



## Welcome to Assisting Hands®

Meeting the needs of our clients is our mission while helping them safely remain happy and at home.

We understand that providing the very finest personalized in-home care is important to our clients and their loved ones which is why we have built our business and reputation on doing just that. When life's events cause you to need help, we will provide you with highly trained, compassionate and dependable caregivers whom you can rely on.

At Assisting Hands® we also consider communication with our clients and their family members to be a very important part of our care services which is why we provide "real-time" immediate updates through our family-friendly online portal. Our clients soon discover that we understand what is important to them.

## Contact Us Today!

**Click on** the web address below to find a location near you and have an Assisting Hands® Home Care representative contact you. For your free in-home consultation with our home care specialist.

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

## Our Services Include:

### PERSONAL CARE

- Personal Hygiene Assistance
- Grooming / Oral Care
- Meal Plan / Preparation
- Bathing and Grooming
- Medication Reminders
- Transferring Assistance
- Exercise / Walking Assist
- Toileting / Incontinence Care
- Home Safety / Fall Prevention



### SUNRISE/SUNSET SERVICES

- (Assist with Morning Wake-Up)*
- Assist with Bathing and Grooming
  - Assist with Dressing
  - Prepare Breakfast / Snacks
  - Make the Bed
- (Assist with Evening Tuck-In)*
- Assist with Night Clothes
  - Grooming / Oral Care
  - Medication Reminder

### PERSONAL ASSISTANCE SERVICES

- Grocery Shopping / Couponing
- Run Errands
- Coordinate Schedules
- Photo Albums / Scrapbooking
- Assist with Travel Arrangements
- Water Houseplants / Pet Care

### RESPITE SERVICES

- (2 Hours to 24 Hour Care Available)*
- A Needed Break for Family Caregiver

### HOUSEKEEPING SERVICES

- Empty Trash / Sanitize Container
- Change Linens / Make Beds
- Mopping / Vacuuming Floors
- Dusting / Polishing Furniture
- Clean Refrigerator Interior
- Washing and Drying Dishes
- Straightening Up Each Room
- Laundry / Folding and Ironing
- Dust Window Ledges

### OTHER SERVICES

- Medical alert alarms & equipment

### Assisting Hands® Home Care

## Meeting Our Clients' Needs

- Dementia / Alzheimer's Assistance
- Post-Surgery Care
- Maternity Care
- Cancer Patient Care
- Hospice Support



Serving Boston Northwest  
**(781) 315-6700**



@AHBostonNW

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