Declare
HOME HEALTH CARE

Menu Of Services
2018

Declare In-Home Health Care LLC, is the name you can trust in St. Louis, the Greater St. Louis Area: St. Louis County, St. Charles County and St. Peters for personal home care. We understand the difficulty of the decision you have to make for your elderly parent or family member, and we want you to know that we are here every step of the way. Please do not hesitate to contact us and begin this life-changing service that will not only help your senior parent with regular chores and activities, but will truly invigorate him or her and provide you, the family caregiver, with much needed relief.

Home Care Services

In-home care is a great way to get the help you need. You may be a senior who needs assistance with daily living activities, so trust our caregivers to help with meal preparation or personal care. You may also be caring for your aging parent and just need someone to be with them while you run errands. Home care services are versatile, flexible, and customized for your comfort, peace of mind and well-being.

Nutritious food, transportation assistance and adequate housing are as important for person's health as medical treatments.

Personal Care Assistant

Everyday activities you take for granted—such as bathing, eating or dressing—may be too difficult for your aging parent or disabled family member. DECLARE In-Home Health Care is here to help your loved one live an independent life. Beyond basic companionship and housekeeping, our home health caregivers provide sensitive, confidential personal care services in a way that respects your loved one's dignity and well-being. We can work with you to develop a customized home care plan that meets your loved one's needs with one or more of the following personal care services.

Personal Assistance Includes:

Standby Assistance with Morning & Evening Routines

From help out of bed, to grooming and dressing assistance to a nutritious breakfast, a caregiver can be there every step so the day gets started right. A good night's rest is essential to a healthy lifestyle. DECLARE caregivers can assist with evening hygiene routines to help ensure a restful night.

Transfer Assistance

If your loved one struggles with getting in and out of bed or a wheelchair, our assisted living caregivers have specialized training in how to safely provide this home care assistance.

Bathing & Showering Assistance

Bathing and showering, a daily essential for good personal hygiene, may be difficult or unsafe for your loved one to do alone. Bathtubs and showers can be dangerously slippery places, but we can provide the help your family member needs as part of our in home personal care.

Personal Hygiene Assistance

Personal hygiene cleanses the body and soothes the mind. Our in-home caregivers offer the personal assistance your aged or disabled loved one needs to continue the self-care that makes them feel clean and refreshed.

Help with Restroom Use

Our personal caregivers have been trained to offer minimal to full assistance with restroom use, including incontinence care, all with the utmost respect, professionalism and sensitivity to privacy.

Assistance with Dressing

If your loved one struggles with getting dressed and undressed, either in or out of bed, our personal care services include help with this task, ensuring your family member can look and feel their best.

Personal Appearance Care

No matter the number of years an aging parent has lived, they still take pride in their appearance. As part of our personal care services, we can help them look their best with hair care and other grooming tasks.

Incontinence Care

Our personal caregivers are specially trained on how to provide care for aging or disabled family members who suffer from occasional or frequent incontinence. For people who have problems controlling their urine or bowels, keeping the skin clean and dry is important for good health.

Errands & Transportation

Those new dings and dents on your aging parent's car may leave you wondering if your parent should be driving any more. The damage may be a sign that driving safely is becoming an issue due to vision problems, delayed reaction time or confusion. Other warning signs include traffic violations, parking tickets, accidents, getting lost, losing keys or running out of gas. Feeling suspicious, you may have gauged your aging parent's competency behind the wheel by spending time in the passenger seat while your parent drove. Before your parent's driving gets seriously erratic, it's important to have a serious talk about hanging up the keys. Before you broach the subject, it's best to have good alternatives in mind, such as the senior care errand assistance offered by DECLARE In-Home Health Care.

Your aging parents will likely feel reluctant to give up the independence that driving offers, but the good news is DECLARE In-Home Health Care's elderly transportation assistance means they can still run errands, go to doctor's appointments and visit with friends and family—all without getting behind the wheel. If your parent would prefer reading a book or gardening versus running errands, that's possible, too, through DECLARE's senior care errand assistance.

Errand & Transportation Includes:

Errand Services

Picking up prescriptions. Going grocery shopping. Standing in line at the post office. Returning an overdue library book. Taking the car in for an oil change. Errands can turn into a never-ending list of chores that can overwhelm an aging parent, especially one with transportation problems. Our caregivers can provide senior homecare errand help–while your parent enjoys time in the garden or reading a good book.

Incidental Transportation

For your aging parent, driving to an appointment can leave them feeling confused, frightened or unable to negotiate the high volume of traffic entering and exiting parking lots. Aging parents who are no longer confident in their driving skills may not know how to arrange for transportation and may miss important doctor's appointments versus placing a burden on their children by asking for a ride. It's reassuring to know DECLARE In-Home Health Care provides senior home care transportation assistance. Our caregivers can help with transportation and accompany your senior parent to their appointments.

Schedule Planning & Assistance

Missing doctor's appointments and difficulties with following doctor's orders can take a serious toll on an aging parent's health. These problems may be signs that an aging parent is suffering from memory loss or needs senior homecare transportation services. We can help. A DECLARE In-Home Health Care in-home caregiver can help your aging parent schedule and keep medical appointments as well as follow doctor's orders.

Meals

As your parent ages, he or she may lose interest in food. If your mother or father lives alone, mealtimes may be lonely. If your parent has a reduced sense of taste or smell, food may seem less appetizing. Medications, too, can take a toll on appetite. For aging parents with physical or mental impairments, difficulties with grocery shopping and preparing meals may be obstacles to good nutrition. Even when seniors do eat well, they may not fully absorb all their nutrients. Meanwhile, our nutritional needs change as we age. It all adds up to special needs—which can be met through a variety of DECLARE In-Home Health Care's homecare meal services.

Meal Services Includes:

Assist with Menu Planning

To ensure your senior parent eats the right foods to stay healthy, DECLARE In-Home Health Care caregivers can assist with preparing a well-balanced grocery list. As part of our home care meal service, we can also help your family member clip coupons, find the best deals, monitor on-hand food supplies, dispose of old outdated food and go grocery shopping.

Mealtime Feeding Assistance

Unintentional weight loss affects more than a quarter of people over age 65. It may be a signal that a senior needs home care meals or feeding assistance—all services our caregivers provide. In fact, research shows that feeding assistance, either during or between meals, can improve a senior's daily fluid and food consumption needed to maintain a healthy weight.

Assist with and Motivate Meal Preparation

Studies show that more than half of all seniors living at home are undernourished or malnourished. An unbalanced diet, the body's inability to properly absorb food and depression are possible culprits. As part of our home care meal services, our trained caregivers can assist with meal preparation and monitor the food and fluid intake of your senior parent to ensure healthy nutrition.

Complete Meal Preparation

Once a senior parent or disabled family member can no longer cook a nourishing meal for themselves, it won't be long before their health suffers. As part of our home care meal service, our caregivers can prepare complete, nutritionally balanced breakfasts, lunches and dinners with the right portion sizes for good health.

Light Housekeeping

When your aging or disabled loved one lives in a clean and organized home, they enjoy greater feelings of wellbeing—and even good health. Those germs that linger on countertops and other surfaces need to be disinfected and washed away to prevent bacterial and viral infections. Keeping refrigerators and cupboards free of expired or spoiled foods can avert food-borne illnesses. To avoid fire hazards, stoves, toasters, ovens and other appliances must be regularly cleaned to avoid a build-up of grease, oils or crumbs. Because it's not easy to stay ahead of clutter or clean a home's nooks and crannies if you're a senior or disabled, DECLARE In-Home Health Care's light housekeeping services can literally be a lifesaver. We make it possible for your aging parent or disabled family member to enjoy the peace of mind that comes with a clean and uncluttered home while leaving all the dirty work to us.

Light Housekeeping Includes:

Kitchen Cleaning & Organization

Keeping a kitchen clean and organized is important to everyone, especially aging parents who still love to cook. Our in-home caregivers can help ensure the safety and cleanliness of your senior parent's kitchen through light housekeeping services such as consistently cleaning the countertops, running the dishwasher, sweeping floors and putting clean kitchen items back in cupboards and drawers. By eliminating extra pots, plates or other items near the cooking area, it reduces the chances of an accident. By frequently cleaning stoves, toasters, ovens and other appliances, it keeps grease, oils and crumbs from building up and becoming a fire hazard.

Assistance with Light Gardening

Gardening is a favorite hobby for many. But aging issues, such as an aching back, force many seniors to give it up because all the digging and bending is strenuous. There's a happier alternative. Your senior parent may continue to enjoy their green thumb with assistance with light gardening by one of our caregivers.

Organize & Stay Connected

If you notice a stack of late notices or unpaid bills in your parent's home, there may not be a problem with your parent's finances. They may have the money to pay the bills—but forget to write checks or misplace monthly statements. As part of our light housekeeping services, our caregiver companions can help your parent organize their bills and letters as well as stay connected with family and friends via email, photo sharing and social networking.

Bathroom Cleaning & Organization

The bathroom, everyone's private and personal sanctuary, can turn into one of the most dangerous rooms in the home for the elderly. A slippery floor or misplaced rug can cause a hazardous fall. The bathroom medicine cabinet, where many people keep their prescriptions, should be neat and organized to avoid mix-ups. As part of DECLARE In-Home Health Care's light housekeeping services, our caregivers can ensure that your aging parent or disabled family member's bathroom is neat, clean and sanitized, creating the safest and healthiest environment possible.

Laundry & Ironing

For your senior parent, a clean and neat personal appearance is still as important as ever—even if they are having trouble keeping up with chores like laundry and ironing. Our in-home caregivers can help your loved one relax and look their best with light housekeeping services such as handling laundry loads, folding and ironing clothes.

Change Linens

There's something irresistible about climbing into a bed at night with crisp, clean sheets. And yet changing bed linens can be challenging for seniors and the disabled. As part of our light housekeeping services, our assisted living caregivers will make sure your family member gets into a comfortable, clean bed every night. It's just what they need for a good night's sleep.

Companionship

Did you know that recent research reveals there's a surprisingly strong link between social needs and health—even longevity? In one survey, four out of five physicians (85 percent) report that unmet social needs directly lead to worse health. The doctors say a patient's social needs are just as important to address as their medical conditions. If these physicians could write prescriptions to cover their patients' social needs, these scripts would account for 1 out of every 7 prescriptions they'd write.

Of course, your aging parent's physician cannot write a prescription to cure their isolation and loneliness. Overcoming these emotional challenges can be difficult for seniors, especially if they live alone. As seniors age, they often lose touch with others due to special circumstances that limit their ability to travel, drive a car or otherwise stay connected to family and friends.
But there is an answer. For many seniors, home care fills the social gap created by growing older. Senior home companions monitor and protect a senior's safety, health and wellness, handle everyday household tasks—and

provide much-needed social interaction. Elderly companions meet an aging parent's social needs by providing supportive conversation, helping to plan social outings and providing a little friendly encouragement to do light exercise and stay mentally active.

Companionship Services Includes:

Friendly & Supportive Conversation

Seniors often long to reminisce—to relive happy memories, affirm who they are, or gain insights about their life. When your senior parent longs to reminisce about life experiences, favorite personal stories or grandchildren, an in-home companion caregiver can be there as a friendly and attentive listener.

Plan & Encourage Social Activities

Staying active and maintaining a level of independence is important for the health and happiness of your senior parent. Our home companions, who are here to make the best of every moment for your family member or loved one, help plan visits with family and friends, play dates with children, trips to the zoo, shopping sprees, crafts and scrapbooking, or even help scheduling vacations.

Encourage Light Exercise

We all know that exercise is a key to good health, but it may especially be true for seniors. By participating in activities seniors enjoy, they can gain greater mobility, quality of life and independence. Nevertheless, they still may need a little motivation. Our senior companions can accompany your family member on walks and encourage regular light exercise.

Encourage Active Thinking

Research now shows staying mentally active can ward off much of the mental decline we associate with aging. As part of our companion services for seniors, our home companions can help structure pastimes, hobbies and games to keep your senior parent interactive, engaged and stimulated.

Respite for Family Caregivers

While caring for your aging parent is a labor of love, it is still labor. As you spend more and more of your time caring for your senior parent, you may find yourself giving up favorite hobbies and vacations, saying no to friends, feeling distracted at work and getting more stressed with your spouse and children. Over time, juggling caregiving with work, raising children and managing a household increases your risk for depression, chronic illness and a decline in your overall quality of life.

Despite these risks, you may neglect good health habits if you're like many caregivers. You may skimp on sleep, eat poorly, skip regular exercise, keep going even when you're ill or postpone your own medical appointments. If you're a caregiver who neglects your own health, you're more likely to suffer from a chronic condition such as high cholesterol or high blood pressure and be overweight. Caregiving can also take a toll on your mental health, with an estimated 46 percent to 59 percent of caregivers suffering from clinical depression.

It's time to pause and ask yourself: "What good will I be to the person I care for if I become ill?" As a caregiver, it is critical for you to take good care of yourself—even while you are taking care of your aging loved one.

It is possible to take some much-needed time for yourself while meeting the needs of your senior parent through DECLARE In-Home Health Care's respite care services.

Around the Clock Care

Age can bring enormous daily challenges for older adults. Arthritis can get so bad that bathing or dressing without help becomes impossible. Fading eyesight can make it dangerous to drive to the grocery store or a doctor's appointment. Relying on a cane, walker or wheelchair makes cleaning the house or cooking a meal a slow and painful ordeal.

It's reassuring to know that our live in caregivers can make it possible for your aging parents to live as independently as possible in their own home. Whether your parent needs personal or memory care services, basic housekeeping or companionship or around the clock care, DECLARE In-Home Health Care will create a customized care plan for your loved one's unique needs. We also recognize that your parents' needs evolve over time, and we are here to reevaluate their needs every step of the way to maximize their freedom and quality of life.

You may be unaware of your aging loved one's needs because senior parents often don't want to complain or admit they can't take care of themselves anymore. No one wants to lose their independence or become a burden to their children. Perhaps most of all, seniors want to live out their days where they feel most comfortable: in their own home.

We offer a range of services—from basic companionship to around the clock care—that makes it possible for seniors to remain in their own home for as long as possible. For example, some seniors only require assistance with certain activities of daily living, while others need live in home care. Your senior parent may require around-the-clock in-home nursing care if they are recovering from a sickness or illness, suffer from Alzheimer's or dementia, have limited mobility or live far away from family and friends who could lend a hand.

DECLARE In-Home Health Care offers two types of live in elder care services:

Live in Care

If your elder needs considerable help on a "live-in" basis, DECLARE In-Home Health Care can provide a live in care provider to assist with all activities of daily living—cooking, light housekeeping, grocery shopping, errands, bathing, dressing, grooming and transportation. Our live in caregivers for seniors can

reduce fall risk, offer emotional support and provide supervision. Live in caregivers spend the night in the elder's home. They do sleep on the overnight shift, but are there to help the client at all hours.

24/7 Attentive Care

Some older adults need continuous care to remain in the comfort of their own homes. People requiring 24/7 attentive care may wake often, wander, suffer from dementia or have a chronic medical condition requiring continuous monitoring. For these seniors, Synergy HomeCare can provide two or three live in caregivers who work 8- or 12-hour shifts to ensure an elder's needs are met at all times.

24 Hour Care

- Dependable and reliable service
- Friendly companionship
- We listen to your needs
- Communicate with family members
- Keep care journal
- Rotating caregivers
- Nutritious Meals
- Light housekeeping
- Personal care

You want to be there for your loved one at all times, but when they need care or supervision 24 hours a day, you may wonder when you can sleep or go to work. DECLARE In-Home Health Care is available at any time to provide care. When your loved one has Alzheimer's disease, mobility issues, or has just returned from the hospital, round-the-clock care can be a great care solution.

DECLARE In-Home Health Care's 24 Hour Care services are great for families who need round-the-clock care for their loved one. 24 Hour Care is great for people with Alzheimer's or dementia, people who have trouble getting up and moving around the house, people recovering from surgery or other hospital care, or people experiencing end-of-life or hospice care. With 24 hour care, patients are comforted, knowing someone will be there to help them, and family caregivers have the peace of mind they need.

Attentive Care

Caregivers aren't just there to watch your loved one; they are there to provide attentive, compassionate assistance. Each of our caregivers is trained to look for the things that would make their clients most comfortable, as well as predict their needs prior to being asked for help. With 24 Hour Care, three caregivers rotate through shifts to make sure that someone is always

Sleep Over Care

If your loved one needs 24 Hour Care, but does not need round-the-clock surveillance, Sleep Over Care is the answer for them. Caregivers are given a place to sleep, and are there for a few days to help your loved one.

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