

IT'S ABOUT FOCUSING ON WHAT THEY CAN DO, RESPECTING WHAT THEY ARE UNABLE TO DO, AND PROVIDING THE RIGHT SUPPORT FOR SUCCESS.

– **Leeza Gibbons**
Celebrity and Senior Helpers Advocate

ENDORSED BY

Leeza Gibbons



OUR BACKGROUND

Since 2002, Senior Helpers has been a national leader in professional, in-home senior assistance services. With a vision to help seniors remain in their homes despite age-related illnesses and mobility challenges, Senior Helpers has now cared for tens of thousands of seniors with a pledge to provide “care and comfort at a moment’s notice. We have rapidly built a reputation for providing the best in dependable, consistent, and affordable non-medical senior care services.

Senior Helpers is proud to have lead the industry in programs like Senior Gems®, that certifies our caregivers in Alzheimer’s and Dementia Care, as well as our first in the industry “Parkinson’s Care Program”, which delivers specialized training for our caregivers who care for a senior with Parkinson’s. The Senior Gems® program is based on GEMS , techniques, strategies, and overall approach to care which was created and developed by Teepa Snow, Positive Approach, LLC www.teepasnow.com. With Senior Helpers’ in-home care, you can feel secure your loved one is in good hands.

That’s Senior Care, **Only Better.**

OUR CORE VALUES

We live by our core values and tirelessly promote them at all levels of our organization.

- ✓ Responding at a moment’s notice
- ✓ Integrity without compromise
- ✓ Celebrating an improved quality of life
- ✓ Fostering a positive attitude



ROUND THE CLOCK ACCESSIBILITY

Senior Helpers is dedicated to responding to our clients at a moment’s notice. Contact us today to meet with one of our consultants for your complimentary in-home care interview.

YOUR COMPLIMENTARY IN-HOME CARE INTERVIEW WILL COVER:

- Your family’s specific goals
- Your daily plan design and schedule
- Pricing and payment methods
- Implementation process
- Ongoing communication and follow-up plan



Contact Your Local Senior Helpers

805-461-5892

AVAILABLE 24 HOURS DAILY

seniorhelpers.com/sanluisobispo

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SERVING SAN LUIS OBISPO COUNTY

License #404700003

Personal Care services vary by location. Please contact your local Senior Helpers office to find out more. Bonded and Insured. Senior Helpers does not discriminate against any person on the basis of race, color, national origin, disability, or age in the admission, treatment or participation of its programs, services, activities, or employment. Senior Helpers locations are independently owned and operated. © 2016 SH Franchising, LLC. GEMS and POSITIVE APPROACH are registered trademarks of Positive Approach, LLC. SENIOR GEMS® is a registered trademark of Senior Helpers.



Care and comfort at a moment's notice.

A HELPING HAND WHEN YOU NEED IT MOST



A HELPING HAND

WHEN YOU NEED IT MOST

SENIOR GEMS®: ALZHEIMER'S & DEMENTIA CARE

At Senior Helpers, our professional, trained caregivers take a unique approach to Alzheimer's and dementia care with our Senior Gems® program. The Senior Gems® program is based on GEMS, techniques, strategies, and overall approach to care which was created and developed by Teepa Snow, Positive Approach, LLC www.teepasnow.com. This method focuses on what people with dementia can do, instead of what they cannot do. It allows us to understand each stage of dementia the person is experiencing so we can create the best service plan and select the best caregiver for that individual.

- Customized plans that change as your loved one's needs change
- Careful monitoring of everything from medication to daily activities
- Caregivers who create a positive environment for the family and the client

COMPANION CARE

We offer assistance with everyday living activities, along with the social interaction that is key to your loved one's happiness.

- Caring companionship and conversation
- General shopping and errands
- Help with housekeeping, transportation, hobbies, and appointments

PARKINSON'S CARE

Senior Helpers' Parkinson's Care Program is the first of its kind in the senior care industry. Our caregivers are specially trained and equipped with tools, education and insights that deliver both care and comfort to clients with Parkinson's. Our tailored programs and services include:

- Nutrition and Meal Planning to Strengthen Muscles and Bones
- Home Safety and Fall Prevention
- Assistance with Mobility and Daily Routines
- Medication and Daily Dates Reminders
- Transportation
- Companion Care
- Family Caregiver Relief – Respite Care
- Light Exercise to Maintain Balance, Mobility and Strength
- Continuing Education on Disease Process

PERSONAL CARE

Our experienced caregivers make everyday life more manageable for seniors by helping them with more intimate care needs.

- Personal hygiene assistance
- Walking and dressing assistance



BUILT ON A FOUNDATION OF TRUST

Caring for a loved one can be overwhelming, time-consuming and draining to your health—both mind and body. Thankfully, there's Senior Helpers in-home care. Thanks to our responsiveness, dependability, and personalized care, Senior Helpers has become one of the most trusted providers of non-medical in-home senior care in the country. With Senior Helpers' in-home care, you can feel secure your loved one is in good hands.

That's Senior Care, *Only Better.*

- ✓ National leader in senior in-home care since 2002
- ✓ Committed to responding at a moment's notice
- ✓ Personalized daily plans that preserve seniors' independence and freedom
- ✓ Care options ranging from full-time to occasional check-ins

