



Happier@Home

Our **10 Point Happier@Home program** allows you to continue to meet your personal wish to live at home with the independence you wish, the help you need and the companionship that makes your days much more fulfilling.

01 **Let's Eat**
Provide tasty meals with lots of variety and balance. Nutrition and comfort foods are both considered important.

02 **Stay Connected**
Continue/create social interaction with family and friends - both in person, when safe, and with the use of technology.

03 **Medication Management Program**
Oversee the daily ritual of taking the right medicine at the right time in the correct dose. Keeps client, doctors and family aware, confident and assured.

04 **Chauffeur Service**
We provide transport to doctor's appointments, restaurants and shopping. Enjoy the ride!

05 **Look Your Best**
Help you to maintain your standards in looking and feeling your best.

06 **Staying Active**
Keep you as active as possible doing things you have always enjoyed. And encourage the movements and exercise recommended by physical and occupational therapists.

07 **A Friend In The House**
Our caregivers share stories, talk about the news and are involved in activities. The companionship, conversation and activity give your home a more energetic feeling.

08 **Routine Flexibility**
Maintain a comforting routine, but don't go on automatic pilot. We add spontaneity and work with clients to make our care more personal, flexible and enjoyable.

09 **Self-Improvement**
We encourage as much independence as possible, wanted and safe. Caregivers follow the guidance of certified therapists to help with needed lifestyle changes and adaptations to disabilities.

10 **Mental Stimulation**
For those with cognitive decline, we create routines that form a comfort zone, set up systems to help them remember and relieve anxiety, and offer activities that challenge their minds.

Ask for the **"Top 10 Traits Of Great Caregivers"** that make our clients Happier@Home.

"One person caring about another represents life's greatest value."
Jim Rohn, author