



IN-HOME CARE FOR INDEPENDENT LIVING!

A unique, client-centered approach to home care offering flexible and creative care solutions.

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Request a Complimentary Consultation

CALL 651-702-HOME (4663) or www.CareAparent.com

2

Assess Your Needs

Create a care plan together designed to meet your needs

3

Begin Your In-Home Care

Flexible days/hours and a caregiver that works best for you



Care and help for everyday tasks including:

- Health Hygiene
• Isolation and Loneliness
• Light Housekeeping
• Meals and Nutrition
• Alzheimer's and Dementia
• Transportation
• Medication Reminders
• Respite Care
• Handyman Repair

Health Hygiene

When we look good, we feel better. CareAparent can provide your loved one with gentle reminders or re-direction, stand-by assistance, or full assistance with showering or bathing, dressing, grooming and other essentials so your loved one can look and feel their best.

Isolation and Loneliness

Social support and companionship are especially important as it has an impact on physical health, mental health and over-all wellbeing. CareAparent can keep your loved one engaged by providing friendly companionship, assistance at social outings, and positive social support.

Light Housekeeping

A neat and tidy home is important to the emotional and physical well-being of your loved one, as well as their safety. Our caregivers can assist with household tasks such as vacuuming, sweeping, mopping floors, dusting, and cleaning the kitchen and bathroom. We can also help with laundry, changing sheets and folding clothes.

Meals and Nutrition

Poor nutrition can lead to many conditions, including a weakened immune system, lower energy levels, poor physical functioning, and chronic health issues such as diabetes and heart disease. Our caregivers can prepare delicious and nutritious meals to assure your loved one is maintaining a regular, healthy diet and discard old, dated and unhealthy foods.

Alzheimer's and Dementia

Caring for a loved one with Alzheimer's Disease, dementia, or memory loss can be overwhelming and challenging. CareAparent provides a wide range of services that may allow your loved one to receive care at home rather than a care facility.

Transportation

When driving is no longer an option for your loved one, we can provide transportation for medical appointments, grocery shopping and errands, or even meeting a friend for lunch. If your loved one would prefer to stay at home, our caregivers are happy run errands for them.

Medication Reminders

It is important for medications to be taken on time and according to a doctor's prescription. Our caregivers can provide gentle reminders to help ensure your loved one takes medications at the correct times each day. If your loved one needs more than a reminder, our skilled nurses can provide management and other medication related care.

Respite Care

If you are the primary caregiver for a loved one at home it's important to take time for personal appointments and other activities, as well as time to simply rest and recharge. We can provide temporary or regularly scheduled care during these times without any interruption in the care your loved one needs.

Handyman Repair

CareAparent recognizes basic household repairs can be difficult to maintain as we age. Repairs and maintenance can be important for safety and independence. CareAparent can assist with small repairs and provide resources for getting reliable help for larger repair projects.



Schedule a complimentary consultation today! www.CareAparent.com or Call 651.702.HOME (4663)