

## Comfort Keepers® Services

### Personal Care

- Bathing, grooming and hygiene
- Mobility assistance
- Transferring and positioning
- Toileting and incontinence care
- Feeding and special diet
- Dementia care
- Medication reminders

### Care Services

- Companionship
- Meal preparation
- Laundry
- Light housekeeping
- Incidental transportation
- Grocery shopping
- Errand services
- Live-in services (where available)
- 24-hour care
- Respite care or relief for family

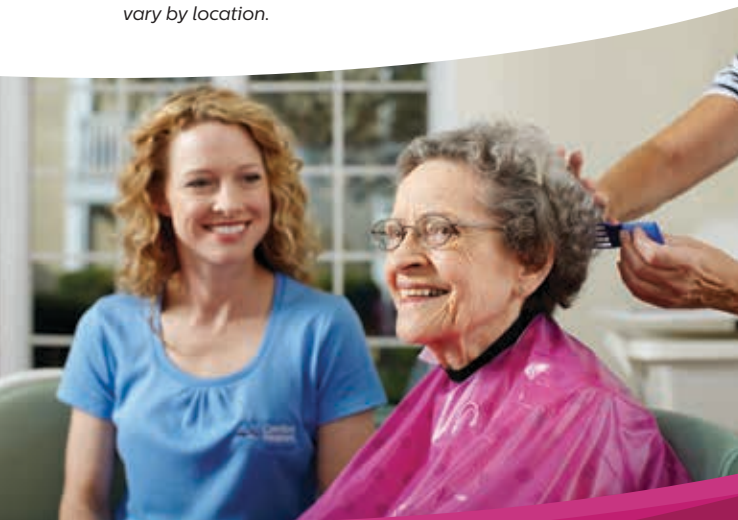
### SafetyChoice® Technology

- Personal Emergency Response System (PERS)
- Medication dispenser solutions
- Bedside pressure mats

### Private Nursing Care

Available in many locations.

Please discuss your requests with us, as services vary by location.



SENIOR CARE



To find your nearest office  
please visit

[www.comfortkeepers.ca](http://www.comfortkeepers.ca)

or call

**1-866-363-0072**



[ComfortKeepers.ca](http://ComfortKeepers.ca)



## Comforting In-Home Care

Comfort Keepers® provides in-home care that makes a difference in the lives of seniors and other adults. For more than a decade, clients and their families have entrusted their care to us in hundreds of local communities. Whether we're providing companionship or in-home safety solutions, we offer the care and support that improves a senior's quality of life and enables independent living at home.

Living well encompasses many aspects that can be enhanced by in-home care. These aspects include mental, physical, nutritional and safety considerations. Through our Interactive Caregiving™ system of care, whether cooking, playing cards, doing a puzzle or looking at old photos, our *Comfort Keepers*® interact with and engage seniors to help them maintain happy, independent lives.

IN-HOME CARE SERVICES

Keeping The  
Comforts Of Home™

[ComfortKeepers.ca](http://ComfortKeepers.ca)



# The Care You Need Wherever You Call Home



## Interactive Caregiving™ Connects And Engages Seniors To Maintain Their Independent Lives At Home.

Interactive Caregiving™ is the unique way our *Comfort Keepers*® deliver care to our clients. Study after study shows that active and mentally stimulated seniors enjoy a better quality of life and physical well-being. Transforming daily activities into interactive activities helps keep people strong, improves health and outlook on life, and reduces the risks for injury, depression, and symptoms of dementia.



Interactive Caregiving centers on four interrelated aspects: engagement of the mind, an active body, proper nutrition, and safety.

**MIND.** Maintaining a strong mind through mental exercise is critical to a senior's overall well-being. We invigorate clients' minds through conversation, reminiscing, storytelling, and other activities. We also address specific needs of seniors experiencing dementia and Alzheimer's disease.

**BODY.** Exercise and physical activity help seniors maintain muscle tone, flexibility, balance, and range of motion—all essential factors to sustain independent living. *Comfort Keepers* plan physical activities appropriate to each client's health conditions and physical abilities—from walks in the neighborhood, to dancing, and helping around the house.

**NUTRITION.** To encourage healthy eating, *Comfort Keepers* encourage participation in preparing meals. We ensure our clients consistently eat a nutrient-rich, well-balanced diet.

**SAFETY.** There are several ways we encourage the safety of our clients. We provide guidance on how to make the home safer to accommodate the physical changes that naturally come with aging and other issues. We also offer technology solutions, such as a Personal Emergency Response System, a fall detector and other monitoring devices.



### The *Comfort Keepers*® Difference

Our caregivers, the exceptional people we refer to as *Comfort Keepers*®, take everyday activities and transform them into opportunities to communicate with and engage their clients.

- Our *Comfort Keepers* are:
- Selected after a rigorous interview process, including national background checks and review of personal and professional references
  - Our employees, not contractors
  - Bonded, insured and covered by Workers' Compensation
  - Trained specially to provide an interactive care solution for clients



**DID YOU KNOW?**  
89% of seniors say they would prefer to remain in their home indefinitely as they age. (SOURCE: AARP)

