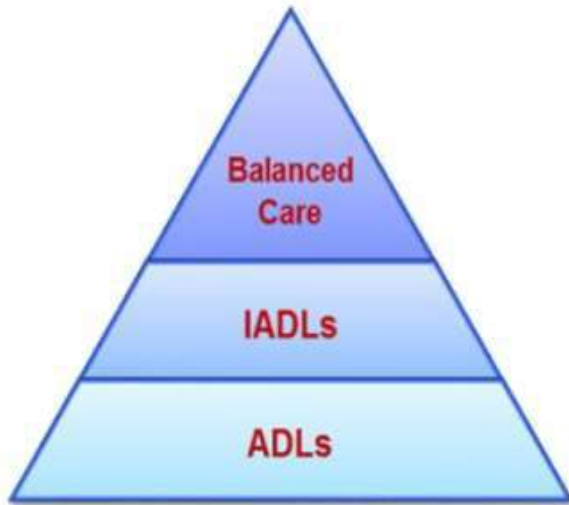


Home Care Assistance Dallas & Park Cities



Cognitive
Therapeutics
Method



alzheimer's association®

Alzheimer's Workplace Alliance



Welcome to Home Care Assistance of Dallas & Park Cities

- Who We Are:
 - Leading Provider of Non-Medical Care
 - Founded in 2002 in Palo Alto, CA
 - More than 180 offices in Canada, United States & Australia

 - Our Founders:
 - Kathy N. Johnson, PhD, CMC (Certified Geriatric Care Manager)
 - James H. Johnson, PhD, licensed clinical psychologist
 - Lily Sarafan, MBA, CEO, award-winning author of seven books

 - Dallas & Park Cities Office Leadership
 - Gayle Collins, Director of Operations / Administrator
 - Jennifer Satery, Director of Client Care
 - Gordon Sidler, Business Development Liaison
 - Terri Henderson, Client Care Manager
 - Chad Flores, Client Care Manager
 - Erika Haro, Employee Care Coordinator
 - Tierra Goodson, Recruiting Specialist
 - Jeanie Glover, Intake Specialist
 - Anita Adokpela, Employee Care Coordinator
 - Jared Caplan, General Manager / Administrator
- Dallas Area Parkinsonian Society, Board of Directors
Dallas Area Gerontological Society, Member
Franchise Advisory Council Member
Leader in Excellence Agency Award



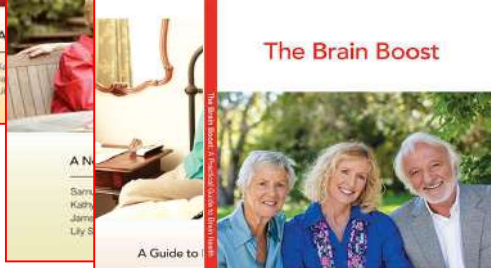
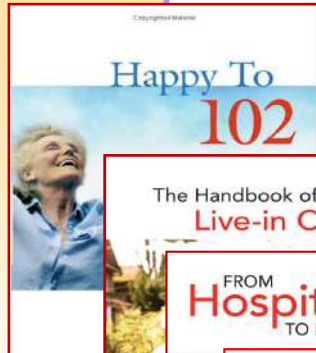
Caregiving: Our Scope of Services

- We provide older adults with the support and companionship they need to live an independent and fulfilling life.
 - Bathing
 - Dressing
 - Meal Preparation
 - Eating
 - Ambulating
 - Toileting/Continence
 - Light Housekeeping
 - Transportation
 - Transferring
 - Medication Reminders
 - Live-In, 24/7 Care or Hourly
 - Hospice Support
 - Care Management / Supervision
 - Companionship
 - Recreation
 - Nutritional Guidance
 - Range of Motion Exercises
 - Stroke Care
 - Parkinson's Care
 - Alzheimer's / Dementia Care
 - ALS Care
 - Hospital to Home Care / Recovery
 - Cognitive Therapy



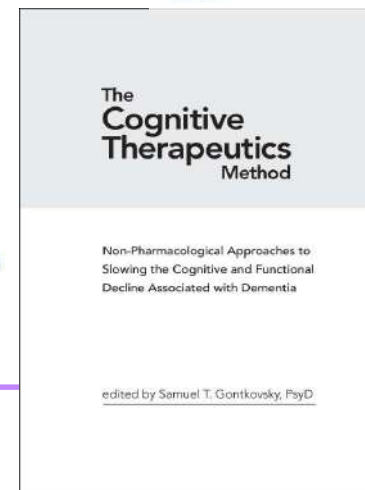
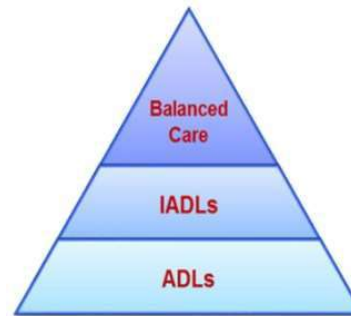


The Leading Provider of Care



The only **care** solution offering an innovative, science-based approach to aging. Authored 7 books in our Health & Wellness series + The Cognitive Therapeutics Method™.

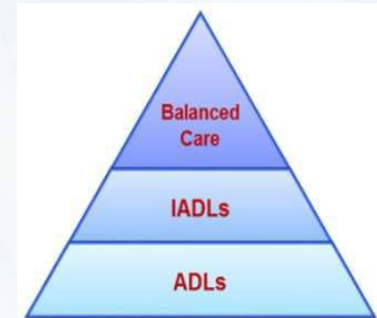
97% Customer Satisfaction Rate



The Balanced Care Method™

- **Overview:** The Balanced Care Method™ is centered on the scientifically studied lifestyle choices that contribute to healthy longevity.
- **Philosophy:** To promote maximum independence, health, and wellness through moderation and variety.
- **Goal:** To result in a longer, healthier and happier lifespan for your residents.

Caregiver Training
Emphasizes
Healthy Longevity



Balanced Care Method Testimonials

“I work frequently with older adults. Many need help with activities of daily living, especially meal preparation, so I am excited to learn about the Balanced Care Method for caregivers. The information in the training manual about a healthy diet reflects the latest research, and the fact that it is based on the habits of the long-lived elders of Okinawa is very inspiring.”

-Laurie Steinberg, Registered Dietician at Stanford School of Medicine



“The Balanced Care Method is grounded in solid scientific research of the lifestyle factors that contribute to an increased lifespan. In particular, the emphasis on mental stimulation promotes active use of a wide range of cognitive faculties through mental exercises, which may delay the onset of dementia.”

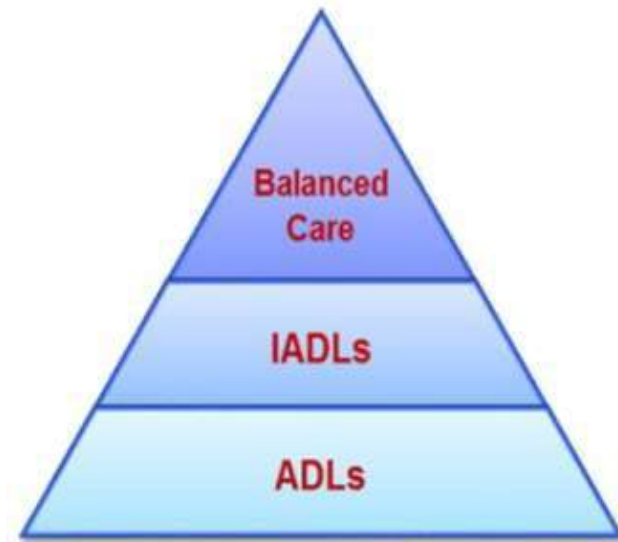
-Dr. Yael Shrager, PhD, Neuroscientist at Harvard University



Home Care Assistance Advantage

■ Balanced Care Method™

- Based on lifestyle of the longest living and healthiest people on Earth in Okinawa, Japan
- Care-givers trained to implement its ideologies into their daily senior care.
- Framework includes **moderation and variety** with an emphasis on
 - **Healthy Diet**
 - **Physical Activity**
 - **Sharp Minds**
 - **Social Ties**
 - **Calmness and Purpose**



Home Care Assistance Advantage: Top-Notch Care Management

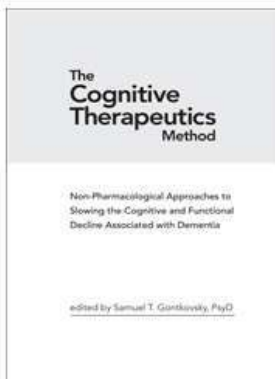
Home Care Assistance Care Managers work with older adults and their families to create a plan that is designed specially for each client's...

- Care Needs
- Personality
- Preferences
- Traditions / Values
- Coordination of Care
- Risks
- Supervisory Visits



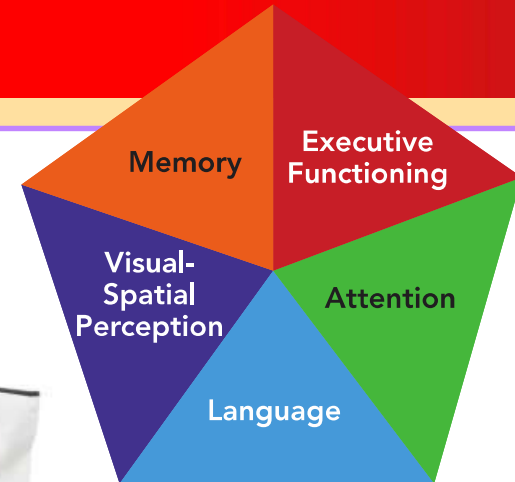
Cognitive Therapeutics Method™ Increases Brain Health

Home Care Assistance is the only home care agency to offer a one-on-one activities-based Program, based on research, designed to keep aging minds sharp.



Cognitive Therapeutics for Brain Health

- **Focuses on more than just memory.**
- **Based on scientific research.**
- **Extends independent years by increasing brain health.**



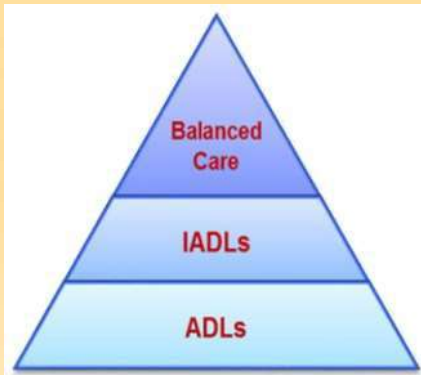
**Cognitive
Therapeutics
Method**

Music & Memory™

- **Turn-Key Implementation.**
- **Customized playlists for clients.**
- **Equipment is included.**
- **Customized playlists are included.**



Home Care Assistance of Dallas & Park Cities



- Awarded Best of Home Care: Leader in Excellence
 - Top 5% of over 2,600 home care agencies.
 - Based on monthly client telephone surveys.
 - Every month for 12 months.
 - Conducted by a third party.
- Awarded Best of Home Care: Provider of Choice
- Awarded Best of Home Care: Employer of Choice



TEXAS HEALTH AND HUMAN SERVICES COMMISSION

Home and Community Support Services Agency License

This is to certify that

CAPLAN HOME CARE LLC
D/B/A HOME CARE ASSISTANCE OF DALLAS
6029 BERKSHIRE LANE
DALLAS, TEXAS 75225

is licensed as a Home and Community Support Services Agency under the provision of the Health and Safety Code, Chapter 142. The agency is licensed to provide the following category(ies) of service(s):

Personal Assistance Services

OCTOBER 31, 2019

Expiration Date

017091

License Number



Charles Smith
Executive Commissioner

Non-Transferable

DALLAS
BUSINESS JOURNAL

BBB Torch
Awards
for Ethics

CONGRATULATIONS TO THE 2019 FINALISTS

Ameriflex
Asset Panda, LLC
Clarity Windows
ColonoscopyAssist
FASTSIGNS International, Inc.
Firefighting's Finest Moving and Storage
Gallagher
Greater Prairie Business Services dba
Greater Prairie Business Consulting
Hilti North America
Home Care Assistance of Dallas & Park Cities
JacksonShaw
JARIC AC and Heating Co.
Junior Players
Master Tech Service Corp.
Phillips Home Improvements
Project RELO
Rescue Air
Teague Nall and Perkins, Inc.
The Power Group
True North Advisors



Join us as we recognize local companies that demonstrate an outstanding level of ethics and integrity in all of their business dealings.

SAVE THE DATE:

Wednesday, November 20
6:00 — 8:30 PM
Canopy by Hilton Dallas Uptown
bizj.us/1pzcta



Jared Caplan <jcaplan@homecareassistance.com>

DBJ Torch Awards Finalist Notification

1 message

Allie Gatlin <agatlin@bizjournals.com>
To: Allie Gatlin <agatlin@bizjournals.com>

Mon, Sep 23, 2019 at 7:57 PM

Congratulations! Your company has been selected as a finalist for the *Dallas Business Journal's* 2019 Torch Awards for Ethics!

Your impressive company achievements and proven track record set you apart, and we'd like to celebrate you.

Should you choose to proceed as a finalist, you will be recognized at our awards reception on **Wednesday, November 20th at the Canopy Hotel by Hilton** and included in a special publication on Friday, November 22nd. At the awards reception, all finalists will be recognized, and the winner of each category will be announced.

Official Announcement:

The official announcement will be made by our newsroom on Thursday, September 26th and barring no changes, the complete list of finalists will be available in the Friday, October 4th print and digital edition of the *Dallas Business Journal*.

Please hold any press release or public announcements until after Sept. 26. (Note: We do not provide a press release template.)

What does it mean to be recognized as a finalist?

All qualifying candidates selected by our judges are announced and recognized as finalists. During the awards reception on November 20, the winner of each category will be revealed. The size categories are based on the number of employees in your North Texas office.

REQUIRED CONFIRMATION:

Before you share the good news, **you must reply by 5:00pm Wednesday, September 25 to the following requirements in order to confirm receipt of this award:**

1. **Company Name** – Please provide the company name that will be used throughout the duration of the program in print, marketing and at the event.
2. **Name/Title/Contact Info** - Please provide the name/title and contact information of the main point of contact for all event/editorial communication.

3. **Company Logo** – Please submit a high-res company logo that will be used in the digital honoree announcement next week.

4. **Attend Awards Reception** – Please confirm that a C-level executive will be able to attend the awards reception on **Wednesday, November 20th from 6:00 – 8:30 p.m. at the Canopy Hotel by Hilton, 2950 Cityplace W Blvd, Dallas, TX 75204.**
 - a. Additional event details and registration instructions will be sent following your confirmation to attend.
 - b. If no one can attend the awards event, unfortunately, you are not eligible to receive this award.

5. **Provide additional contact (if necessary)** – If there is an assistant or marketing contact you'd like me to copy on future emails, please provide their contact information.

After I receive confirmations from all finalists, I will send additional event details, next steps, and registration instructions next week.

Editorial Content:

Rob Schneider, DBJ's managing editor (rschneider@bizjournals.com), will be your point of contact for the special publication. If necessary, he will be contacting you to collect additional information through a questionnaire for our editorial coverage. Rob will distribute a Q&A in a few weeks. Please be on the lookout for his email in the coming days.

As a reminder, please respond no later than 5:00 p.m. on Wednesday, September 25.

On behalf of the *Dallas Business Journal*, congratulations again on your achievement, and we look forward to celebrating with you!

Thanks,

Allie Gatlin
Events Director | **Dallas Business Journal**
2515 McKinney Avenue, Suite 100 | Dallas, TX 75201
214-706-7145

agatlin@bizjournals.com



Home Care Assistance of Dallas won the prestigious **Leader in Excellence Award**:

- Bestowed upon the top 5% of over 2,600 home care agencies.
- Based on monthly client telephone surveys.
- Every month for 12 months.
- Conducted by a third party.
- Awarded Best of Home Care: Provider of Choice
- Awarded Best of Home Care: Employer of Choice





Jared Caplan makes sure that everybody on our team is committed to service excellence.
It's on our offices, website and social media.

The way that we understand and explain what 'Service Excellence' means in our company often surprises people when we explain our understanding of 'Service Excellence' is based on the fact that we have emotional intelligence and that we are human beings who are allowed to make mistakes. That way in all of our relationships with our team members, clients, vendors and community, we hope to have the opportunity to find out how we can improve so that we can achieve our goal to always perform better tomorrow that we did today.



HOME CARE ASSISTANCE OF DALLAS

POLICY: MAINTAIN AN EXCELLENCE IN SERVICE STANDARD


BACKGROUND:

Home Care Assistance of Dallas received our license to operate on October 17, 2015. Ever since the beginning, we have had more demand for our services than we have had trained personnel to staff jobs.

We have consistently provided high quality, highly screened, well trained caregivers that are well matched to our clients' circumstance and personality because we have adhered to the following principles.

PRINCIPLES:

- 1) We are committed to providing service excellence.
- 2) We do not put revenue before quality care.
- 3) We will not compromise on the quality level we require for our caregivers.
- 4) We are committed to making the right fit for the client.
- 5) We sometimes require several days to make the correct placement.
- 6) We will maintain a waiting list instead of rushing our hiring and placement process.
- 7) We will pass on serving a client rather than provide inadequate care.



Katharine Rubenstein | Senior Program Director
JCC Dallas | Bringing the Community Together
7900 Northaven Rd. Dallas, TX 75230
Office 214.239.7115 | jccdallas.org

“I have had the privilege of observing Home Care Assistance in action for the population they serve for over three years now. It is wonderful that our community has this conscientious company on which to rely. Whenever I am asked to recommend their services, I am confident that Home Care Assistance will act with integrity to deliver the highest level of service. “ – Katharine Rubenstein, Senior Program Director - JCC of Dallas.

Katharine



6370 LBJ Freeway, Suite 170
Dallas, Texas 75240-6400
972-620-7600
daps@daps.us
www.daps.us

August 21, 2019

To Whom It May Concern,

It is my pleasure to recommend Jared Caplan for consideration of the 2019 Torch Awards for Ethics.

As Executive Director of the Dallas Area Parkinsonism Society (DAPS), I have known Jared for close to five years. When I came to DAPS in December 2104, Jared was one of the first leaders in the area of providing senior services to reach out to me and offer his help in any way possible. His determination, commitment, and passion for serving his community and the aging community in particular was quickly evident. Jared did more than just talk about helping DAPS. As General Manager / Owner of Home Care Assistance of Dallas, he put together a community educational event for caregivers. He designated DAPS as the beneficiary of that event. In addition, with an exhibit table, DAPS was given the opportunity to showcase the services that we provide for people facing the challenges of Parkinson's disease. Jared also asked me to serve as a presenter and on a panel discussion at the Caregiver Workshop. The event was well prepared and provided very good information for caregivers.

Jared impressed not only me, but other members of our DAPS Board of Directors and in December of 2017 was recommended and nominated as a candidate to become a Board of Directors Member with DAPS. As a Board Member, Jared has contributed to the success of DAPS in many ways. His knowledge of the industry and dedication to providing quality care to senior citizens, regardless of what they may be facing, has helped DAPS to better serve our constituency. In addition to his service on the Board of Directors, Jared has supported DAPS financially and with his willingness to make strategic introductions to other community leaders in the Dallas area.

I strongly and without hesitation, recommend Jared Caplan for the Torch Award For Ethics.

Sincerely,

Mike Miles



Littler Mendelson, PC
3344 Peachtree Road N.E.
Suite 1500
Atlanta, GA 30326.4803

August 20, 2019

Angelo Spinola
404.760.3921 direct
404.233.0330 main
404.745.0712 fax
aspinola@littler.com

Dear Sir or Madam:

I have had the extreme pleasure of working with Jared Caplan and the entire team at Home Care Assistance of Dallas/Park Cities (HCA of Dallas/Park Cities) for the past several years. As a Shareholder at Littler Mendelson, PC I have had the opportunity to work with numerous business owners and advise them on employment practices, and can confidently say that Jared Caplan is a leader in the home care industry. I am honored to recommend Jared and HCA of Dallas/Park Cities for the 2019 Torch Award for Ethics.

Over the tenure of Littler's relationship with Jared and HCA of Dallas/Park Cities we have been able to assist him with the implementation and review of several policies and procedures to ensure that they are fully compliant with state and federal laws. In fact, Jared is a member of the Franchise Advisory Committee, which works to ensure not only that his businesses are compliant, but also he assists others in gaining the resources and information needed to keep their businesses compliant.

HCA of Dallas/Park Cities strives to be a leader in the industry, and does so through implementing policies and processes that ensure that all employees are treated fairly and compensated appropriately. This effort ultimately leads to providing excellent customer care. In the home care industry, customer care is imperative, and HCA of Dallas is a leader in the field. I experienced this effort first hand when we assisted HCA of Dallas/Park Cities with a Department of Labor Audit just last year. Through that process, it was determined there were no violations, a feat rarely achieved. A DOL Audit being closed out without a single wage and hour violation is a testament to the commitment of this company to ensuring that their employees are treated properly and fairly.

It is a pleasure to recommend Jared Caplan and HCA of Dallas/Park Cities for the 2019 Torch Award for Ethics. I am happy to answer further questions or provide any additional information you may need.

Sincerely,

Angelo Spinola
Shareholder

AS



August 26, 2019

To Whom It May Concern:

Please treat this as a recommendation letter for my vendor, Home Care Assistance of Dallas. As the publisher and owner of Seniors Blue Book Greater Dallas, I have had the pleasure of providing advertising services to Home Care Assistance of Dallas since April of 2016. They meet all production deadlines and pay their invoices promptly.

Home Care Assistance of Dallas provides educational opportunities for healthcare professionals. I had the opportunity to co-present an educational program for nurses and social workers with Jared Caplan, the owner of Home Care Assistance.

Additionally, as president of the Dallas Area Gerontological Society, I have witnessed the commitment that Home Care Assistance of Dallas has to supporting their community. They have supported the Dallas Area Gerontological Society's non-profit mission through sponsorship of the annual educational program DAGS Fall Forum for the past 3 years.

Sincerely,

Kathleen Warshawsky, BSN, RN

Publisher, Seniors Blue Book Greater Dallas
Dallas Chapter Ambassador, Aging2.0
President, Dallas Area Gerontological Society

Seniors Blue Book Greater Dallas
2220 Coit Rd, Ste 480-216, Plano TX 75075
972-382-9900 ext 101
Kathleen@SeniorsBlueBook.com
SeniorsBlueBook.com/local/dallas

Troy McNabb
7518 Eastern Ave.
Dallas, Tx 75209
214-906-9815

To whom it may concern-

I have known Jared Caplan for roughly 15 years. We met as founding members of the DLC (Dallas Leadership Council) and have continued a relationship as his organization, Home Care Assistance of Dallas/Park Cities, is taking care of one of my dear friends for the last ten months. This person requires 24-7 care thus I have been able to observe once again that Jared is the consummate executive professional with superior interpersonal skills. His ethics are beyond reproach.

I first observed Jared's many skills when he lead our group, DLC, to sponsor the Christmas party for the ARC (Association of Retarded Citizens) for roughly 5 years. He had a strong level of commitment to his work with a steady vision each year to carry out a monumental task of throwing a party for up to 750 people. These parties were all attended free to the ARC members. This required getting contributions of a venue, food, entertainment, security, games, gift bags, food for the volunteers and at least a 100 volunteers each year. He is intelligent with abilities to communicate both in writing and verbal. Jared has an incredible ability to ethically lead for noble causes. He truly is the humble servant, but fearless leader.

I can recommend Jared Caplan with pleasure for the 2019 Torch Award for Ethics. Furthermore, if I can answer any question please don't hesitate to reach out at my phone number above.

Sincerely,
Troy McNabb



August 25, 2019

To Whom It May Concern,

I am writing to offer my personal recommendation and endorsement for Jared Caplan and his team at Home Care Assistance.

Throughout my 30+ years in broadcast marketing, I've had the opportunity to work with hundreds of business owners to create and implement media campaigns on radio, television, print and the internet. Over the past 20 years, my primary focus has been *The Consumer Team*, a consumer advocacy radio program, owned by McQ Media, that airs in Dallas and Houston, Texas. Home Care Assistance of Dallas is our exclusive partner in the category on home care assistance agencies.

Mr. Caplan's ethics and focus are very apparent at all levels of Home Care Assistance. I have been impressed with his ability to get personally involved with the day-to-day details of operation while at the same time maintaining a clear vision for the big picture objectives. Because of this level of participation in his business, Jared's values are clearly woven into the fabric of Home Care Assistance and its employees.

We have interviewed several client families for The Consumer Team on 1080 KRLD Radio. In each of the interviews we learned of families in crisis that have been helped to restore a healthy balance in their lives through the services of Home Care Assistance. In each of the interviews I heard heartfelt statements such as "*I would not be alive today without Home Care Services.*"

I'm also impressed with Jared's unique problem-solving abilities that have enabled him to take a complex and confounding business issue and develop effective and realistic solutions. As an example, his role in developing a Living Wage for Caregivers while maintaining care excellence but still adhering to federal law, has indeed been impressive.

Jared Caplan is a person who *makes things better* for clients, friends and business associates. He is a humble servant but also a fearless leader. I am blessed to call him both an associate and friend and wholeheartedly offer my personal endorsement in nomination for the 2019 *Better Business Bureau Torch Awards for Ethics*.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Peter Thomson', written in a cursive style.

Peter W. Thomson
CEO – McQ Media



August 21, 2019

I have had the pleasure of working with Jared Caplan and the team he has assembled to execute on the Home Care Assistance Brand in Dallas. As a Business Consultant to many franchise business owners for our brand and others, I am honored to recommend Jared Caplan for the 2019 Torch Award for Ethics.

Jared and his team have an outstanding focus on providing quality care for our clients, providing peace of mind for their families and acting as a resource for older adults trying to navigate the difficulties of aging. Understanding the vulnerable nature of our clients, and ensuring that they are served with high standards and strong ethical practices has been a basic thread of Jared's business practice. As a testament to his team's outstanding performance for clients and for caregiver employees, his team was awarded the LEADER IN EXCELLENCE AWARD, EMPLOYER OF CHOICE AWARD AND THE PROVIDER OF CHOICE AWARD. In fact, the Leader in Excellence award was bestowed upon the top 5% of over 2,700 participating agencies based on 12 months of telephone surveys of clients and caregiver employees!

Jared was elected by the franchisee community which includes over 180 offices worldwide to serve on our 6 member Franchise Advisory Council board. Over and above that service to the franchise community, Jared and his team have volunteered to pilot many new programs that HCA evaluates before rolling out to the community. Additionally, Jared and his team have made themselves available to prospective franchisees considering coming on board our team and then he has helped new franchisees open their offices by providing needed resources and allowing their staff to train and shadow his team members so that they can learn.

It is a pleasure to recommend Jared Caplan and HCA of Dallas/Park Cities for the 2019 Torch Award for Ethics. I am happy to answer further questions or provide any additional information you may need.

Sincerely,

Warm Regards,

Michele Boehmer
Managing Director of Franchise Support
Home Care Assistance
909-325-0440



Testimonials from Clients & Medical Professionals



Cognitive
Therapeutics
Method

Lyn F. *Home Care Assistance Client*

“You don’t know how much I needed you all. Thank you is not enough. I will recommend you and your staff to any and all that want or need to have someone take care of their loved ones – with all of the glowing words that I can find.”

- John M.

“Martha arrived and the entire household spirit changed. Martha brought a sensitivity and maturity we had not seen with other caregivers. Words cannot adequately convey the peace that Martha brought to Mum and the family as a whole.”

“**Home Care Assistance** raises exactly the right banner in promoting **The Balanced Care Method** as the foundation for all good care. In the rush of medical care systems that focus almost exclusively on problems, **The Balanced Care Method** encourages an approach which emphasizes creating strengths. For centuries, we have known that better health in aging is tied to physical, emotional, social, and spiritual factors. Regardless of diseases, building on these basics of good health matters.

But beyond creating strengths for elders, families that emphasize Balanced Care will come to work together and understand more clearly how to cope with medical problems and illnesses. The secret is in the strength of the foundation of care. The rest then comes into clearer perspective; complex situations and decision-making during this time of life are better understood and engaged. **Home Care Assistance** is about foundation-building-for elders, families, supportive friends and, ultimately, for your health care team.”

Dr. Dennis McCullough, Family Physician / Geriatrician
Harvard College
Harvard Medical School, MD
Dartmouth Medical School, faculty

“I want to thank you and your organization for the outstanding job that you did caring for my uncle... I think it made a big difference in the quality of his life.” - Gregory B.

“I work frequently with older adults. Many need help with activities of daily living, especially meal preparation, so I am excited to learn about the **Balanced Care Method** for caregivers. The information about a healthy diet reflects the latest research, and the fact that it is based on the habits of the long-lived elders of Okinawa is very inspiring.”

Laurie Steinberg, Registered Dietician
Stanford School of Medicine

“I’ve seen him become much more responsible for himself. This leap has led to much emotional growth. I think your caregivers are doing a terrific job of providing support, without hovering. Thanks for all your help.” - Judith M.

“The **Balanced Care Method** is grounded in solid scientific research of the lifestyle factors that contribute to an increased lifespan. In particular, the emphasis on mental stimulation promotes active use of a wide range of cognitive faculties through mental exercises, which may delay the onset of dementia.”

Dr. Yael Shrager, PhD, Neuroscientist
Harvard University

“Hospital readmissions are not only detrimental to a patient’s mental and physical health and expensive, but they can result in hospital penalization. Readmissions are often the result of inadequate support and supervision following the patient’s discharge orders upon returning home. Having a structured, professional Hospital to Home program like the one offered by **Home Care Assistance** promises benefits to the patient and the hospital by working in conjunction with the patient’s medical team to ensure discharge orders are followed and intervention occurs before a readmission is necessary.”

Dr. David B. Carr, MD,
Clinical Director
Division of Geriatrics and Nutritional Science
Washington University School of Medicine

FOR ADDITIONAL REVIEWS:
<http://www.dallashomecareassistance.com/home-care-reviews/>



Home Care Assistance of Dallas and Park Cities Client Testimonials from Google & Caring.Com

“Excellent care and assistance after hip replacement surgery. I ditched the rehab facility and went back home. I had professional and caring service from Hanna for three weeks 4 hours a day. We started out at 5 days a week, gradually working down to three and then two. I plan on using HCA again when I have the other hip replaced in May.”

— **Barbara Carr**

4239 McKinney Ave #110, Dallas, TX 75205

scifi_chick@juno.com

(214) 382-0202 (h)

(214) 284-7120 (m)

“HCA has proven over the last 16 months how extraordinarily caring they really are! Each of our team members are amazing at providing comfort, safety, encouragement and a good healthy environment for the client (and family)! Administration and scheduling has been spectacular for our 24/7 needs! HCA has met all our challenges with great success! Thank you HCA!”

— **Alexis Williams**

7900 Churchill Way 12304, Dallas, TX 75251

aa_will4267@att.net

(972) 980-9763 (h)

(214) 727-4678 (m)

“Very personable service and quick response to start in home care. The staff are very professional, courteous, and understood our needs. The help was outstanding and much needed and exceeded our expectations during a great time of stress.”

— **Arminda Menke**

6138 Aberdeen, Dallas, TX
arminda_menke@yahoo.com
(303) 359-8650 (m)

“My family has had an exceedingly great experience with Home Care Assistance and I recommend them without reservation. My wife is terminally ill and began needing daily care in May 2019 during the day while I was at work and on weekends as well. We hired Home Care Assistance based on a doctor’s recommendation. Jennifer is the manager and she and her predecessor worked hard to match us with the best member of their team. I selected the first aide and that was a mistake. She and my wife didn’t mesh well and it was clearly because I made the selection rather than my wife, who was still lucid and could communicate at that point. For the selection of the next aide, my wife did the choosing – obviously a better method. We were matched with Jessica P, the most outstanding caregiver we could have asked for. I could not recommend her more highly. She has been nothing less than an angel for our family in the most difficult time of our lives. Jessica took the time and energy to develop a personal relationship with my wife. As a result, Jessica intuitively understands what Emily needs or wants and has become the most important part of my wife’s care team. Jessica’s professional experience has been invaluable, as she knows precisely how to handle situations that baffle us. Jessica also navigates the family dynamic instinctively and effectively. Her bedside manner is gentle and caring. I cannot overstate how impactful Jessica has been over the last few, very difficult months. Further, Jennifer her manager checks in with me and visits our house regularly to ensure everything is going smoothly and that my family and I are getting what we want and need. Again, my experience with Home Care Assistance and its employees have been nothing short of outstanding.”

— **Paul Williams** [please note that Paul’s wife just deceased]

paul.williams1972@yahoo.com

“We could not have had a better experience. The care, compassion, expertise and warm, loving attitude of Jennifer our case manager was both inspirational and comforting. And Michael, my husband's personal caregiver was exceptional. Ken (hubby), keeps asking "when do I get to see Michael again?) Thanks, Mike for such exemplary care and . . .blessings on your new marital status!”

— **Laura Sutherland**

9007 Forest Hills Blvd, Dallas, TX 75218

txbride@swbell.net

(972) 251-0553 (m)

Enjoy working with the two caregivers we have had. Both very professional and caring. They take good care of my dad Shannon is also Great! Always checking to make sure things are going well and she is very timely with her follow up with any questions we have. So glad we found y'all

— **Karen Weekes**

8066 Park Lane #2014, Dallas, TX 75231

(469) 818-2925 (m)

I could not be happier with the care Home Care Assistance provided me. Marie was amazing! She was so sweet and kind and she always brightened my day. Her time with me helped speed along my recovery. I would absolutely use Home Care Assistance again!

— **Catherine Barrett**

barr7425@verizon.net

(508) 420-0095 (h)

(310) 429-9288 (m)

Home Care Reviews for Home Care Assistance of Dallas and Park Cities



— **January 11, 2019**

By Phyllis R_6 - *I am a current client of this provider*

I couldn't get along without them. I would recommend them. They do what I ask them to do.

— **December 19, 2018**

By Pranut - *I am a current client of this provider*

I have more free time. It is very good.

— **December 17, 2018**

By Troy M - *I am a current client of this provider*

They have made the biggest difference. Emotionally, they have been able to help the most. I like that they are consistent. They are always there and we haven't had any hiccups.

— **December 10, 2018**

By Nancy M_22 - *I am a past client of this provider*

They were here for me when I needed them to be. They sent friendly helpers.

— **November 12, 2018**

By Dr. M_2 - *I am a current client of this provider*

It makes my life much easier. It allows me to get out and I don't have to worry about my wife. It is very good, I don't have any trouble with it.

— **November 09, 2018**

By Anonymous_787 - *I am a current client of this provider*

They send caregivers here when I need help. They are very helpful when I have problem.

— **September 26, 2018**

By Karen B_1 - *I am a past client of this provider*

They stayed with me at night while I was recuperating with surgery. They were excellent.

— **August 21, 2018**

By Mary S - *I am a past client of this provider*

They were just there for one day, but it gave me peace of mind that they were there. They were friendly, professional, and did what I asked of them.

— **August 15, 2018**

By Robert E - *I am a current client of this provider*

The current person is pretty good, but sometimes has issues understanding things. We had an issue of one person they had with my mom, and they were unable to find someone one weekend. The price is a little high.

— **August 10, 2018**

By Kathryn J - *I am a past client of this provider*

It would've been very difficult without them. They were reliable, capable, thoughtful.

— **May 17, 2018**

By Marilyn A - *I am a past client of this provider*

It was just the fact that they were always with my mother and took the time to do the things that she wanted to do. I just think they did a really nice job and the people really cared.

— **May 10, 2018**

By Laura G_1 - *I am a current client of this provider*

The caregiver is very professional, helpful, and caring. They definitely had their caregivers here when they were supposed to be.

— **April 30, 2018**

By Teresa L - *I am a past client of this provider*

They sent a wonderful caregiver to me because she was hard-working and friendly. I just had surgery, so there was a lot that I couldn't do for myself.

— **April 09, 2018**

By Ben H - *I am a current client of this provider*

They do good work, and they've all been good. They help just by being here, and they're always here and taking care of me.

— **December 18, 2017**

By Karyl M - *I am a past client of this provider*

I had two caregivers from Home Care Assistance; they were both efficient and did a good job. Home Care Assistance's caregiver was able to help me get back to the hospital when I had a medical issue.

— **December 18, 2017**

By La Verna W - *I am a current client of this provider*

Home Care Assistance is responsive. Home Care Assistance has made life easier because I am able to leave the house and go do personal errands because I can trust that Home Care Assistance will do things properly.

— **November 10, 2017**

By Robert W_6 - *I am a current client of this provider*

I would tell a friend that Home Care Assistance looks at the patient and anticipate his needs. We can always rely on them to make a good decision on my loved one's behalf. They follow his requests and instructions. Home Care Assistance bends over backwards to accommodate us.

— **October 23, 2017**

By Catherine B_4 - *I am a past client of this provider*

Home Care Assistance was very professional and kind. I felt confident in their services. Having Home Care Assistance completely helped me because I needed help bathing and with food preparation.

— **October 18, 2017**

By Irene W - *I am a current client of this provider*

Home Care Assistance is responsive and I have felt comfortable with everybody they have sent out. They are easy to work with. Home Care Assistance gives me the ability to go out and do things I need to do while still being comfortable that someone is with my mom.

— **July 25, 2017**

By Judy O - *I am a current client of this provider*

Home Care Assistance does what they are supposed to do. Home Care Assistance makes life easier by taking me to water aerobics.

— **June 26, 2017**

By Angie L_1 - *I am a current client of this provider*

Home Care Assistance has great caregivers. The caregiver that my sister has is always busy. She is always trying to serve the client. My sister is totally dependent on someone being with her, so she couldn't live without Home Care Assistance

— **May 23, 2017**

By ms-carr - *I am a past client of this provider*

I needed help at home after hip replacement surgery. The caregivers helped me with bathing, meal preparation, and shopping. They reminded me to do my physical therapy, and drove me to my doctor appointments.



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Meet Tawanna

Tawanna has nearly 5 years experience in home care. She says she enjoys making a difference and bringing a smile to her client's face. She believes her special talent is impressing upon her clients the ability to develop a more optimistic outlook on life. She is very well-spoken and has a very pleasant demeanor. Tawanna has her Bachelor's degree in Family and Consumer Sciences and is currently pursuing her Master's degree in counseling. Her hobbies and interests include reading, travelling, listening to music, and spending time with her family and friends.

References

"Tawanna is a wonderful person. She is timely, extremely responsible, highly organized, and super dependable. When she was assigned a new case, we didn't worry about her. We knew that she would do a great job... She always received the highest praises from our clients... I would definitely trust her to take care of my own family members."

-Kim M.

"She is a very responsible and mindful person. I loved working with her. She took great care of her people."

-Katherine W.

"Tawanna is an excellent worker, professional... just a great employee. She goes above and beyond."

-Angela W.



Skills / Experience:

- Balanced Care Method
- Cognitive Therapeutic Method
- Companionship
- Alzheimer's / Dementia
- Advanced Cooking / Meal Preparation
- Incontinence Care
- Safe Transfers
- Medication reminders
- Bathing / Grooming



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Meet Meili



Meili is a compassionate caregiver with a great sense of humor. She always bubbly with a smile on her face, making it apparent that she loves her job. She is organized articulate and easily bonds with her clients. Meili is punctual, responsible, energetic and friendly. She enjoys the challenges of being a caregiver and can often turn a negative situation into a positive outcome.

Meili's hobbies include working out, running, volunteer work, reading, sight seeing and learning new talents.

Skills / Experience: Household Management, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting

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Meet Sherry

Sherry is a Certified Nursing Assistant and has 5 years experience in home care. She says she enjoys making a difference and bringing a smile to her client's face.



Hobbies & Interests: Singing, traveling and cooking

Skills / Experience:

- Companionship
- Alzheimer's / Dementia
- Hospice
- Bathing / Grooming
- Incontinence Care
- Medication reminders
- Cooking / Meal Preparation
- Driving / Transportation
- Transfers
- Gait Belt / Hoyer Lift



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Dallas, TX 75225
214-363-3400**



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Meet Danielle

Danielle has five years of experience as a CNA and caregiver in both the hospital and home environment. She is very well spoken, polite, and personable. Her references describe her as being “very well trained, dependable” and that they “hold her in the highest regard.” Her hobbies and interests include maintaining her health and well being through healthy eating, exercise, yoga, and many other outdoor activities.



Skills / Experience:

- Balanced Care Method
- Companionship
- Medication reminders
- Safe Transfers
- Advanced Cooking / Meal Preparation
- Alzheimer's / Dementia
- Driving / Transportation
- Bathing / Grooming
- Incontinence Care
- CPR & First Aid Certified

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Meet Janet

Janet is a Certified Nursing Assistant and has over 10 years experience in home care.



Hobbies & Interests: Taking long walks, cooking, bowling

Skills / Experience:

- Companionship
- Alzheimer's / Dementia
- Hospice
- Bathing / Grooming
- Incontinence Care
- Medication reminders
- Cooking / Meal Preparation
- Driving / Transportation
- Transfers
- Gait Belt and Hoyer Lift

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Meet Gemma

Gemma worked as a nurse in her home country for 6 years. She has been with Home Care Assistance for more than a year. She has her CPR and First Aid Certification. Gemma has a plethora of experience in Alzheimer's/dementia, hospice, gait belt and Hoyer lift experience. She has a positive, professional, and confident demeanor. Gemma is very attentive to her clients' needs and enjoys providing positive encouragement to stay active while also staying safe. Gemma is passionate and committed to being a caregiver and shows this by saying that, "I am a compassionate caregiver; I put my client's needs first, I will make sure that they are happy and satisfied. I treat my clients as my own family, I always make sure that I do my job, my clients can always count on me." In her spare time she enjoys trying new foods, cooking and spending time with others.

References

"Gemma is very knowledgeable and mature in her work. She took very great care of my father... really happy with her. I have no reservations about recommending her to anyone!"

-Catherine Z., daughter of former client

"We loved having Gemma care for mother, she has a big heart. She follows directions and creates routines very well. She's responsible and efficient... always wanting to do more!"

-Ronald L., son of former client

"Gemma has provided great care for our clients. She's proven to be very reliable and responsible. She communicates well with management and the families. We feel really luck to have her on board."

-Sharon G., former supervisor



Skills / Experience:

Live-in Care

Bathing / Grooming / Incontinence Care

Alzheimer's / Dementia

Companionship

Medication reminders

Gait Belt / Hoyer Lift / Safe Transfers



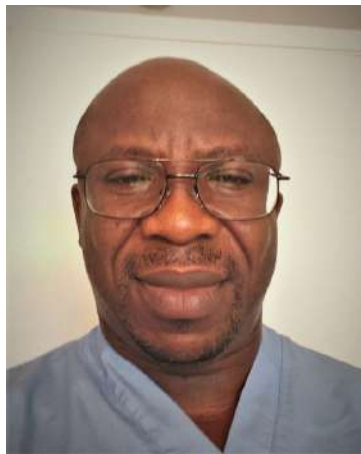
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Meet Paschal



Paschal is a calm and patient caregiver with over 2 years of experience. He is very positive and has a great sense of humor. He has the ability to turn any uncomfortable or challenging situation into a positive one. Previous clients would say Paschal is dependable and honest. Paschal prides himself in being able to provide his undivided attention and security to clients.

Paschal's hobbies include reading and watching football

Skills / Experience: Bed Bath, Skin Care, Bed Pan, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfers, Repositioning, Feeding Tube, Assistance in Bathing, Range of Motion Experience, Assistance in Dressing, Assistance in Toileting, Transporting, Household Management, Meal Preparation



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Meet Jelesa

Jelesa has been a caregiver for about five years, working in the home health, assisted living, and home care fields. She loves being able to help the elderly in their everyday lives and help them stay smiling and positive. Jelesa strives to care for her clients in a way that she would want her own family members cared for. She describes herself as responsible, reliable, and always striving to better herself. Jelesa says she is dedicated to the healthcare field and is working toward her long term goal of becoming a nurse. Her hobbies and interests include healthy cooking, reading, watching documentaries, and working through puzzles.

References

“Jelesa is a very hard working, caring, and wonderful person to be around. She has a very calming presence.”

-Brish G., former coworker

“She will stay by her patients’ side during the most difficult days. She cares a lot and won’t give up until the goal is met or the job is done.”

Kaprentice M., former supervisor

“She always meets her responsibilities and does extra. . . She loves making her clients smile. You can see she is a very joyful person. Everytime you see her in the halls, she is smiling and working at the same time.”

-Keandrea P., former supervisor



Skills / Experience:

- Alzheimer’s / Dementia
- Balanced Care Method
- Cognitive Therapeutic Method
- Companionship
- Incontinence Care
- Safe Transfers
- Medication reminders
- Advanced Cooking / Meal Preparation
- Bathing / Grooming



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Home Care Assistance provides experienced, prescreened caregivers who have a passion for caring for seniors. Our caregivers are employees of our company, come fully insured and bonded, and are drug tested. We require three professional references upon application that our internal staff personally verify. All of our caregivers undergo extensive background checks including criminal background screening and motor vehicle history.

Mary A.

Mary has been a caregiver for more than five years. She is intelligent, educated, mature, and very well spoken. She has a very joyful and attentive demeanor. She says she loves making a difference and bringing a smile to her clients' face. She enjoys connecting with her clients and finding ways to enhance their quality of life with activities that are meaningful to them. Mary first became a caregiver when her grandmother's health began to decline. She is grateful that she was able to be there for her in such a significant way. She describes herself as "patient, very observant, and caring – I treat my client as family." A reference described Mary as "understanding, clean, kind-hearted, compassionate, caring, dependable, and a great multi-tasker." Mary's hobbies and interests reading and making connections with new people. In addition, Mary absolutely loves to cook! She finds great joy in learning new cooking techniques to create healthy, delicious meals.



Skills / Experience:

- Skilled / Bed Bound Care
- Cooking / Meal Preparation
- Bathing / Grooming
- Alzheimer's / Dementia
- Incontinence Care
- Companionship
- Medication reminders
- Driving / Transportation
- Gait Belt / Hoyer Lift
- Transfers



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Meet Pam

Pam has been a caregiver and CNA for almost six years. She is polite, dependable, and personable. She has worked in a variety of care settings, including two years in UT Southwestern's ICU unit. Before becoming a caregiver, Pam worked as an Engineering Assistant at Boeing for 15 years. Her hobbies and interests include reading, scrapbooking, and spending time with family and friends. She also volunteers at a local women's shelter during her spare time.

References

"Pam is a very dependable, reliable, and observant woman. She is a team player that always meets her responsibilities."

-Jonathan B., former coworker.

"Pam has endless patience in very trying situations. I would trust her to take care of my own parents."

-Della S. former supervisor.

"I worked with Pam for almost ten years. She is a good, hardworking person."

-Ron E., former coworker.



Skills / Experience:

- Balanced Care Method
- Cognitive Therapeutic Method
- Companionship
- Alzheimer's / Dementia
- Incontinence Care
- Safe Transfers
- Medication reminders
- Advanced Cooking / Meal Preparation
- Bathing / Grooming
- Incontinence Care



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Meet Manema

Manema has been a caregiver and CNA for about 15 years. She has been a successful and valued caregiver of Home Care Assistance for a year and a half! Her experience includes caring for individuals with a wide range of needs in assisted living, skilled nursing, and home care. She feels her specialty is Alzheimer's and dementia. She has a true passion for caring for others and always improving her skills and abilities. She enjoys staying up to date on the latest research and methods to better care for those with Alzheimer's and dementia. Manema is the kind of caregiver that looks forward to a challenging case (and she does great work). Her interests and hobbies include swimming, bike riding, reading books, and cooking.

References

"Pam is a very dependable, reliable, and observant woman. She is a team player that always meets her responsibilities."

-Jonathan B., former coworker.

"Pam has endless patience in very trying situations. I would trust her to take care of my own parents."

-Della S. former supervisor.

"I worked with Pam for almost ten years. She is a good, hardworking person."

-Ron E., former coworker.



Skills / Experience:

Live-in Care
Bathing / Grooming / Incontinence Care
Alzheimer's / Dementia
Companionship
Medication reminders
Gait Belt / Hoyer Lift / Safe Transfers



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Meet Amanda

Amanda has been a Certified Nursing Assistant and caregiver for three years. She is a kind, soft spoken, and intelligent caregiver. A professional reference stated that Amanda is “a wonderful caretaker” who “follows directions and cues and becomes the exact caregiver that a client needs.” She enjoys being outdoors and surrounded by loved ones. Amanda also likes to draw, paint, and complete complex puzzles.



Skills / Experience:

- Balanced Care Method
- Companionship
- Medication reminders
- Transfers
- Advanced Cooking
- Alzheimer's / Dementia
- Driving / Transportation
- Bathing / Grooming
- Incontinence Care
- Hospice Care



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Meet Brittany

Brittany has been a Certified Nursing Assistant and caregiver for almost three years. She is a joyful, charismatic, intelligent, and very compassionate caregiver. She has worked as a caregiver and CNA in skilled nursing, rehabilitation, and private duty. Her first client as a CNA had Alzheimer's and she was his sole caregiver for a year and a half. Her duties were to provide companionship and assistance with activities of daily living such as bathing, grooming, medication reminders, and healthy meal preparation.

The son of her first client describes her as a "phenomenal caregiver" and stated that "once Brittany began caring for my father, he allowed her help with what he wouldn't let anyone else help with regarding his care." She describes herself as a natural caregiver. Brittany enjoys spending time with her family, staying active, cooking, and studying in school to become a nurse.



Skills / Experience:

Current Texas CNA

- Balanced Care Method
- Alzheimer's & other Dementia care
- Bathing / Grooming
- Companionship
- Incontinence Care
- Medication reminders
- Transfers
- Cooking / Meal Preparation
- Driving / Transportation



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Meet Debbie

Debbie has nearly 10 years experience in home care. She says she enjoys making a difference and bringing a smile to her client's face. Debbie also works as a case manager on a part time basis. She is very well-spoken and has a very pleasant demeanor. Her hobbies and interests include reading, travelling, listening to music, and spending time with her family and friends.

References

"I will always remember Debbie! I worked with her for about six years. She is a wonderful person. She is timely, extremely responsible, highly organized, and super dependable. When she was assigned a new case, we didn't worry about her. We knew that she would do a great job... She always received the highest praises from our clients.. I would definitely trust her to take care of my own family members. She is dearly missed by all and she would be welcomed back at any time."

-Laura D.

"She is a very responsible and mindful person. I loved working with her. She took great care of her people."

-Katherine W.



Skills / Experience:

- Balanced Care Method
- Cognitive Therapeutic Method
- Companionship
- Alzheimer's / Dementia
- Advanced Cooking / Meal Preparation
- Incontinence Care
- Safe Transfers
- Medication reminders
- Bathing / Grooming
- Incontinence Care



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Meet Aster



Aster is a capable caregiver with over 6 years of caregiver experience. She is skilled in accommodating individual client restrictions. She is very meticulous and attentive with demonstrated history of client satisfaction. Aster is driven by integrity and compassion. She has the ability to develop strong and trusting rapport with each client to facilitate the best possible care. She has great communication skills and provides ideal companionship.

Skills / Experience: Patient Transferring, Gait Belt Transfer, Repositioning, Feeding Tube, Assistance in Bathing, Assistance in Dressing, Assistance in Toileting, Skin Care, Activities, Companionship



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Meet Karen

Karen has a caregiver for most of her life, both professionally and personally. Her most recent experience in caregiving is through an assisted living facility. Karen is very well-spoken and positive. She has a very confident and calm demeanor. She is also CPR and First Aid Certified. Her hobbies and interests include spending time with friends and family. She also knits hats for children suffering from cancer.

References

“Karen took care of my mother until she passed away- for four years. She goes above and beyond. She is an honest and open person. She would be the first person I called if I or anyone else I know ever needed help.” -Cathy W.

“My grandmother needed occasional assistance in her later years and Karen was always there for us. She did a great job and we could always count on her. She took wonderful care of my grandma and my family is very grateful to her.” -Mabeline L.

“Karen takes great care of our residents. They light up when they see her coming in. She is a great caregiver.” – Geraldine H.



Skills / Experience:

- Balanced Care Method
- Cognitive Therapeutic Method
- Companionship
- Alzheimer's / Dementia
- Incontinence Care
- Safe Transfers
- Medication reminders
- Advanced Cooking / Meal Preparation
- Bathing / Grooming
- Incontinence Care



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Meet Quadren McKind

She goes by “Quay” for short. Quay has been a caregiver for over four years, working in the assisted living, skilled nursing, and home care fields. She loves being able to help the elderly in their everyday lives and help them stay smiling and positive. She strives to care for her clients in a way that she would want her own family members cared for. She describes herself as responsible, reliable, and always striving to better herself. Quay says she is dedicated to the healthcare field and is working toward her long term goal of becoming a nurse (many years from now).

References

“Quay is a very hard working, caring, and wonderful person to be around. She has a very calming presence.”

-Amy C., former coworker

“She will stay by her patients’ side during the most difficult days. She cares a lot and won’t give up until the goal is met or the job is done.”

Celcilia B., former supervisor

“She always meets her responsibilities and does extra. . . She loves making her clients smile. You can see she is a very joyful person. Everytime you see her in the halls, she is smiling and working at the same time.”

-Karen., former supervisor



Skills / Experience:

- Alzheimer's / Dementia
- Balanced Care Method
- Cognitive Therapeutic Method
- Companionship
- Incontinence Care
- Safe Transfers
- Medication reminders
- Advanced Cooking / Meal Preparation
- Bathing / Grooming



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Meet Ayo A.

Ayo has been a caregiver for several years and has experience in a variety of care settings, including home care, assisted living, home health, and group homes. He says that his goal in caregiving is to ensure his clients' safety and comfort. His hobbies and interests include travelling, spending time with friends and family. His long term goal is to become a Registered Nurse.

References

"Ayo is a very nice and dependable person. He works hard and is very kind. It's obvious that he has a passion for what he does."

-Emmanuel, former supervisor.

"He is always on time, works hard, and is kind. He is very passionate. I would let him take care of my own parents."

-Nikki, former coworker

"Ayo has a good, genuine personality. He's a team player and is efficient and organized. You won't regret hiring him!"

-Priscilla, daughter of previous client.



Skills / Experience:

- Balanced Care Method
- Companionship
- Alzheimer's / Dementia
- Incontinence Care
- Safe Transfers
- Medication reminders
- Advanced Cooking / Meal Preparation
- Bathing / Grooming
- Incontinence Care



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Meet Bridgette

Bridgette has several years experience as a caregiver. She is very well spoken, polite and personable. Her hobbies and interests include reading novels, travelling, decorating her home, and spending time with friends and family.

References

“Bridgette is a very dependable, reliable, and observant woman. She is a team player that always meets her responsibilities.”

-John B., former coworker.

“I will always remember Bridgette! She is very sweet, prompt, mature, and cordial. She was an absolute pleasure to work with. She has endless patience in very trying situations. I would trust her to take care of my own parents.”

-Mary S., former supervisor.

“I worked with Bridgette for about three years. There was a certain uplifting effect she had on the team and her clients. She always works hard and is always on time. Great customer service.

-Katrece F., former coworker.



Skills / Experience:

- Balanced Care Method
- Cognitive Therapeutic Method
- Companionship
- Alzheimer's / Dementia
- Incontinence Care
- Safe Transfers
- Medication reminders
- Advanced Cooking / Meal Preparation
- Bathing / Grooming

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Meet Casandra

Casandra is a Certified Nursing Assistant and has over 10 years experience in home care. She says she enjoys making a difference and bringing a smile to her client's face.



Hobbies & Interests: Football, basketball, cooking and traveling

Skills / Experience:

Companionship
Alzheimer's / Dementia
Hospice
Bathing / Grooming
Incontinence Care
Medication reminders
Cooking / Meal Preparation
Driving / Transportation
Transfers
Gait Belt / Hoyer Lift



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Meet Joyce



Joyce is an outgoing and charismatic caregiver with over 10 years of experience. She is always smiling and full of life. She is very kind, dependable and understanding. She tends to have the ability to turn challenging situations into positive outcomes. She helps her clients to look on the brighter side of things. Previous clients would say, Joyce is very accommodating and a joy to work with. She has established a record of reliability and rapport with clients and families. She is always on top of things and ensure all daily tasks are done in a timely manner. She is dedicated to helping improve the lives of her clients.

Joyce's hobbies include walks in the park, fine dining and spending time with family.

Skills / Experience: Household Management, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting

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Meet Irene

Irene has been working as a caregiver for over 10 years. She is a student at El Centro College in radiologic science. She enjoys listening to music.



Dementia

reminders

Skills / Experience:

Companionship
Alzheimer's /

Hospice
Bathing / Grooming
Incontinence Care
Medication

Cooking / Meal
Preparation

Transfers

Gait Belt and Hoyer Lift



6029 Berkshire Lane



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Meet Irma

Irma has been a caregiver for twelve years. She says she enjoys making a difference and bringing a smile to her clients' face. She enjoys connecting with her clients and finding ways to enhance the client's quality of life with activities they can participate in together. A reference described Irma as "understanding, clean, kind-hearted, compassionate, caring, dependable, and a great multi-tasker." Irma also works with children at an elementary school and says she enjoys enriching the lives of the young and experienced alike.



Hobbies & Interests: Singing, traveling and cooking

Skills / Experience:

- Companionship
- Alzheimer's / Dementia
- Hospice
- Bathing / Grooming
- Incontinence Care
- Medication reminders
- Cooking / Meal Preparation
- Driving / Transportation
- Transfers
- Gait Belt / Hoyer Lift



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Maureen

Maureen has been a caregiver for more than five years, and a live-in caregiver for two years. She is intelligent, educated, mature, and very well spoken. Her demeanor is calm and confident. Before immigrating to America, Maureen pursued an education in London earning her baccalaureate degree in Public Health. She says she loves making a difference and bringing a smile to her clients' face. She enjoys connecting with her clients and finding ways to enhance their quality of life with activities that are meaningful to them. Maureen first became a caregiver when her mother's health began to decline. She is grateful that she was able to be there for her in such a significant way. She describes herself as "patient, very observant, and caring – I treat my client as family." A reference described Maureen as "understanding, clean, kind-hearted, compassionate, caring, dependable, and a great multi-tasker." Maureen's hobbies and interests include reading and outdoor activities. In addition, Maureen absolutely loves to cook! She finds great joy in learning new cooking techniques to create healthy, delicious meals.



Skills / Experience:

- Live-in Care
- Cooking / Meal Preparation
- Bathing / Grooming
- Alzheimer's / Dementia
- Incontinence Care
- Companionship
- Medication reminders
- Driving / Transportation
- Gait Belt / Hoyer Lift
- Transfers



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Meet Sagni

Sagni has over 3 years of experience as a caregiver. Previous clients would say she is very positive and motivational. She is very engaging and has the ability to bond with her clients. She is known for being prompt, reliable and dependable. Her former employer says that Sagni is very committed to her clients and improving their day to day lifestyle. Sagni is always eager to help and take on new challenges.

Skills / Experience: Patient positioning, Companionship, Alzheimer's / Dementia, Bathing, Grooming, Incontinence Care. Transfers using gait belt and Medication Reminders. Preparing healthy meals.

Hobbies & Interests: Exercising, Dancing, Reading, Nature and Family

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Meet Sherry

Sherry is a Certified Nursing Assistant and has 27 years experience in home care. She says she enjoys making a difference and bringing a smile to her client's face.



Hobbies & Interests: Singing, traveling and cooking

Skills / Experience:

Companionship
Alzheimer's / Dementia
Hospice
Bathing / Grooming
Incontinence Care
Medication reminders
Cooking / Meal Preparation
Driving / Transportation
Transfers
Gait Belt / Hoyer Lift



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Meet Jhea

Jhea is a Certified Nursing Assistant with 3 years of experience. Previous clients say that she always has a smile on her face, making it apparent she loves her job. She is organized, articulate and easily bonds with her clients. Co-workers boast that Jhea is punctual, responsible, energetic and friendly. Jhea says she enjoys the daily challenges of working with clients because it is fun, exciting and life changing!

Skills / Experience: Companionship, Alzheimer's / Dementia, Bathing, Grooming, Incontinence Care, Medication Reminders, Cooking, Meal Preparation, Driving / Transportation, Assistance with Ambulation and Transfers

Hobbies & Interests: Singing, Dancing, Playing Ukulele, Reading, Watching Movies, Listening to Music



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Meet Kay

Kay has 30 years experience in home care. She was raised in a medical family, her father was a general practitioner and her mother was his nurse. She says caring is in her DNA! Her hobbies and interests include: cooking, scuba diving, reading, fishing, photography, antiques, watching sports, and spending time with family and friends.



Skills / Experience:

- Balanced Care Method
- Companionship
 - Medication reminders
- Transfers
- Cooking / Meal Preparation
- Alzheimer's / Dementia
- Driving / Transportation
 - Bathing / Grooming
 - Incontinence Care



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Meet LeShala

LeShala has more than five years experience as a caregiver. She has provided care in a variety of settings including assisted living, skilled nursing, and in-home care. She says helping others has always been her passion. She has a very sweet and accomodating personality. Her hobbies and interests include singing, karaoke, bowling, going to the movies, and spending time with friends and family.

References

“LeShala is very responsible, hardworking, amd prompt. She has a great personality and is always smiling- it’s contagious! My clients have always been very satisfied with her care.”

-Tameka T., former supervisor

“LeShala is a reliable person, very friendly. She is a fast learner and she gets the job done. She was just an all around a great person to work with.”

-Spencer G., former coworker



Skills / Experience:

- Balanced Care Method
- Cognitive Therapeutic Method
- Companionship
- Alzheimer’s / Dementia
- Advanced Cooking / Meal Preparation
- Incontinence Care
- Safe Transfers
- Medication reminders
- Bathing / Grooming
- Incontinence Care



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Meet Victoria S.

Victoria has been a caregiver for eight years. She has provided care in a variety of settings, including assisted living, home health, and home care. Victoria says she enjoys helping people feeling comfortable, cared for, and learning how to enjoy life again. Her hobbies include spending time with her friends and family, reading, travelling, poetry, and swimming.

References

“Victoria is an absolute sweetheart. She works hard and is dependable. She’s well mannered. I have only good things to say about her.”

-Tonia, former coworker.

“She works very well with her clients and is a quick thinker in a difficult situation. I am very pleased with her performance. Yes, I would trust her to take care of my own parents.”

-Mary Ann, former supervisor

“Victoria works well with everyone. She cares and has good morals and a great attitude.”

-Tharis, son of previous client.



Skills / Experience:

- Balanced Care Method
- Companionship
- Alzheimer's / Dementia
- Incontinence Care
- Safe Transfers
- Medication reminders
- Advanced Cooking / Meal Preparation
- Bathing / Grooming



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Meet Yolanda

Yolanda has been a caregiver for several years and has been working with Home Care Assistance of Dallas since April of last year. She says she loves making a difference and bringing a smile to her clients' face. She enjoys connecting with her clients and finding ways to enhance the client's quality of life with activities they can participate in together. Yolanda first became a caregiver when her grandfather's health began to decline and he developed dementia. She was, and still is, grateful that she is able to be there for him in such a significant way. This experience is what led her to become a caregiver and pursue her professional dream of becoming a licensed social worker. She describes herself as "patient, very observant, and caring – I treat my client as family." A reference described Yolanda as "understanding, clean, kind-hearted, compassionate, caring, dependable, and a great multi-tasker." Yolanda's hobbies and interests include reading, staying physically active, discussing interesting finds on Pinterest, and volunteer work.



Skills / Experience:

- Alzheimer's / Dementia
- Companionship
- Bathing / Grooming
- Incontinence Care
- Medication reminders
- Cooking / Meal Preparation
- Driving / Transportation
- Transfers
- Gait Belt / Hoyer Lift



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Meet Tempa



Tempa is a reliable and patient caregiver with over 10 years of experience. Tempa is very positive and has a great sense of humor. She has the ability to turn any uncomfortable or challenging situation into a positive one. She has excellent communication skills. Previous clients would say Tempa is dependable honest. She pleasure to work with and is always upbeat & bubbly and willing to assist wherever she can. She is a trustworthy companion with the ability to provide love, attention and proper care.

Tempa's hobbies are singing, dancing, playing the piano, taking walks at the lake with her dogs. She also enjoys volunteering at shelters.

Skills / Experience: Bed Bath, Skin Care, Bed Pan, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing, Range of Motion Experience, Assistance in Dressing, Assistance in Toileting, Transporting, Household Management



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Meet Maureen



Maureen is a patient caregiver with over 6 years of experience. She is intelligent, mature and very well spoken. Her demeanor is calm and confident. Before relocating to America, Maureen pursued an education in London earning her Bachelor's degree in Public Health. She loves making a difference and bringing a smile to her client's face. She enjoys connecting with her clients and finding ways to enhance their quality of life with activities that are meaningful to them.

Maureen's hobbies include reading and outdoor activities.

Skills / Experience: Assistance in Ambulating, Transferring, Gait Belt & Hoyer Lift Transfers, Repositioning, Assistance in Bathing, Assistance in Dressing, Assistance in Toileting, Transporting, Meal Preparation, Household Management



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Meet Chioma



Chioma is a compassionate and dependable caregiver with over 7 years of experience. She is an outgoing, team player who has a profound ability to communicate effectively. She is great at completing multiple tasks in a timely manner while demonstrating adaptability and flexibility. She has the ability to make clients feel at ease during ADL's activities. Previous clients would say, Chioma is very engaging and pays close attention to detail. She is a joy to work with.

Chioma's hobbies include traveling, meeting new friends and reading.

Skills / Experience: Household Management, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting



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Meet Tarsha

Tarsha has over 10 years of experience as a caregiver. She is very engaging and has the ability to bond with her clients. She is known for being prompt, reliable and dependable. Her former employer says that Tarsha is very committed to her clients and improving their day to day lifestyle. She is always eager to help and take on new challenges. .

Skills / Experience: Household Management, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting

Hobbies & Interests: Exercising, Dancing, Reading, Nature and Family



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Meet Snow



Snow is a compassionate caregiver with over 10 years of experience. She is patient and understanding of any situation. She is responsible and reliable at all times. Snow has a way of always remaining positive during challenging times. Previous clients would say that she is a joy to work with and does a phenomenal job at meeting their needs. Snow is always exploring creative ideas to better her skills as a caregiver, which allows her to provide the best care possible for her clients. She helps clients add value to their lives and ensures a pleasant experience while in her care.

Snow's hobbies include, cooking, gardening, listening to music and crocheting.

Skills / Experience: Bed Bath, Skin Care, Bed Pan, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing, Range of Motion Experience, Assistance in Dressing, Assistance in Toileting, Transporting, Household Management



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Meet Shantavia

Shantavia has been a caregiver for over 15 years. She has provided wonderful care to Home Care Assistance clients since October of 2016, and is ready to be paired with a client long-term. She is well-spoken and is a very bright, patient, and caring person. In her application, she described her work ethic as: *"I'm the big R R - responsible and reliable. I always remember who I'm being a servant leader for and that is my elders. Being responsible and reliable help bring about trustworthiness and dependability. I'm big on gaining my patients' trust and being dependable. I always want them to have a sense of stability knowing they can count on me."* When asked her perspective on life-challenges, she responded: *"Challenges are obstacles that one has to overcome, and with challenges I feel like that creates self confidence and without challenges one never finds their strengths, weakness or confidence."* She says she has always been interested in the medical field, and her long-term goal is to become a Physician's Assistant. She is also a Certified Nursing Assistant. Her hobbies and interests include spending time with her family and shopping.

References

"Shantavia is very organized and dependable. She goes above and beyond. She is an honest and open person. An excellent person!" -Brent W.

"She takes great care of our residents. They light up when they see her coming in. She is a great caregiver. Among the best you can find, seriously." – Kristy G.

Skills / Experience:

- Balanced Care Method
- Cooking / Meal Preparation
- Companionship
- Alzheimer's / Dementia
- Incontinence Care
- Safe Transfers



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Meet Alma

Alma has over 10 years of experience as a caregiver. She is very well spoken, polite and personable. Her references describe her as being “bright, positive, caring and dependable” and that “she is an excellent cook and companion” and they “hold her in the highest regard.” Her hobbies and interests include sewing, cooking and running.



Skills / Experience:

- Balanced Care Method
- Cognitive Therapeutic Method
- Companionship
- Medication reminders
- Safe Transfers
- Advanced Cooking / Meal Preparation
- Alzheimer's / Dementia
- Driving / Transportation in Client's Car
- Bathing / Grooming
- Incontinence Care



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Meet “Q”



Qualonda “Q” attended one of our agency’s first caregiver orientations. She has been working with several clients since she began her tenure. When you meet Q, you are immediately put at ease by her warm demeanor and sweet smile. She has been with the same client over a year, however, she has worked with several other clients when we find ourselves needing a well-seasoned, stable and joyful caregiver. Q is like the flight attendant you always want to have working with you on a flight... She is upbeat, fun and efficient, however, if an emergency arises she would be calm and directive with a clear voice. She’d give you a feeling of security with her authority and knowledge.

Q’s hobbies include singing and spending time with loved ones.

Skills / Experience: Assistance in Ambulating, Transferring, Gait Belt & Hoyer Lift Transfers, Repositioning, Assistance in Bathing, Assistance in Dressing, Assistance in Toileting, Transporting, Meal Preparation, Household Management

Caregiver of the Month Spotlight

Qualonda Harris – HCA of Dallas

Qualonda Harris, “Q” attended one of our agency’s first caregiver orientations. She has been working with several clients since she began her tenure. When you meet Q, you are immediately put at ease by her warm demeanor and sweet smile. She has been with the same client for 10 months, however has worked with several other clients when we find ourselves needing a well-seasoned, stable and joyful caregiver. Q is like that flight attendant you always want to have working with you on a flight... She is upbeat, fun and efficient, however if an emergency ever came up she would be the calm, directive, clear voice keeping order of out of chaos and you would definitely feel in good hands with her authority and knowledge.

Q embraces our balanced care approach, however this story may illustrate her sense of humor and ability to think innovatively. Her client had an upcoming birthday about 2 months after she started working with him. She was going to be working with him on his actual birthday and was racking her brain for something that would make his day especially fun and memorable. At the time the client was falling frequently and was very anxious about getting out in crowds. She thought about the conversations that they had about when he was a star football player in high school, his love of loud and unique places and his love of food (and lots of it). With that in mind she decided that Medieval Times was just the place for them to spend his birthday. She called ahead and verified valet parking and handicapped seating, He used his wheelchair instead of the walker on that night and off they went.

Q completed one of the statements on her HCA application - “ I like a challenge! Please provide (an) example(s)”: She answered “I enjoy completing tasks that involve using thinking skills.”

HCA of Dallas is so fortunate that Qualonda Harris chose us to work with and use her very strong skills to “change the way the world ages”.



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Meet Ruby Caro

Ruby has been a caregiver for over twenty years, both personally and professionally. She is also a Certified Nursing Assistant. She says she enjoys providing quality care and bringing a smile to her client's face. She says the most important thing to achieve with her clients is to make them feel comfortable. She is well-spoken and has a very pleasant demeanor. Her hobbies and interests include spending time with grandchildren, and discovering new shows on Netflix.

References

"Ruby is a wonderful person. She is timely, extremely responsible, highly organized, and super dependable. When she was assigned a new case, we didn't worry about her. We knew that she would do a great job... She always received the highest praises from our clients.. . I would definitely trust her to take care of my own family members."

-Linda O., former coworker.

"She is a very responsible and mindful person. I loved working with her. She took great care of her people."

- Erica H., former coworker

"Ruby is an excellent worker, professional... just a great employee. She goes above and beyond."

-Jerica L.,

Skills / Experience:

Balanced Care Method
Cognitive Therapeutic Method
Companionship
Alzheimer's / Dementia
Advanced Cooking / Meal Preparation
Incontinence Care

Safe Transfers
Medication reminders
Bathing / Grooming



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Meet Snow



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Snow's hobbies include, cooking, gardening, listening to music and crocheting.

Skills / Experience: Bed Bath, Skin Care, Bed Pan, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing, Range of Motion Experience, Assistance in Dressing, Assistance in Toileting, Transporting, Household Management



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Meet Mundia



Mundia is a very patient caregiver with over 6 years of experience. She is an outgoing person that cares and loves working with people. She looks forward to helping her clients have a comfortable and fulfilling life. Previous clients would say she is a great listener and is very engaging. She is dependable and always attentive to their needs. Mundia enjoys having the opportunity to make a positive impact on her client's lives.

Mundia's hobbies include reading, exercising, listening to music and fine dining.

Skills / Experience: Assistance in Ambulating, Transferring, Gait Belt & Hoyer Lift Transfers, Repositioning, Assistance in Bathing, Assistance in Dressing, Assistance in Toileting, Transporting, Meal Preparation, Household Management



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Meet Mary



Mary...

Mary's hobbies include

Skills / Experience: Household Management, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting



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Meet Mary



Mary is a responsible caregiver with over 10 years of experience. She is a compassionate caregiver and is concerned with how she can better assist her clients. She is very proactive and takes care of tasks before being asked. Mary has clear communication skills and always follows the care plan. She is very engaged with her clients and encourages proper nutrition and hygiene. Previous clients would say Mary is polite and pleasant. They're also very pleased with Mary and always happy to work with her.

Mary's hobbies include cooking and spending time with family.

Skills / Experience: Bed Bath, Skin Care, Bed Pan, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing, Range of Motion, Assistance in Dressing, Assistance in Toileting, Transporting, Household Management



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Meet Lumi

Lumi has been caring for people for nearly ten years. She began her caregiving career as a nurse in her home country. She has been a CNA and caregiver in the United States for four years. She is currently pursuing her BSN. She is a joyful, intelligent, and very compassionate caregiver. A professional reference of Lumi said “I cannot begin to express how much she has helped our clients . . . she has bonded with our clients and become a welcoming presence within their homes that they all look forward to seeing.” When it comes to client care, Lumi looks forward to every opportunity to make her client’s life more comfortable in any way that they need. Lumi says that caring for others is an important part of her life and her inspiration to always improve her skills and knowledge. She enjoys reading, and learning new things (particularly in the health and science fields).



Skills / Experience:

- Balanced Care Method
- Cognitive Therapeutics Method
- Companionship
- Alzheimer’s / Dementia
- Advanced Cooking / Meal Preparation
- Safe Transfers
- Medication reminders
- Bathing / Grooming
- Incontinence Care
- Transportation



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Meet Kainos

Kainos is a Certified Nursing Assistant with over 5 years of experience.

Recommendations: A previous client's daughter says that Kainos took loving care of her father who had Parkinson's Disease. "He was God sent, very patient, always had a smile on his face. My dad loved him very much and I highly recommend him."

Kainos' past supervisor said he would rate Kainos' skills and personality "a ten out of ten."

Another former employer says that Kainos gives a 110% and is very committed. He organized, articulate and easily bonds with his clients.

Skills / Experience: Patient positioning, Companionship, Alzheimer's / Dementia, Bathing, Grooming, Incontinence Care, Range of Motion exercises. Transfers using gait belt, hoist lift and slide board, Medication Reminders.

Hobbies & Interests: Dancing, Listening to Music, Football, Basketball, keeping up with the news.



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Meet Juliana



Juliana is a proactive caregiver with over 10 years of experience. She is very calm, easy going and compassionate. She is a multi tasker who prioritizes tasks in a timely manner to meet urgent demands. She has the ability to communicate effectively with clients and staff. She is reliable and dependable ensuring the needs of her clients are top priority. Previous clients would say, Juliana is a hard worker and a great companion.

Juliana's hobbies include gardening, reading and spending time with family & friends .

Skills / Experience: Household Management, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting



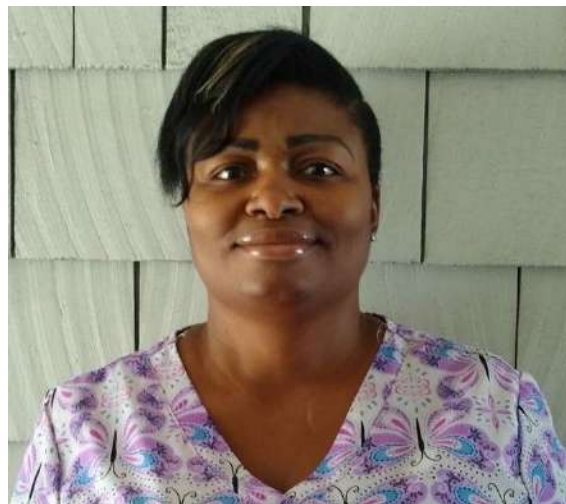
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Meet Joy



Joy is a sweet, reliable caregiver with over 5 years of caregiver experience. She is skilled in transferring clients and making them comfortable. She handles challenging situations well, which always results in a positive outcome. She is very organized, detailed oriented and flexible. Joy thrives on making her clients happy.

Joy's hobbies include cooking, watching the news, movies, sewing and healthy conversation.

Skills / Experience: Patient Transferring, Gait Belt Transfer, Hoyer Lift, Repositioning, Assistance in Bathing, Assistance in Dressing, Assistance in Toileting, Skin Care, Activities, Companionship, ALS, Dementia and Hospice Care



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Meet Jo

Jo has been a CNA for over 8 years. She has her CPR and First Aid Certification. Jo has experience in Alzheimer's/dementia, hospice working with clients privately and through agencies.. She has a positive, professional, and confident demeanor. Jo is very attentive to her clients' needs and enjoys providing positive encouragement to stay active while also staying safe. Jo is passionate and committed to being a caregiver and shows this by saying that, "I am a compassionate caregiver; I put my client's needs first, I will make sure that they are happy and satisfied. I treat my clients as my own family, I always make sure that I do my job, my clients can always count on me." In her spare time she enjoys cooking and spending time with her family.

References

- "Jo's passion is caregiving. She goes above and beyond for her clients and performs total care and whatever is needed for her client. I would absolutely, without hesitation have Jo care for any of my loved ones, and I trust her implicitly, with everything."
 - Friend of over 15 years
- "You can not go wrong with Jo, she is caring, honest, has very high morals, is very emotionally invested in her clients, she is dedicated, and very sensitive to all of the needs of her clients. She works very well with the families of her clients and is very reliable and flexible. Jo has a very high regard of the confidentiality of her clients. She is trustworthy and has excellent people and communication skills. Jo has always put her all in everything she does, she sees her clients as part of her family and treats them as such. She is more than a caregiver, she is a companion and always does whatever is needed or asked for."
 - Co-worker

Skills / Experience:

Trained in Balanced Care and Cognitive Therapeutic Method
Bathing / Grooming / Incontinence Care
Alzheimer's / Dementia
Cooking
Companionship
Medication reminders
Gait Belt / Hoyer Lift / Safe Transfers

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Meet Jessica

Jessica has over 10 years experience working as a caregiver in home care. She says that she enjoys making a difference and bringing a smile to her client's face. Jessica also enjoys the daily challenges of working with clients because it is fun, exciting and life changing.

Hobbies & Interests: Exercising, healthy cooking, drawing, football, family, basketball, cooking and traveling



Skills / Experience:

Companionship
Alzheimer's / Dementia
Hospice
Bathing / Grooming
Incontinence Care
Medication reminders
Cooking / Meal Preparation
Driving / Transportation
Transfers
Gait Belt/Hoyer Lift



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Meet Jennifer

Jennifer is an outgoing and enthusiastic caregiver with over 2 years of experience. She is very trustworthy and dependable. She is organized and has great time management skills. Previous clients would say she has a heart of gold for people and loves to serve. Knowing Jennifer's faith and beliefs, her character will be of honesty, patience and kindness. Clients also look forward to the days she care for them as she gives them individual attention that makes them feel special and loved.

Skills / Experience: Patient positioning, Companionship, Alzheimer's / Dementia, Bathing, Grooming, Incontinence Care. Transfers using gait belt and Medication Reminders. Preparing healthy meals.

Hobbies & Interests: Jennifer loves the outdoors and enjoys spending time with family. She also enjoys fishing, camping and shopping.



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Meet Gwendolyn



Gwendolyn is a pleasant and patient caregiver with over 10 years of experience. She is always researching to find better ways to assist the client and make their lives easier and more fulfilling. She is very kind, dependable and understanding. She is patient and has the ability to turn any negative situation into a positive outcome. Previous clients would say, Gwendolyn is very accommodating and a pleasure to work with. She is reliable and dedicated to her clients.

Gwendolyn's hobbies include, reading, shopping, going to the spa for pedicures, massages and facials. She also enjoys going to church.

Skills / Experience: Household Management, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting



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Meet Cindy

Cindy is a reliable, kind-hearted caregiver with over 10 years of experience. She has a very outgoing personality and enjoys providing comfort & companionship to her clients. Previous clients would say, Cindy has a constant upbeat, cheerful demeanor and is viewed as trusted companion, than a “caregiver”. She is very devoted and does her best with ensuring her clients have a balanced lifestyle. Her outgoing personality is an asset to all with whom she comes in contact, making them feel comfortable & confident in her care.

Skills / Experience: Patient positioning, Companionship, Alzheimer’s / Dementia, Bathing, Grooming, Incontinence Care. Transfers using gait belt and Medication Reminders. Preparing healthy meals.

Hobbies & Interests: Nature, Gardening, Cooking, Baking, Walking & Riding Bikes



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Meet Courtney

Courtney is an outgoing caregiver with over 8 years of experience. She is a very personable and compassionate with the willingness to help anyone in need. She is a team player who has a profound ability to communicate effectively. She is great at completing tasks in a timely manner. She has the ability to make clients feel at ease during ADL's activities. Previous clients would say, Courtney has a positive attitude and is a joy to work with.

Skills / Experience: Patient positioning, Companionship, Alzheimer's / Dementia, Bathing, Grooming, Incontinence Care. Transfers using gait belt, Medication Reminders, Meal Preparation

Hobbies & Interests: Courtney's hobbies include going for walks and spending quality time with family.



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Meet Dennis



Dennis is a patient and compassionate caregiver. He is attentive and engaging with clients to ensure he understands their needs. He has a very calm demeanor and always finds a way to remain positive in challenging situations. He is understanding and goes above and beyond to make clients feel comfortable and secure while in his care.

Skills / Experience: Patient positioning, Companionship, Alzheimer's / Dementia, Bathing, Grooming, Incontinence Care, Transfer/ Mobility/ Ambulation Assistance, Medication Reminders, Household Management, Meal Preparation

Hobbies & Interests: Golf and spending time with his sons.



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Meet Cindy



Cindy is a very patient caregiver with 2 years of experience. She makes an effort to improve her relationships with clients by understanding their problems, challenges and desires. She has the ability to keep calm through any problem or crisis and turn it into a positive situation. Previous clients would say, Cindy is a pleasure to work with as she's always bubbly and full of life. She is very kind and thoughtful and prides herself in helping make someone's life easier and better.

Cindy's hobbies include traveling and reading.

Skills / Experience: Household Management, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting



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Meet Christiana



Christiana is a compassionate Certified Nursing Assistant with over 5 years experience. She is a punctual, hard worker with great communication skills. She loves being able to learn new things and discovering new ideas to improve her skills. She always puts the clients needs first and will go above and beyond to take good care of them. She prides herself in making clients happy and satisfied. Previous clients would say, Christiana is a very caring and honest person who puts the feelings of others first.

Christiana's hobbies include reading and sports.

Skills / Experience: Bed Bath, Skin Care, Bed Pan, Assistance in Ambulating, Patient Transferring/ Mobility and Ambulation, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing, Range of Motion Experience, Assistance in Dressing, Assistance in Toileting, Transporting, Household Management



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Meet Chinwe



Chinwe is a patient caregiver with 8 years of experience. She is punctual, hard worker with great communication skills. She loves being able to learn new things and discovering new ideas to improve her skills. Chinwe always puts the clients needs first and will go above and beyond to take good care of them. She prides herself in making residents happy and satisfied. Previous clients would say, Chinwe is a very caring and honest person who genuinely enjoys helping others.

Chinwe's hobbies include reading, shopping and traveling.

Skills / Experience: Bed Bath, Skin Care, Bed Pan, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing, Range of Motion Experience, Assistance in Dressing, Assistance in Toileting, Transporting, Household Management



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Meet Marie

Marie has been a caregiver and CNA for four years, and a wonderful Home Care Assistance team member for six months. Her experience comes from assisted living, memory care, and hospice. Marie speaks three languages- English, Spanish, and French! She prides herself on accomplishing her tasks in a timely manner. Marie describes herself and a “dependable and trustworthy person”, which we have found to be true. Her long-term goal is to complete nursing school and continue to work with older adults. Her hobbies and interests including reading and spending time with family.

References

“Marie worked hard, every day, and was an incredibly kind and caring person for our residents.”

-Mady J., former supervisor.

“She is very responsible, patient, and works well with the team. She has a great spirit!”

-Solange J., former coworker

“Marie is a good person...always willing to come over and see if anyone needs help. All the residents, even the ones not on her rotation, love her!”

-Bella M., former coworker.



Skills / Experience:

Live-in Care
Bathing / Grooming / Incontinence Care
Alzheimer's / Dementia
Companionship
Medication reminders
Gait Belt / Hoyer Lift / Safe Transfers



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Meet Alice



Alice is a licensed caregiver with over 5 years of experience. She is very dependable and reliable. She has an outgoing personality with the ability to engage with her clients. She is patient and understanding. Previous clients would say she is attentive and a joy to work with. She plans to continue education and become an RN in the near future as she is always on a path to learning new practices & ideas. Alice prides herself in providing great care and companionship to her clients.

Alice's hobbies include going fishing, bike riding, playing tennis and outdoor activities

Skills / Experience: Household Management, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting



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Meet Charmaine

Charmaine is a punctual and honest caregiver with over 5 years of experience. She prides herself in providing excellent care to her clients as well as helping them promote a healthier and more fulfilling lifestyle. Previous clients would say she is very patient and understanding. She has the ability to redirect and turn a negative situation into a positive outcome. Charmaine enjoys having the opportunity to help brighten someone's day.

Charmaine's hobbies include reading and studying health education.

Skills / Experience: Household Management, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting



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Meet Agnes



Agnes has a passion for helping others in need to improve their quality of life. She is compassionate, patient and dependable. She has a positive attitude and has the ability to remain calm in challenging situations. Previous clients would say, she was great at ensuring all daily tasks are complete and documented. She is attentive and engaging. Agnes finds it to be very rewarding and satisfying to be able to help those in need and is always looking for new ways to improve her skills.

Agnes' hobbies include reading, traveling, sightseeing and working out.

Skills / Experience: Household Management, Assistance in Ambulating, Patient Transferring, Repositioning, Assistance in Bathing, Assistance in Dressing, Assistance in Toileting, Transporting, and Meal Preparation



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Meet Joy



Joy is a sweet, reliable caregiver with over 5 years of caregiver experience. She is skilled in transferring clients and making them comfortable. She is very organized, detailed oriented and flexible. Joy thrives on making her clients happy. She enjoys cooking, watching the news, movies, sewing and healthy conversation.

Skills / Experience: Patient Transferring, Gait Belt Transfer, Hoyer Lift, Repositioning, Assistance in Bathing, Assistance in Dressing, Assistance in Toileting, Skin Care, Activities, Companionship, ALS, Dementia and Hospice Care



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Meet Anita



Anita is a pleasant and patient caregiver with over 3 years of experience. She is always researching to find better ways to assist the client and make their lives easier and more fulfilling. She is very kind, dependable and understanding. She is patient and has the ability to turn any negative situation into a positive outcome. Previous clients would say, Anita is very accommodating and a pleasure to work with. She is reliable and dedicated to her clients.

Anita's hobbies include spending time with family.

Skills / Experience: Household Management, Assistance in Ambulating, Patient Transferring, Gait Belt & Hoyer Lift Transfer, Repositioning, Feeding Tube, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting



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Meet Ava



Ava is a pleasant and compassionate caregiver with over 2 years of experience. She is very kind, dependable and understanding. Ava is patient and encourages her clients to see the good in every situation and enjoy life even in situations beyond our control. Previous clients would say, Ava is very accommodating and a pleasure to work with. She provides the necessary care that will aid her clients in having a purposeful life.

Ava's hobbies include reading, playing games and learning new things as well as helping the community at church.

Skills / Experience: Companionship, Household Management, Assistance in Ambulating, Patient Transferring, Repositioning, Assistance in Bathing, Assistance in Dressing, Assistance in Toileting, Transporting



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Meet Avelina



Avalina is a pleasant and patient caregiver with over 5 years of experience. She is always researching better ways to assist the client and make their lives easier and more fulfilling. She is very empathetic, dependable and understanding. Avelina has a strong work ethic and enjoys meeting her client's needs with as much attention and care as possible.

Avalina's hobbies include singing, reading and helping others.

Skills / Experience: Companionship, Household Management, Patient Transferring, Repositioning, Assistance in Bathing Assistance in Dressing, Assistance in Toileting, Transporting, Meal Preparation



CERTIFICATE OF LIABILITY INSURANCE

DATE (MM/DD/YYYY)

12/10/2018

THIS CERTIFICATE IS ISSUED AS A MATTER OF INFORMATION ONLY AND CONFERS NO RIGHTS UPON THE CERTIFICATE HOLDER. THIS CERTIFICATE DOES NOT AFFIRMATIVELY OR NEGATIVELY AMEND, EXTEND OR ALTER THE COVERAGE AFFORDED BY THE POLICIES BELOW. THIS CERTIFICATE OF INSURANCE DOES NOT CONSTITUTE A CONTRACT BETWEEN THE ISSUING INSURER(S), AUTHORIZED REPRESENTATIVE OR PRODUCER, AND THE CERTIFICATE HOLDER.

IMPORTANT: If the certificate holder is an ADDITIONAL INSURED, the policy(ies) must have ADDITIONAL INSURED provisions or be endorsed. If SUBROGATION IS WAIVED, subject to the terms and conditions of the policy, certain policies may require an endorsement. A statement on this certificate does not confer rights to the certificate holder in lieu of such endorsement(s).

PRODUCER Davidson Stewart Morelock 11700 Preston Rd Ste 660-205 Dallas TX 75230		CONTACT NAME: Ashley Ray PHONE (A/C, No, Ext): (214) 217-9277 E-MAIL ADDRESS: aray@dsminsur.com FAX (A/C, No): (214) 217-9278	
		INSURER(S) AFFORDING COVERAGE	
		INSURER A: Sirius America Insurance CO	
		INSURER B:	
		INSURER C:	
		INSURER D:	
		INSURER E:	
		INSURER F:	
INSURED Caplan Homecare, LLC 6029 Berkshire Lane Dallas TX 75225			

COVERAGES

CERTIFICATE NUMBER: CL18121010718

REVISION NUMBER:

THIS IS TO CERTIFY THAT THE POLICIES OF INSURANCE LISTED BELOW HAVE BEEN ISSUED TO THE INSURED NAMED ABOVE FOR THE POLICY PERIOD INDICATED. NOTWITHSTANDING ANY REQUIREMENT, TERM OR CONDITION OF ANY CONTRACT OR OTHER DOCUMENT WITH RESPECT TO WHICH THIS CERTIFICATE MAY BE ISSUED OR MAY PERTAIN, THE INSURANCE AFFORDED BY THE POLICIES DESCRIBED HEREIN IS SUBJECT TO ALL THE TERMS, EXCLUSIONS AND CONDITIONS OF SUCH POLICIES. LIMITS SHOWN MAY HAVE BEEN REDUCED BY PAID CLAIMS.

INSR LTR	TYPE OF INSURANCE	ADDL INSD	SUBR WVD	POLICY NUMBER	POLICY EFF (MM/DD/YYYY)	POLICY EXP (MM/DD/YYYY)	LIMITS
	COMMERCIAL GENERAL LIABILITY <input type="checkbox"/> CLAIMS-MADE <input type="checkbox"/> OCCUR GEN'L AGGREGATE LIMIT APPLIES PER: <input type="checkbox"/> POLICY <input type="checkbox"/> PRO-JECT <input type="checkbox"/> LOC OTHER:						EACH OCCURRENCE \$ DAMAGE TO RENTED PREMISES (Ea occurrence) \$ MED EXP (Any one person) \$ PERSONAL & ADV INJURY \$ GENERAL AGGREGATE \$ PRODUCTS - COMP/OP AGG \$ \$
	AUTOMOBILE LIABILITY <input type="checkbox"/> ANY AUTO <input type="checkbox"/> OWNED AUTOS ONLY <input type="checkbox"/> HIRED AUTOS ONLY <input type="checkbox"/> SCHEDULED AUTOS <input type="checkbox"/> NON-OWNED AUTOS ONLY						COMBINED SINGLE LIMIT (Ea accident) \$ BODILY INJURY (Per person) \$ BODILY INJURY (Per accident) \$ PROPERTY DAMAGE (Per accident) \$ \$
	UMBRELLA LIAB <input type="checkbox"/> OCCUR EXCESS LIAB <input type="checkbox"/> CLAIMS-MADE DED RETENTION \$						EACH OCCURRENCE \$ AGGREGATE \$ \$
A	WORKERS COMPENSATION AND EMPLOYERS' LIABILITY ANY PROPRIETOR/PARTNER/EXECUTIVE OFFICER/MEMBER EXCLUDED? (Mandatory in NH) If yes, describe under DESCRIPTION OF OPERATIONS below	Y/N N	N/A	WC3487-18	12/08/2018	12/08/2019	<input checked="" type="checkbox"/> PER STATUTE <input type="checkbox"/> OTHER E.L. EACH ACCIDENT \$ 1,000,000 E.L. DISEASE - EA EMPLOYEE \$ 1,000,000 E.L. DISEASE - POLICY LIMIT \$ 1,000,000

DESCRIPTION OF OPERATIONS / LOCATIONS / VEHICLES (ACORD 101, Additional Remarks Schedule, may be attached if more space is required)

CERTIFICATE HOLDER

Homecare Assistance of Dallas

CANCELLATION

SHOULD ANY OF THE ABOVE DESCRIBED POLICIES BE CANCELLED BEFORE THE EXPIRATION DATE THEREOF, NOTICE WILL BE DELIVERED IN ACCORDANCE WITH THE POLICY PROVISIONS.

AUTHORIZED REPRESENTATIVE

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CERTIFICATE OF LIABILITY INSURANCE

DATE (MM/DD/YYYY)

9/26/2019

THIS CERTIFICATE IS ISSUED AS A MATTER OF INFORMATION ONLY AND CONFERS NO RIGHTS UPON THE CERTIFICATE HOLDER. THIS CERTIFICATE DOES NOT AFFIRMATIVELY OR NEGATIVELY AMEND, EXTEND OR ALTER THE COVERAGE AFFORDED BY THE POLICIES BELOW. THIS CERTIFICATE OF INSURANCE DOES NOT CONSTITUTE A CONTRACT BETWEEN THE ISSUING INSURER(S), AUTHORIZED REPRESENTATIVE OR PRODUCER, AND THE CERTIFICATE HOLDER.

IMPORTANT: If the certificate holder is an ADDITIONAL INSURED, the policy(ies) must have ADDITIONAL INSURED provisions or be endorsed. If SUBROGATION IS WAIVED, subject to the terms and conditions of the policy, certain policies may require an endorsement. A statement on this certificate does not confer rights to the certificate holder in lieu of such endorsement(s).

PRODUCER Heffernan Insurance Brokers 1350 Carlbach Avenue Walnut Creek CA 94596	CONTACT NAME: Marisa Moncrief PHONE (A/C. No. Ext): 925-934-8500 E-MAIL ADDRESS:		FAX (A/C. No): 925-934-8278
	INSURER(S) AFFORDING COVERAGE		
INSURED Home Care Assistance of Dallas 6029 Berkshire Lane Dallas TX 75225	CAPLHOM-02	INSURER A : Hiscox Insurance Company Inc.	
		INSURER B :	
		INSURER C :	
		INSURER D :	
		INSURER E :	
		INSURER F :	

COVERAGES

CERTIFICATE NUMBER: 5729745

REVISION NUMBER:


THIS IS TO CERTIFY THAT THE POLICIES OF INSURANCE LISTED BELOW HAVE BEEN ISSUED TO THE INSURED NAMED ABOVE FOR THE POLICY PERIOD INDICATED. NOTWITHSTANDING ANY REQUIREMENT, TERM OR CONDITION OF ANY CONTRACT OR OTHER DOCUMENT WITH RESPECT TO WHICH THIS CERTIFICATE MAY BE ISSUED OR MAY PERTAIN, THE INSURANCE AFFORDED BY THE POLICIES DESCRIBED HEREIN IS SUBJECT TO ALL THE TERMS, EXCLUSIONS AND CONDITIONS OF SUCH POLICIES. LIMITS SHOWN MAY HAVE BEEN REDUCED BY PAID CLAIMS.

INSR LTR	TYPE OF INSURANCE	ADDL INSD	SUBR WVD	POLICY NUMBER	POLICY EFF (MM/DD/YYYY)	POLICY EXP (MM/DD/YYYY)	LIMITS
A	<input checked="" type="checkbox"/> COMMERCIAL GENERAL LIABILITY <input type="checkbox"/> CLAIMS-MADE <input checked="" type="checkbox"/> OCCUR GEN'L AGGREGATE LIMIT APPLIES PER: <input checked="" type="checkbox"/> POLICY <input type="checkbox"/> PRO-JECT <input type="checkbox"/> LOC OTHER:			MEO161338719	9/24/2019	9/24/2020	EACH OCCURRENCE \$2,000,000 DAMAGE TO RENTED PREMISES (Ea occurrence) \$50,000 MED EXP (Any one person) \$5,000 PERSONAL & ADV INJURY \$2,000,000 GENERAL AGGREGATE \$4,000,000 PRODUCTS - COMP/OP AGG \$2,000,000 \$
A	AUTOMOBILE LIABILITY <input type="checkbox"/> ANY AUTO <input type="checkbox"/> OWNED AUTOS ONLY <input type="checkbox"/> SCHEDULED AUTOS <input checked="" type="checkbox"/> HIRED AUTOS ONLY <input checked="" type="checkbox"/> NON-OWNED AUTOS ONLY			MEO161338719	9/24/2019	9/24/2020	COMBINED SINGLE LIMIT (Ea accident) \$1,000,000 BODILY INJURY (Per person) \$ BODILY INJURY (Per accident) \$ PROPERTY DAMAGE (Per accident) \$ \$
	UMBRELLA LIAB <input type="checkbox"/> OCCUR EXCESS LIAB <input type="checkbox"/> CLAIMS-MADE DED <input type="checkbox"/> RETENTION \$						EACH OCCURRENCE \$ AGGREGATE \$ \$
	WORKERS COMPENSATION AND EMPLOYERS' LIABILITY ANY PROPRIETOR/PARTNER/EXECUTIVE OFFICER/MEMBER EXCLUDED? <input type="checkbox"/> Y/N <input checked="" type="checkbox"/> N/A (Mandatory in NH) If yes, describe under DESCRIPTION OF OPERATIONS below						PER STATUTE <input type="checkbox"/> OTH-ER <input type="checkbox"/> E.L. EACH ACCIDENT \$ E.L. DISEASE - EA EMPLOYEE \$ E.L. DISEASE - POLICY LIMIT \$
A	PROFESSIONAL LIAB. CRIME SEXUAL ABUSE			MEO161338719	9/24/2019	9/24/2020	1,000,000 OCC EACH OCCURRENCE AGGREGATE 3,000,000 AGG 10,000 1,000,000

DESCRIPTION OF OPERATIONS / LOCATIONS / VEHICLES (ACORD 101, Additional Remarks Schedule, may be attached if more space is required)

This certificate or verification of insurance is not an insurance policy and does not amend, extend or alter the coverage afforded by the policies listed herein. Notwithstanding any requirement, term, or condition of any contract or other document with respect to which this certificate or verification of insurance may be issued or may pertain, the insurance afforded by the policies described herein is subject to all the terms, exclusions and conditions of the policies.

CERTIFICATE HOLDER**CANCELLATION**

EVIDENCE OF INSURANCE	SHOULD ANY OF THE ABOVE DESCRIBED POLICIES BE CANCELLED BEFORE THE EXPIRATION DATE THEREOF, NOTICE WILL BE DELIVERED IN ACCORDANCE WITH THE POLICY PROVISIONS.
	AUTHORIZED REPRESENTATIVE 

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Introducing **MUSIC & MEMORY**® at Home Care Assistance of Dallas

As a **MUSIC & MEMORY**® Certified Care Organization, we are proud to offer the powerful benefits of personalized music as part of our continuing effort to provide the highest quality care.



WHAT IS MUSIC & MEMORYSM?

Grounded in extensive research, Music & Memory helps people living with a wide range of cognitive and physical challenges to find renewed joy in life through musical favorites. Our team is trained to develop personalized playlists, delivered through iPods, a key element in the individual's plan of care.



HOW DOES PERSONALIZED MUSIC MAKE A DIFFERENCE?

- Beloved music helps to reduce depression and anxiety and can also moderate pain.
- Musical favorites tap deep memories and can improve quality of life.
- Participants are happier, more social and receptive to care and family visits.
- Personalized music can help to reduce reliance on anti-psychotic, anti-depressant and pain medications.



WHO CAN PARTICIPATE?

Anyone can benefit from the power of listening to musical favorites. As we build our program, we will be able to offer it to all who are interested. Often effective for a variety of impairments and disorders:

- People with Alzheimer's and other forms of dementia
- Individuals who are bed-bound, on dialysis or ventilators
- People with chronic pain
- Those receiving hospice care



"Despite the enormous sums of money spent on mood- and behavior-altering medications that are often not particularly effective, nothing compares to these iPods when it comes to improving quality of life."

—Tony Lewis, President and CEO, Cobble Hill Health Center, Brooklyn, N.Y.

Fall Prevention Program

The Problem

- Over one-third of adults aged 65 fall each year
- 20-30% of falls cause moderate to severe injuries
- In 2017, nearly 3 million people aged 65+ were treated in the ER for non-fatal injuries from falls
- At least one-third of falls involve environmental hazards in the home
- Two-thirds of those who fell, will fall again within six months

Home Care Assistance of Dallas & Park Cities recognizes the importance of fall prevention and has developed training, oversight and procedures to help keep elder adults safe. By following three steps, you can reduce your risk or a loved ones risk for injury.



The Solution

Step 1

Needs Assessment & Home Inspection

Home Care Assistance offers a complimentary personalized needs assessment and home inspection to ensure safety and reduce risk of recurrent falls.

Home Inspection includes:

- Hygiene - assessment of transfer benches, chairs, handheld shower head as needed
- Grab bars - ensure proper installment in high risk areas
- Transfers - preparation techniques
- Toileting - procedures and proximity for ease of use
- Entrances & pathways - identify best way to get in/out to reduce tripping hazards

Step 2

Care Giver Training

An aide is carefully chosen based on the needs assessment. Home Care Assistance schedules a training session with the client, aide and therapist; keeping consistency for transfers and exercises while providing an opportunity to regain a level of independence.

Step 3

Monitor Progress:

Client Care Manager Supervision*

A formalized plan of care is developed and monitored via supervisory visits in the home. This helps track compliance and progress via documentation to ensure the best services are being promised!

**Services must be provided 30 days for the assessment fee to be waived.*



Call today 214-363-3400 for an immediate, complimentary consultation with your patient and family members!

Home Care Assistance of Dallas / Park Cities
Preston Center, 6029 Berkshire Lane, Dallas, TX 75225
Addison Circle, 5005 Addison Circle, Addison, TX 75001
DallasHomeCareAssistance.com | HomeCareAssistanceParkCities.com



Providing end-of-life care, comfort and dignity at home.

Hospice care is best at home. When loved-ones reach the stage where curative treatment is no longer possible, a Home Care Assistance caregiver can improve their end-of-life experience. By providing continuous, one-to-one care in the comfort of home, our skilled caregivers promote quality of life and dignity in dying—while bringing peace of mind and respite for the family.

Caring 24/7 to maximize comfort

Home Care Assistance caregivers know the special needs of those nearing the end of life. We can help improve their palliative care in many ways, including:

- Keeping the person comfortable
- Turning the bedridden to prevent bed sores
- Providing companionship
- Preparing meals
- Maintaining personal hygiene
- Mediating depression
- Preventing a sense of abandonment
- Alerting the family or hospice when needed

In many cases, the caregiver can even help individuals to maximize and maintain existing function as long as possible.

The importance of home

Home Care Assistance allows those facing their end-of-life to be surrounded by the familiar environment of home. Access to family, favorite foods, pets, memorabilia and neighbors brings a sense of connection, peace and meaning, helping the individual enjoy the remainder of life.

Contact Home Care Assistance

Home Care Assistance caregivers are experienced, bonded, insured and rigorously-screened. 24 hours a day, 7 days a week, you can call and talk to a live case manager.

"Your caregiver made it possible for my father to live his final days the way he wanted."

—Barbara M., Daughter of Home Care Assistance client

1-866-4-LIVEIN • 1-866-454-8346
www.HomeCareAssistance.com

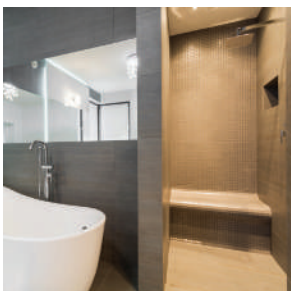
How to Remodel Your Home for Longevity & Design



Most people prefer to age in place. If you have a beautiful and gracious home that you love, why leave it? Yet common features in many homes - steep stairs, "classic" plumbing fixtures, even hardwood floors - can actually make life less comfortable, or sometimes even dangerous, as we get older.

Fortunately, we now have many attractive home decor options that are also age-friendly. If you're remodeling a home, putting a little thought into your likely future needs and planning for them can save you the hassle, expense and possibly a trip to the emergency room!

BATHROOMS



The combination of water and tile makes a bathroom an inherently hazardous place, even more so for someone with weakening balance, vision, or flexibility. Yet the sleek, modern aesthetic that is so popular now with polished and lacquered mink floors and minimalist surfaces can be extremely age-friendly. Sink fixtures with a single lever to control both temperature and flow are much easier to use for someone with arthritis than a traditional faucet with two knobs, one for hot and one for cold. Shower enclosures separate from the bathtub not only look more elegant, but also eliminate the need to step over a barrier to enter or exit. And modern toilets not only stand higher off the floor, but also use less water per flush.

Before jumping into a bathroom remodel though, here are the top things to consider for enhancing both aesthetic appeal and comfort:

1. Select fixtures controlled with levers, not dials.
2. Eliminate stairs or thresholds whenever possible, including for shower enclosures (consider larger enclosures with entry at the side or the back to minimize splashing).
3. Install a thermostatic fixture for your shower so that you can fix the water temperature at a comfortable level, rather than having to adjust hot and cold every time.
4. Design a lovely bench for your shower enclosure that's deep enough to sit on and install an extra hand-held showerhead with a long enough hose to reach your seat. It's useful now as a place to store extra shampoo bottles, or as a seat if you tear your ACL on the ski slope, and will allow you to continue to shower comfortably even if you lose mobility later on.
5. Use small tiles with wider grout lines for your bathroom floor, or consider slate flooring rather than smooth marble. A textured floor is less likely to be slippery - a plus for bathroom users of any age.
6. Install a higher-than-average toilet for easy on and off now, and in the future.

How to Remodel Your Home for Longevity & Design



KITCHENS

After the bathroom, the kitchen is the room that requires the most modification to make it fully accessible. Lower-than-average countertops (to accommodate a wheelchair user) and an electric rather than gas cooktop (to avoid fire risk) may not be design decisions you want to make. Yet certain things that will keep your kitchen usable as you age also make it more convenient now, for instance:



- Pull-out or swing-down shelves provide easy access to pots, dishes, or canned goods (they give children access, too!)
- Side-by-side rather than over-under refrigerator/freezer units mean heavy items can be placed lower down to avoid having to reach up for access.
- Countertops with open areas below allow people to sit rather than stand at them - including friends for a chat or kids doing homework, in addition to elders who find it physically challenging to stand unsupported.



LIGHTINGS, DOORWAYS AND SECURITY

One easy way to ensure a home is comfortable for years is to make sure you have excellent lighting built in via wall sconces or ceiling fixtures. This saves older eyesight and minimizes the number of standing lamps, whose trailing power cords can create a fall risk. Don't forget about lights in closets.

Consider designing 36-inch interior doorways rather than the standard 32-inch ones and make sure door hardware is levers rather than round knobs for ease of grip. If possible, eliminate thresholds. If you ever need a wheelchair or a walker, you'll be able to move easily around your home.



If you have a multi-story home, do you have a place for an elevator? If you don't need it now, you could make this space a coat closet on the lower floor and a storage closet on the upper floor, but have an easy modification should you need it later. You might also place your luxurious master suite on the ground floor of your new home, with children's or guest rooms upstairs. Be sure that any stairs at your entryway or within the home have handrails to help those who are a little unsteady on their feet.

Home controls, intercom systems and built-in security systems hardwired to police or fire stations allow you access and control from anywhere in the home and keep you safe in an emergency. Today it's a convenience to see who's at your door from anywhere in the house; tomorrow it may be a necessity.

For ideas to inspire your accessible home design, check out Pinterest boards for Aging in Place. Also, ask your contractor if he or she is a Certified Aging in Place Specialist (CAPS), a designation issued by the National Association of Home Builders.

Contact us today to learn more about our concierge level home care services that are helping seniors live happier, healthier lives at home.

1-866-454-8346 | HomeCareAssistance.com



When your loved one is fighting cancer, we'll help on the home front.

During hospital treatment or home recovery, Home Care Assistance makes life easier for people fighting cancer. We offer a wide range of skilled caregivers available immediately.

Bedside sitters take the loneliness out of hospitalization and treatment

After surgery or during chemotherapy or radiation treatments, our hospital sitters can monitor and keep your loved one company, run errands or summon the charge nurse in an emergency. They also enable you or your other family members to go home and rest, knowing your loved one will never have to be alone.

Caregiving at home provides assistance, rest and improves attitude

Enabling oncology patients to stay in the comfort of home, a Home Care Assistance caregiver can prepare meals, do light housework, help with bathing, dressing and personal hygiene, give medication reminders, provide companionship, help with exercising and provide transportation to and from doctors' appointments or treatments. Caregivers promote recovery by reducing stress, fatigue and depression.

Trust our caregivers to be the very best

Home Care Assistance sitters are experienced, bonded, insured and rigorously-screened.

Home Care Assistance is always just a phone call away

24 hours a day, 7 days a week, you can call and talk to a live case manager—not simply an answering service. Contact us today.

"Thanks to Home Care Assistance, I didn't have to go through this alone... and that alone, helped me get through this."

—Wanda K., breast cancer survivor

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www.HomeCareAssistance.com