With the regular help of my caregivers. I have been able to participate in new activities like bingo, singing, and exercises. She also helps with picking up items I need and other shopping errands together. If any issues come up around the retirement home, I am able to discuss them with them. They are my sounding board. They are like sister to me.."

Posted by Christina W.,

Home Instead was so gracious and supportive to the Alzheimer Society Waterloo Wellington. Partnering was such a wonderful experience and I look forward to more opportunities in the future. Thank you Home Instead for helping us raise funds for our Minds in Motion program. Michelle Martin, Executive Director"

Posted by Alzheimer Society Waterloo Wellington

"Over the last 10 years or so, we have received top-notch service from Home Instead. My Mom has enjoyed their support while she was living in her condo and following her to the retirement residence. Her HISC person always calls the night before to see if there is anything thing extra she needs to do to address my Moms' needs."

Posted by Corey D., clients's son

ANY
QUESTIONS?

