

AGING EXCELLENCE

Seniors On The Go[®]

Service Menu

Geriatric Care Manager

- Long Term Care arrangement
- Medication Management
- Education & Advocacy
- Assistance with moving into retirement facilities, assisted living and nursing facilities

Companion/Social Visits

- Companionship & Conversation
- Beach/Cove Walking
- Reading, Sort and/or Read Mail
- Mind Stimulation Games
- Assist with Entertainment
- Answer Telephone/Review Telephone Messages
- Mail Bills & Letters
- Maintain Client Calendar
- Buy Newspapers, Magazines, Books
- Plan Visits, Outings & Trips
- Visit Neighbors, Friends, Family
- Reminisce about the Past
- Discuss Current & Historical Events
- Assist with Computer/Internet/e-mail use
- Participate in Crafts
- Play Games/Cards
- Sewing Assistance

Cleaning/Chore Services

- Light Housekeeping
- Laundry
- Iron Clothes
- Wash Dishes
- Take Out Garbage
- Change Linens & Make Beds
- Vacuuming, Dust & Polish Furnishings
- Organize/Clean Closets & Pantries
- Clean Kitchen Cupboards
- Care of House Plants
- Clean Oven & Refrigerator
- Lawn/Garden Care & Snow Shoveling
- Assist with Pet Care

Handyman

- Basic Home Maintenance & Minor Home Repair
- Painting, Removal of yard debris
- Moving furniture & Packing

Reminder/Telephone Reassurance Services

- Appointment Reminders
- Medication Reminders
- Birthday/Anniversary Reminders
- Religious Reading & Reminders
- Telephone Reassurance for Socialization
- Telephone Reassurance to Monitor Safety

Meal Planning/Preparation

- Meal Planning
- Meal Preparation
- Preparation of Future Meals
- Prepare Grocery List
- Clip Coupons for Shopping
- Monitor Food Freshness & Expirations
- Monitor Diet & Eating Habits

Transportation/Errand Services

- Arrange Appointments
- Drop Off/Pick Up Dry Cleaning
- Pick Up Prescriptions
- General Shopping
- Grocery Shopping
- Escort to Appointments
- Escort to Lunch or Dinner
- Attend Lectures, Plays, Concerts
- Attend Religious Services
- Attend Club Meetings
- Attend Sporting Events
- Airline Departure & Arrival Assistance
- Incidental Transportation

Personal Care Services

- Bathing /Dressing/Grooming/Oral Care
- Assistance to Bathroom
- Skin care
- Assisting with mobility & Exercise programs
- Meal preparation, Feeding
- Assistance with lifting, transferring, positioning
- Respite for family members
- Supervision / Care in the hospital & Facilities

CALL: _____ **or**
1-866-771-0991