In-home caregivers are individuals committed to being your shoulder to lean on and providing honest advice for your loved one’s situation during this delicate time. Aging safely and happily at home allows elderly individuals to hold onto their independence while receiving the non-medical professional in-home care they need. Here are some of the services that an in-home caregiver can provide to you or your loved ones:

**Light Housekeeping**

Light housekeeping services provide you an environment that you and your loved ones are comfortable living in, rather than moving to an assisted living facility that may not feel like home.

**Meal Preparation**

If you or your loved ones are struggling to prepare and consume healthy meals or snacks, it may be time to hire an in–home caregiver to help.

**Light Housekeeping**

Caregivers ensure that you and your loved ones are safe while taking the medication prescribed to you and that you are not taking medication outside of your prescribed plan.

**Meal Preparation**

If you or your loved ones are struggling to prepare and consume healthy meals or snacks, it may be time to hire an in–home caregiver to help.

**Respite Care**

Respite care allows primary caregivers to take a break from their usual duties of being responsible for their patients, allowing them to take care of themselves.

**Companionship**

Caregivers are hand-selected for their clients based on common interests and matched personalities, which allows the care provider and their client to bond over their like-minded hobbies.

**Personal Care**

Personal care services are a wide variety of services where a caregiver provides hands-on services that help your loved one achieve daily activities such as grooming, bathing, dressing, etc.

**WHAT ARE THE DUTIES OF A CAREGIVER?**

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- **Companionship**
  - Caregivers are hand-selected for their clients based on common interests and matched personalities, which allows the care provider and their client to bond over their like-minded hobbies.
- **Meal Preparation**
  - If you or your loved ones are struggling to prepare and consume healthy meals or snacks, it may be time to hire an in–home caregiver to help.
- **Light Housekeeping**
  - Light housekeeping services provide you an environment that you and your loved ones are comfortable living in, rather than moving to an assisted living facility that may not feel like home.
- **Medication Reminders**
  - Caregivers will ensure that you and your loved ones are safe while taking the medication prescribed to you and that you are not taking medication outside of your prescribed plan.
- **Respite Care**
  - Respite care allows primary caregivers to take a break from their usual duties of being responsible for their patients, allowing them to take care of themselves.