



Always Safe

In-home care during the day, plus added protection at night without the added cost of a 24/7 caregiver.

Falls can be fatal!

Falls are the #1 cause of nursing home admissions in the USA. One out of three seniors falls every year, and falls are the leading cause of both fatal and non-fatal accidents. Falls also are the most common cause of traumatic brain injuries, contributing to nearly one-third of all injury-related deaths each year. Most alarming, two-thirds who fall and don't receive help in 72 hours will not survive.

Always Safe combines comprehensive in-home care during the day with a fall detection system for evenings and nights

If your loved one needs evening protection but not evening or overnight care, then *Always Safe* is right for you.

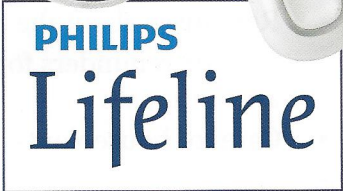
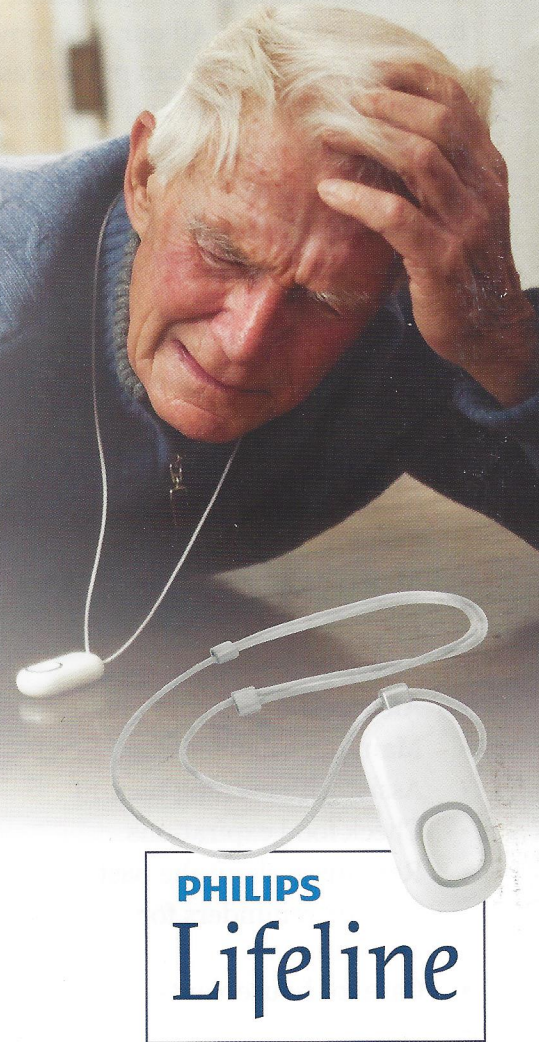
Always Safe begins with our 35-point home safety inspection to identify and avoid hazards. Our caregivers will work with your loved one on exercise routines to maintain flexibility and dexterity, monitor nutritional intake to maintain strength, help them with daily activities of living, and adhere to the safety precautions and their care plan.

Monitoring Provided by Lifeline with AutoAlert

Then, in the evenings *Always Safe* provides monitoring with the Lifeline emergency medical response system with AutoAlert, providing an added layer of protection by automatically placing a call for help if a fall is detected. AutoAlert is the most widely adopted personal emergency response system in the USA, detecting greater than 95% of falls. If a fall is detected, your loved one will be connected with the always-open response center. They'll access their profile and assess the situation, reach out to an emergency contact based on their specific needs, and follow-up to confirm that help has arrived.

Free with 24 hours of weekly in-home care!

Best of all, this added value is **free*** with *Always Safe*, which consists of 8 hours or more of personalized, professional care at least 3 days a week. It's one more reason *Always Best Care* is the leader in providing in-home care and assisted living finder services throughout the country. Call us today!



Always Best Care® Senior Services

Non-medical in-home care • Assisted living services • Skilled home health care (select markets)
Dedicated to exceeding your expectations ... *always*

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Independently owned and operated offices throughout the United States

* Always Best Care will reimburse clients for the Lifeline monthly service fee if the client uses our in-home care services for the minimum number of hours specified. The client is responsible for paying the invoice from Lifeline. Clients will send the paid invoice to Always Best Care for a credit deducted from the cost of care.



Always[®]
BEST CARE
ABC
SENIOR SERVICES

All care providers at Always Best Care Senior Services are bonded, insured, covered by Worker's Compensation, and have passed a thorough criminal background check. All our care providers also receive comprehensive ongoing training. We can provide assistance and support for just about every non-medical, personal and social need you or your loved one may have. Here are just a few examples* ...

COMPANIONSHIP SERVICES

- Provide respite care
- Monitor diet and eating
- Stimulate mental awareness
- Companionship and conversation
- Supervise home maintenance
- Prepare grocery lists
- Mail bills and letters
- Plan visits, outings and trips
- Assist with entertaining
- Answer the door and phone
- Maintain calendar
- Assist with evening tuck-in
- Check food expirations
- Reminisce about the past
- Provide reminders for appointments
- Care for houseplants
- Oversee home deliveries
- Assist with clothing selections
- Discuss current and historical events
- Play games and cards
- Record and arrange recipes
- Clip coupons for shopping
- Monitor TV usage
- Buy magazines, papers and books
- Rent and play movies
- Visit neighbors and friends
- Read religious material
- Maintain family scrapbook
- Record family history

HOME HELPER SERVICES

- Provide Alzheimer's/dementia care
- Aid with morning wake-up
- Assist with evenings and tuck-in
- Arrange appointments
- Provide medication reminders
- Aid with reading
- Assist with walking
- Organize mail
- Change linens and make beds
- Write letters and correspondence
- Plan, prepare and clean up meals
- Escort for shopping, errands, appointments
- Drop off and pick up dry cleaning
- Pick up prescriptions
- Organize and clean closets
- Assist with pet care
- Shop for groceries and supplies
- Prepare future meals
- Accompany to lunch or dinner
- Dusting vacuuming and sweeping
- Attend plays and concerts
- Attend meeting and sporting events
- Escort to religious services

PERSONAL CARE SERVICES

- Eating
- Grooming
- Dressing
- Bathing
- Incontinence/toileting
- Cognitive impairments
- Mobility
- Medication reminders

SKILLED CARE SERVICES (in select markets)

- Blood draws
- Case management
- Catheter Management
- Chronic illness management
- Colostomy maintenance
- Diabetic care
- Disease management
- Healthy living education
- Injections
- IV therapy
- Medication management
- New diagnosis education
- Occupational therapy
- Pain management
- Physical therapies
- Post-surgery care
- Restorative care
- Speech therapy
- Wound care

*Services may vary by location depending on state regulations