

DOES MY LOVED ONE NEED IN-HOME CARE?

Let **A Trusted Home Care Inc.**, help you determine if someone you love needs in-home care. It is easier for you to decide if there are any signs and what questions to ask your loved one. Some individuals are fearful of losing their independence; will often cover-up the signs and symptoms that indicate they need assistance. You'll need to ask questions and find patterns of behavior and neglect in the following areas:

- **Activities of Daily Living**

Difficulty walking, talking, dressing, eating, climbing steps; managing medications on their own.

- **Personal Hygiene**

Infrequent bathing, unkempt appearance; abnormal body odor.

- **Daily Tasks**

Unopened mail, unpaid bills, unfilled prescriptions, unreturned phone calls, unwashed piles of laundry, illegible checkbook, low food supply; spoiled food in refrigerator.

- **Health**

Change of weight or appetite, difficulty swallowing, fatigue, burns, bruises, hearing loss, incontinence, constant spilling or dropping things (check for stains); dehydration.

- **Isolation**

Lack of interest in: friendships, hobbies, or activities. Curtains drawn day and night, no access of transportation.

- **Attitude**

Sadness, or expressing feelings of depression or despair; paranoia, refusal to communicate, constant arguments, verbal abuse or aggressiveness.

- **Cognitive Ability**

Constant forgetfulness of where things are located, getting lost when walking or driving, confusion, loss of reasoning skills, difficulty answering questions; inability to find the right words to complete a sentence.

A Trusted Home Care Inc. is here to help. As peoples' physical capabilities diminish, the more people are electing to live non-institutionalized life styles. With our help, they are receiving compassionate care and maintaining their dignity, in the comfort of their home.

A Trusted Home Care, Inc.

A Trusted Home Care Inc. was founded on ethical principals. The purpose of establishing A Trusted Home Care, Inc. is to benefit all individuals with a need for impeccable in-home care. The founder has extensive experience of over 16 years in the in-home care industry. The founder's diverse background completely covers all phases associated with the in-home care for the elderly.

A Trusted Home Care Inc. understands that living independently in the comfort of your home is a valuable part of maintaining a superlative quality of life. We want to define genuine care and companionship through our services; as we help our clients live to the fullest. We believe that even during difficult time, each day should be filled with love, peace, support; and an honest, knowledgeable, helping hand that you can trust.

We want to make this transition of care a great experience, and more importantly, a meaningful one. We want you to feel secure knowing that you, or your loved one, are receiving quality care from a company that truly cares. Our priority is to make sure we are providing the highest quality of care in safety and physical wellbeing. You, or your loved one, will never feel like independence has been lost; but only the feeling that you have a companion in one of our caregivers.

We understand that in-home care is the best option for everyone. We have other options to suggest - free of charge. We work with residential care facilities, as well as large nursing homes. It would be our pleasure to help find the suitable retirement plan for you.

Our mission is to help you receive the best care, which will enable you to live your life to the fullest.

A Trusted Home Care Inc. understands that as we age, life slows down a bit; sometimes it can be hard to handle all of the changes that come through the aging process. We know that it will be difficult to determine when to consider hiring and in-home care agency. **A Trusted Home Care Inc.** also sees how important it is for you to find the suitable help for you, or your loved one.

Why not begin your in-home care experience by receiving safe and effective care with the help of our professional caregivers at **A Trusted Home Care Inc.**

Allow one of our compassionate and dedicated caregivers to assist you, or your family members, with any needs in the comfort of your home.

To find out more about the services offered by **A Trusted Home Care Inc.** please visit us online.

www.atrustrustedhomecare.com

Call for a free evaluation

Phone : (760) 659-6145 Fax : (760) 659-6146

Serving The Golden State of California since 2012



A Trusted
HOME CARE

What Services Does A Trusted Home Care Inc. Provide?

A Trusted Home Care Inc. provides appropriate staff and qualified caregivers for you, or your loved one. This service enables individuals to live independently in the comfort of their own home. Below is a simple and effective list of the various services that we provide as a non-medical, in-home care agency. This list saves you time and reduces confusion in understanding the various services provided by A Trusted Home Care Inc.

House Hold Tasks

- **Basic House Keeping:** Cleaning and keeping living areas tidy.
- **Laundry:** Washing and changing bed linens; laundering personal garments.
- **Meals:** Cook, grocery shop, prepare meals ahead of time.
- **Organization:** Scheduling daily tasks, sorting mail, other home maintenance.

Transportation, Companionship, Safety

- **Transportation:** Drive to and from: shopping centers, errands, the bank, doctor's appointments, etc.
- **Companionship:** Encourage social participation, escort outings and recreational events, stimulating conversations on a daily basis, assistance with phone calls.
- **Safety:** In-home supervision to prevent falls and other accidents; ensuring immediate access to emergency facilities, if needed.
- **Personal Care:** Assistance with feeding; providing nutritious meals and sufficient fluids.
- **Bathing:** Transferring in/out of shower or tub; bed baths as needed.
- **Grooming / Dressing:** Assistance with getting dressed, cleaning glasses, hair care, shaving, replacing batteries for hearing aids, oral hygiene; specialty orthodontics (i.e. braces).
- **Ambulation:** Assistance with walking, using assistive devices; range of motion and strengthening exercises.
- **Toileting:** Assistance to bathroom, bedside commode; urinal and bedpan usage.
- **Incontinence:** Assistance with changing adult pads, undergarments, and related skin care.

Alzheimer's & Dementia

- **Home Safety:** Close supervision for a safe environment, securing areas with use of monitoring alarm devices to avoid wandering.
- **Emotional Support:** Providing structured activity at the appropriate cognitive level to minimize confusion.

Diabetes

- **Diet:** Preparation of prescribed diets, encouraging compliance with restrictions.
- **Glucose Monitoring:** Checking blood glucose per orders and report results compliance to supervisor.
- **Insulin injection:** Reminders per prescribed regime, follow-up, and report compliance to supervisor.

Feeding Tubes: G-Tube

- Pro-active skin care; dressing changes.
- Feeding tube regime.

Catheters: Foley External

- Preform daily catheter care, including: emptying drainage bag, monitoring intake and output, cleaning and securing tubing/bags.

Basic Health Monitoring

- **Skin Care:** Monitoring signs of breakdown; applying pressure for reduction measures.
- **Nutrition:** Monitoring weight, nutritional intake; adhering to dietary restrictions.
- **Vital Signs:** Taking blood pressure, temperature, pulse, and reporting change.
- **Intake / Output:** Encouraging sufficient fluids, monitoring fluid intake and urine output.

Medication Management

- The resident as prescribed by pharmacist/doctor took medication and follow-ups to assure that the medication.
- Instruct new medications or monitor changes in regime per plan of care, assess response, side effects, and adverse reactions.
- Manage supply of prescriptions in order to have all meds on hand.

Hours of operation:
7 days a week • 24 hours a day • Anytime needed.
(760) 659-6145

Mobility

- Evaluation of home safety needs, arrangement for adaptive equipment.
- Assistance with physical therapy to regain strength and flexibility.
- Assistance with activities of a daily living plan.
- Safe ambulation with/without assistive devices as prescribed by Physical Therapist.
- Tending to outings or errand requests.
- Preforming prescribed exercises and report progress to supervisor.

A Trusted Home Care, Inc. Caregivers

A Trusted Home Care Inc. preforms in-depth substantial background checks prior to hiring employees. This background check process ensures that our employees do not have a record of criminal activity or abusive behavior. We also make sure that they have the experience and training necessary to fit your needs.

- We specialize in recruiting, hiring, and supervising our caregivers,
- Criminal background checks through the FBI.
- On going training.
- We are responsible of all payroll taxes.
- We do withholdings and filings.
- We carry workers compensation.
- We are bonded and insured.
- We arrange replacement and back-up staff during time-off, illnesses and emergencies.

A Trusted Home Care Inc. is always here to provide a peace of mind to you and your loved one, at all times. We offer competitive plans that keep affordable in-home care a priority.



Should you hire your own caregiver?

Some people want to privately employ a caregiver. In this case, the family must recruit, hire, and supervise the caregiver. The family pays the caregiver directly and is responsible of all payroll taxes; proper withholdings and filings, workers comp, insurance, preforming background checks, and arranging replacement when your caregiver doesn't show up, needs time off, becomes ill, or has an emergency. Managing your own employees may offer some potential cost savings; however, the additional responsibilities and liabilities without the advantages of an agency, may not offset the time consuming employment demands and financial risks of managing a caregiver on your own.

Remember: You are hiring a caregiver directly.

As the employer of record, you must complete employment paper that complies with:

- All federal, state, and local labor laws.
- Tax and insurance regulations.
- Legal obligations

Allow us to give you a free care consultation.

- We will thoroughly discuss your care needs.
- We will create the perfect care plan for you.
- We will help coordinate billing with insurance providers.
- We will introduce you to our caregivers, at your request.
- We will answer any additional questions that you may have.

