



Reducing the risks associated with aging and rehabilitating at home.



There is no place like YOUR home...



Community Care

In-home medical and non-medical care services

Non-medical services

In-home, non-medical and companion support for safe, secure living—for life!

Our trained, compassionate caregivers are ready to step in where needed to help the elderly and rehabilitating to enjoy not just a better quantity of life—but also a better quality of life. Our loving Care Professionals help people remember to take their medicine, plus handle all the tasks an in-home nurse won't do, including:

- Transporting to the doctor and other appointments
- Light housekeeping and laundry
- Shopping and errands
- Preparing and serving meals
- Providing friendship and support
- Encouraging and participating in hobbies, leisure and other stimulating activities

Medical services

In-home medical staff for periodic or around-the-clock compassionate nursing care.

Community Care also provides registered nurses and licensed practical nurses qualified to administer medicines and perform simple and complex medical procedures. Skilled care includes, but is not limited to:

- Medication administration
- Ambulation and exercise
- Vitals monitoring
- Blood draws and injections
- Help with bathing, dressing, grooming
- Skilled nursing care for every need



Can we talk?

It's time for frank talk about aging.

We'd do you a disservice if we presented only the sunny side of aging. You know, pictures of lazy days spent cultivating a garden, cuddling with grandchildren, socializing on the golf course or deciding which pastry to sample next at the Grand Breakfast Buffet on a world cruise.

Certainly those images are accurate and true for some aging individuals—but not for all. Some elderly people, actually a much wider majority, face grim, lonely days fearing if and when they're going to fall ... when they'll be forced into a nursing home ... or wondering who will step in to help them as they become weaker and frailer, both physically and mentally.

It may not be pretty, but it's true: bad things tend to happen to the elderly—especially when they're living alone.

No one means for or wants bad things to happen—to anyone. But bad things do happen, especially to the elderly. Just look at these statistics:

- Each week, more than 30,000 people over the age of 65 are seriously injured by a fall.
- One fourth of those who fall and sustain a hip fracture die within a year; half never regain their former levels of mobility.
- More than 15,000 seniors die in their homes due to accidents each year.
- Nearly two million adults over the age of 65 suffer from depression. And high levels of depression increase the risk of stroke by almost 75%.
- Loneliness kills: elders with the most limited social connections are twice as likely to die over a given time as are those with a close support network.

Did you know? Costly nursing homes and assisted living facilities are NOT the only options available to the aging and rehabilitating.

If you were rehabilitating or elderly ... unable to comfortably or competently handle the activities involved with daily living, where would you prefer to live? In a nursing home? In an assisted living facility? In the homes of your children or relatives? Or, if you could choose, would you prefer to live out your days in the safety, security and comfort of your own home?

Did you know? One out of every two elders in assisted living arrangements could safely remain in their own homes with part-time or live-in assistance.

Nearly all aging people, when asked, would say they prefer to retain their independence, to remain at home for as long as possible. Yet despite this desire to stay at home, surrounded by memories and the comfort of familiarity, many aging individuals wind up alone, cared for by far-away children or relatives, or in costly nursing and assisted living homes—many times simply because familial caregivers don't realize that more cost effective in-home care options exist.

Did you know? Safe and highly desirable in-home elder and rehabilitation care often costs 33% – 50% less than institutional care.

According to a recent study of nursing homes and assisted living facilities by the Metlife Mature Market Institute, it costs \$75,000+ per year for a private room in a U.S. nursing home. Assisted living facilities run from \$3,500 to \$5,200 a month, depending on where you reside—add another \$750 to \$2,200 a month to that if dementia care is needed.

Community Care enables the elderly and rehabilitating to remain safely at home – for half to a third of the cost of traditional assisted-living type care.

Now that's good news worth talking about!

Need home care for a loved one?

Caring for an aging or rehabilitating loved one takes a toll: financially, physically and emotionally.

If you've become responsible for the care of an aging parent or incapacitated loved one, know that you're not alone. Some 44 million Americans provide care to older family members—15% of them live an hour or more away; 75% of them report spending 22 hours each month helping with basic living activities like transportation, shopping, managing finances and cooking.

You, like these caregivers, often pay a high price for the loving work you do:

- You may have underestimated how it would impact you, your work and your life.
- Perhaps you began by doing only small things—but the load has increased over time.
- With increasing and continued care-giving responsibilities, your ability to move forward career-wise may have been limited. Perhaps you bypassed promotions or training.
- An increased care load may also have meant a loss of income to you—and with it negative impacts to your future retirement and social security earnings.
- You may feel stressed, burned out, angry, frightened or regretful—all natural feelings of familial caregivers—and your own health may be suffering as well.



Let us care for your loved one in-home—so you can care for yourself.

Part-time, weekend, respite and live-in medical and non-medical help is available.

We at Community Care firmly believe that you are most empowered to help your loved one when you take time to care for yourself. Whether your loved one lives with you—or across the country—Community Care can help.

Receive a complimentary in-home or phone consultation, Home Safety Assessment and a personal interview with the prospective Care Companion.

Our process begins with an in-home Care Consultation. During our meeting, we will determine the best path of care for your loved one and assess which caregiver might be best for your situation. You will have an opportunity to meet and interview the Companion before care begins—our utmost goal is that you and your loved one are comfortable with your caregiver.



10 signs that aging loved one may soon need in-home help



- **Clutter, piles of paper and mail**
- **Unpaid bills or late payments**
- **Unkempt lawn or home**
- **Spoiled food in the refrigerator**
- **Burned pans on the stove**
- **Soiled clothing or body odor**
- **Acting confused, forgetful**
- **Repeating themselves**
- **Losing weight, feeling tired**
- **Loss of interest in friends, hobbies**



Need home care for clients or patients?

From per diem staffing to live-in care. You call. We're there.

Community Care provides staffing and referral- and contract-based care services for social workers, physicians, discharge planners, nursing homes and rehabilitation center professionals who need quick, competent care for clients and patients.

- Dedicated care managers
- Compliance monitoring and oversight
- No long-term contracts
- On call, 24/7/365
- Specializing in Alzheimer's and dementia care
- Working with you to help ensure smooth, safe transitions
- Medical and non-medical staffing for complete shift coverage



Community Care

All the care you'll ever need to stay safe...to stay home.

- ***Home health aides***
- ***Personal care aides***
- ***Live-in aides***
- ***Homemakers***
- ***Therapists***
- ***Social workers***
- ***Behavioral health nurses***
- ***Care Companions***
- ***Registered nurses***
- ***Licensed practical nurses***

Why Community Care?



Get the help you need—not the hassles of becoming an employer.

Community Care is not a placement agency. Our employees, not yours, provide care. In fact, Community Care is one of few in-home service providers whose own staff provides care. Most other agencies are placement firms, leaving families with the title of “employer”—and with it all the hassle of insurance, benefits and taxes.

Get care when you need us—on your schedule and within your budget.

Need someone to cover vacation or just one shift? Looking for hourly, weekly, weekend or live-in care? No matter what your schedule or budget, Community Care can develop a course of care that’s convenient and helpful to you.

- Send a companion to be with your loved one twice, or more, a week
- Go on vacation; leave your loved one in our loving, capable hands
- Let us help you manage your loved one’s care so you can have more time for you again
- No long term contracts required
- And we’re here whenever you need us

Get peace of mind—our Care Professionals have passed the most scrupulous background check in the industry.

Community Care realizes it’s not easy to welcome a stranger into your home. That’s why we conduct rigorous, in-person interviews and thorough background checks to ensure our people are who they say they are. All caregivers are prescreened through the anti-terrorism Patriot Act as well as through nationwide criminal, sexual offender and credit checks. References are required—and checked, as are all licenses and certificates to ensure employees are within good standing with their respective credentialing organizations.

Get loving, competent care—our thoroughly and continually trained Professionals consider their work a ministry.

It takes a special someone to help and care for those who can no longer care for themselves—and Community Care is pleased to have a fleet of those ‘someones’ on staff! Our caregivers are career professionals who take joy in what they do—and that joy is contagious, warmly spreading to those in their care. In addition, our caregivers are continually trained on the latest in elder care issues through ongoing workshops and in-house seminars on topics such as depression, Alzheimer’s and dementia.





Ready to get started?

Thinking about hiring a companion or skilled medical care for your loved one?

Need caregivers for upcoming or immediate shift openings?

Want to discuss the particulars of your situation?

Every journey begins with a single step. You've already taken that step by reading this brochure to familiarize yourself with Community Care. If you'd like more information about us, please visit us online at www.CommunityCompanions.com.

Take the next step.

If you have any questions or would like to schedule a complimentary Home Safety Assessment, Care Consultation or in-person interview, or to arrange for staffing, please e-mail info@communitycompanions.com, or call 1-888-886-2433 to speak with a Care Advisor.



About Community Care

Founded in 1986, Community Care is provides nationwide medical and non-medical in-home care to the elderly and individuals recovering from an injury, illness or surgery. With deep roots in the elder-care industry, we are trusted and recommended by social workers, physicians, discharge planners, nursing homes and rehabilitation centers, and staffed by a unique cadre of compassionate caregivers who consider it their ministry to help keep the elderly and infirm independent and free from institutional care—in the comfort of their own homes.

1-888-886-2433

www.CommunityCompanions.com

