

Hang on your refrigerator
for quick reference...

In Case of Emergency Call 911

Fire:

Police:

Ambulance:

Health Care Staffing

1-508-366-1766

Primary Care Physician:

Physician Specialist:

Physician Specialist:

Emergency Contact:

Emergency Contact:

Attorney:

Home Care Company:

508-366-1766

We set ourselves apart.

- Locally Owned by a Registered Nurse
- In Your Community for Over 15 Years
- On Call 24 Hours a Day
- Licensed, Insured & Bonded
- All of Our Caregivers are Carefully Trained, Screened, Supervised and Criminal Background Checked

We Provide:

- Care from 2 to 24 hours a day
- Live-In Care

Our mission is to help our patients achieve their optimum quality of life while maintaining their personal dignity.

Health Care Staffing, Inc.

A division of

Care Solutions, Inc.

176 East Main Street
Westboro, MA 01581
508-366-1766
www.care-solutions.net



Private
Personalized
Care



Where you live is where we'll be.



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What matters most? That is a personal question. What matters to us is that we listen to your needs and do our very best to meet those needs and exceed your expectations.

"My Aide is an exceptionally wonderful person. My daughter lives out of state and knows that I am well taken care of."

- Westboro Client

Individual Care Plans are created by a nurse for each client. These *Care Plans* are specific to each patient's needs and are reviewed with our caregivers. The nurse provides on-going, on-site supervision for each client.

References available upon request.



Any service you need...
Any time you need us...

Personal Care

- Grooming
- Bathing
- Dressing
- Oral Hygiene
- Medication Reminder
- Hair Care
- Skin Care
- Assistance with Toileting
- Incontinence Care
- Mobility and Transfer Assistance

Companion Services

- Provide Companionship and Conversation
- Assistance with Reading
- Assistance with Walking
- Social Events Companionship

Housekeeping Services

- Meal Preparation: Planning, Preparing, Serving and Clean Up
- Light Housekeeping
- Laundry
- Ironing
- Taking Out the Trash
- Changing and Making Beds
- Dusting
- Caring for Indoor Plants

Help with Life's Activities

- Appointment Scheduling and Reminders
- Transportation to Appointments
- Accompaniment to Appointments
- Prescription Pick Ups
- Grocery Shopping

Home Safety Checklist

- Are you able to enter and exit your home easily?
- Is there adequate lighting in all stairways and hallways?
- Is there a light switch at both the top and bottom of stairs?
- Is your home clear of clutter and loose objects?
- Is there a flashlight, light switch or lamp beside each bed?
- Are all electric cords placed close to walls, out of your pathways?
- Are rugs secured around all edges and not torn?
- Are rugs smooth and flat with no folds or wrinkles?
- Is there a non skid surface on the floor of the bathtub or shower?
- Are there adequate hand holds for getting in and out of shower or bathtub?
- Do you have a portable phone?
- Do you have a personal response system?
- Do you have a plan for natural disaster?
- Have you completed our contact form on the back?

Live At Home With Care.