

50 ways we can help



At ComForCare Home Care, we help seniors live independently in their own home and continue to do all the things they love. Here are 50 ways we can help.

Health

- Medication reminders
- Escort to doctor visits
- Monitor diet and eating habits
- Pick up prescriptions
- Assist with getting in and out of bed
- Safety supervision
- Brain fitness activities
- Meal planning and preparation
- Assist with light exercise
- Transportation to appointments
- Check food freshness and expirations

Personal

- Plan the day's schedule
- Clip coupons
- Assist with selecting clothing and dressing
- Transportation to social activities
- Family respite care
- Write letters
- Visits with family, friends and neighbors
- Birthday and anniversary reminders
- Shop for gifts
- Maintain calendar
- Schedule appointments

Home

- Moving around the house
- Light housekeeping
- Wash dishes
- Dust and vacuum
- Take out the trash
- Do laundry and iron clothes
- Change linens
- Answer the phone
- Answer the door
- Grocery shopping
- Sort and assist in reading mail
- Pet care
- Care for houseplants
- Mail bills and letters
- Supervise home maintenance
- Assist with gardening

Hygiene

- Assist with bathing
- Transportation to the hairdresser or barber
- Assist with grooming and hygiene
- Incontinence care

Companionship

- Play games and cards
- Discuss current events
- Rent and play movies
- Companionship
- Reminisce about the past
- Assist with arts, crafts and sewing
- Review the day's activities and events
- Read books, newspapers and magazines aloud



**Visit us online
or call today!**

800-886-4044
comforcare.com