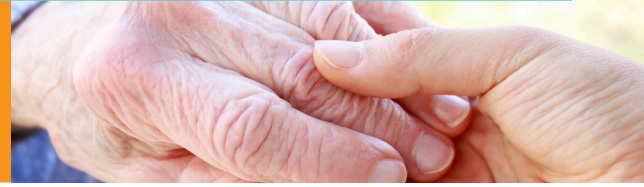


# When You're Not Ready to Move

A little help can postpone a move to a higher level of care



When illness or recuperation means independence is lost for a time period, take advantage of our convenient in-home services to assist with daily living activities.

**FREE** professional assessments for in-home care solutions are available to all interested residents.



CAREWORKS  
HEALTH SERVICES



Please call (949) 859-4700, or visit [CareWorksHealthServices.com](http://CareWorksHealthServices.com) to find out more about Careworks' services.

## SERVICES INCLUDE:

### HOUSEKEEPING

- Light housekeeping
- Making beds and changing linens
- Laundry and linen washing
- Ironing

### MEALS

- Meal preparation, clean-up and storage
- Special diet and meal planning
- Nutritional meals and feeding
- Monitor diet and eating

### TRANSPORTATION

- Errands and shopping
- Pick up prescriptions
- Transporting to appointments
- Incidental transportation

### SOCIALIZATION

- Plan visits, outings and trips
- Personal escorting to outings and events
- Attend plays and concerts
- Visit neighbors and friends

### COMPANIONSHIP

- Companionship and conversation
- Encouragement and comfort
- Play mind-stimulating games
- Participate in crafts

### PERSONAL CARE

- Bathing and dressing
- Grooming and skin care assistance
- Provide a stable bathing environment
- Assist with walking and exercise

### ORGANIZATION

- Closet organizing
- Organizing mail
- Maintain client calendar
- Arrange and provide appointment reminders

### GENERAL ASSISTANCE

- Care of house plants
- Clothing selection assistance
- Assistance with maneuvering in the home
- Medication supervision
- Liaison to clients' families

### STAFF PROVIDED

- HHAs
- CNAs
- Companions

### REIMBURSEMENT

- Private pay
- Long-term care insurance

### LOCATIONS FOR SERVICE PROVISION

- Nursing home/assisted living
- Hospital
- Home

### SPECIALIZED SERVICES

- Specialized dementia care
- In-home safety assessment
- Respite and palliative care

CAREWORKS  
HEALTH SERVICES

Find out how we can help you!



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