

# Coordinating In-Home Care

*For aging in place, it takes a community.*

Please check all services your loved one might require to successfully age in place:

- Bathing
- Dressing
- Personal hygiene
- Exercise assistance
- Walking
- Transfers
- Repositioning
- Meal planning
- Meal preparation
- Cleaning
- Laundry
- Non-medical supervision
- Socialization
- Companion to/from outings
- Respite services
- Nursing care
- Physical therapy
- Occupational therapy
- Speech therapy
- Mental health counseling
- Long term planning
- Advanced directives
- Caregiver counseling
- Conflict resolution
- Grief and/or end of life issues
- Specialized medical:
  - Dentists
  - Optometrists
  - Audiologists
- Assistance making appointments
- Assistance keeping appointments
- Coordinating medicines
- Nutritional counseling
- Bill paying
- Checkbook balancing
- Financial planning
- Legal advice
- Home renovations tailored to aging in place:
  - Installation of ramps
  - Installation of grab-bars
  - Widening of doorways
  - Widening of bathroom facilities
  - Converting tubs to showers
  - Adding additional lighting



## HealthCare Options

*"Personal Care for your Peace of Mind."*

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