

Right at Home Care Services

Companion Care

Homemaker Services

- Cooking, meal preparation and clean-up
- Monitor diet and nutrition
- Medication reminders
- Pet care and pet monitoring
- Prepare grocery list

Light Housekeeping Services

- Mop, sweep and vacuum floors
- Clean kitchen counters and appliances
- Clean bathroom(s)
- Dust, organise and tidy up rooms
- Make the beds and change the linen
- Laundry – wash and put away clothes
- Iron clothes
- Take out the garbage



Home Activities

- Help with letters and reading the mail
- Read (books, periodicals, newspaper)
- Rent and watch movies
- Companionship and friendly conversation; reminisce about the past
- Play cards or board games

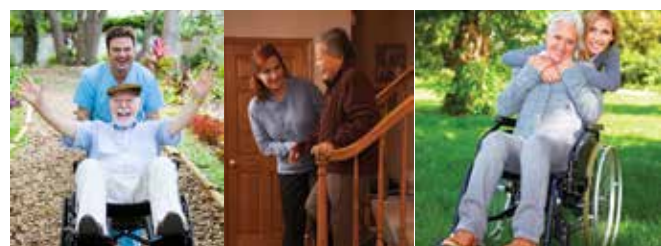
Transportation and Outdoor Activities

- Transportation – to and from doctors appointments / social events
- Errands – mail letters, bills or packages
- Grocery shopping
- Outings to the theatre, film performances, art galleries, the RSL, coffee shop
- Visits with friends
- Take walks, visit the park



Personal Care

- Bathing
- Hygiene
- Grooming and Dressing
- Continence Care / Toileting
- Help with mobility
- Help reduce the risk of slips and falls
- Help with exercises
- Assistance with eating



Skilled Nursing Care

- Medication Administration
- Catheter Care
- Complex wound dressings (vac dressings)
- IV therapy, IV antibiotics
- Tube feeding
- Rehabilitation
- Palliative care
- Symptom Management
- Managing a rapidly changing health status

