

## Our Clients

In addition to home care for seniors, we at Assisting Hands also provide care for:

- Adults of any age following hospitalization or surgery who may have difficulty walking, standing, or driving
- Individuals with disabilities
- Hospice patients
- New mothers or mothers-to-be on restricted activity
- Assisted living residents who may require additional temporary or long-term assistance
- Individuals with medical conditions which cause fatigue or weakness, or who generally require assistance

## Our Caregivers

Our caregivers are the heart of Assisting Hands. Their most important credential is that they are caring, compassionate people who enjoy helping others!

Assisting Hands caregivers are trained specifically to provide in-home care. They are also provided continued training to meet the changing needs of our clients. Our caregivers are bonded, insured, and background checked, as well as CPR certified.



*About the Owner*

**Janel Rieder** and her husband, Randy, opened Assisting Hands Home Care of Happy Valley for one reason — **family!**

Janel is a registered nurse who has seen too many of her patients and their families struggle with illness, rehabilitation, and simply aging, all while longing to remain in the comfort of their own homes.

As an experienced nurse, Janel has the medical knowledge to provide continuity of care from the hospital or rehabilitation center to the home. Her goal is to keep clients safely in their own homes for as long as possible.

Janel and her team are passionate about giving their clients the very best care. Trusting a caregiver with your loved one is an important task they do not take lightly. Please call for a free in-home consultation:

**503-928-8353**

[www.assistinghands.com/happyvalley](http://www.assistinghands.com/happyvalley)



# OUR QUALITY HOME CARE SERVICES

**503-928-8353**

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**We Accept Medicaid!**

At **Assisting Hands**, our mission is to offer our clients, you or your loved one, the very finest personalized in-home care, allowing them to live safely and comfortably in their own homes.

Sometimes life's natural events—aging, illness, or disability — can make living independently difficult. At Assisting Hands, we understand. Our trained, dependable caregivers can help you or your loved one overcome these challenges and make home an even better place to be!

Assisting Hands provides assistance with the activities of daily living—meal preparation, bathing, medication, and more—all in the privacy and comfort of the client's home. We tailor our services to fit your needs, whether it's one morning a week or around-the-clock. Services are available 7 days a week, 24 hours a day. We are happy to customize our services to your needs and schedule!

**Getting started is easy!**

Call today for your **FREE** in-home consultation with our home care specialist.

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8800 SE Sunnyside Rd.  
Suite 207N  
Clackamas, OR 97015

## Our Services Include:

### Companion Care

- Personal Hygiene Assistance
- Planning/Preparing Meals
- Medication Reminders
- Transferring Assistance
- Exercise/Walking Assistance
- Home Safety/Fall Prevention

### Sunrise/Sunset Services

#### (Assist with Morning Wake-Up)

- Bathing & Grooming Assistance
- Dressing Assistance
- Breakfast/Snack Preparing
- Bed Making

#### (Assist with Evening Tuck-In)

- Night Clothes Assistance
- Oral Care/Grooming
- Medication Reminder

### Medication/Skilled Nursing Services

- Medication Set-Up (Medi-Set)
- Medication Administration
- Completion of Medication Administration Record (MAR)
- Acquisition and Implementation of Physician Medication Orders
- Wound Care
- Catheter Care
- And more!

### Housekeeping Services

- Emptying Trash
- Changing Linens/Making Bed
- Mopping/Vacuumping Floors
- Dusting/Polishing Furniture
- Cleaning Refrigerator Interior
- Washing/Drying Dishes
- Tidying Up
- Folding/Ironing Laundry

### Dementia/Alzheimer's Assistance

#### (Stimulate Mental Awareness)

- Reading/Listening to Music
- Writing Letters
- Playing Cards/Games
- Looking at Family Photos
- Crafting
- Television Viewing Monitoring
- Outings
- Personal Hygiene

### Post-Surgery/Maternity Services

- Bathing/Grooming Assistance
- Housekeeping
- Planning/Preparing Meals
- Grocery Shopping/Errands
- Laundry/Changing Linens
- Telephone/Door Answering
- Mobility/Transferring Assistance
- 24 Hour Care Available

### Personal Assistance Services

- Grocery Shopping
- Errands
- Schedule Coordinating
- Scrapbooking
- Travel Arrangement Assistance
- Houseplant Watering/Pet Care

