

We provide comprehensive nonmedical personal care and companionship in your home. Our services range from as few as two hours per day to around the clock, seven days a week, to best fit your need.

### Personal Care Services

We safely provide or assist with the following personal care services (activities of daily living, or ADLs) for clients in their homes:

- **Bathing**—assistance at various levels (stand-by assist, partial or full assist, with or without shampooing, in tub or shower)
- **Personal grooming and hygiene**—assisting with tooth brushing, denture care, shaving, brushing hair, applying make-up
- **Dressing** and apparel selection
- **Toileting**—assistance with transfers, personal hygiene and incontinence care
- **Mobility and movement**—transfers and positioning, cuing with use of assistive device (cane, walker, etc.)
- **Nutrition/hydration and feeding**—includes special diets
- **Companionship**—conversation, reading, pleasant activities and correspondence assistance

### Supportive Services

- **Transportation services**—escorting clients to and from appointments and activities
- **Housekeeping**—vacuuming, dusting, sweeping, mopping, doing dishes, making beds, cleaning bathrooms, organizing closets and cupboards, and removing garbage
- **Laundry**—including changing linens
- **Meal preparation**—meal planning, cooking, monitoring diet and eating habits, monitoring food freshness and expiration dates, cleaning the refrigerator/pantry and monitoring items
- **Shopping/errands** for or with the client
- **Exercise assistance**—encouraging and assisting with an exercise program as directed by a health care professional and accompanying on walks
- **Supervising home maintenance**—plant care and home maintenance calendars
- **Pet care**—feeding and walking, litter box maintenance
- **Assist with home communications**—mail handling, phone calling/answering, calendaring
- **Any other assistance** that can be reasonably provided

### Medication Reminding

Our services may include medication reminding but not medication assistance, medication administration or nursing services. If we provide medication reminding, it will be defined in the client's Service Plan after an assessment. Because UHS is licensed as a limited in-home care agency, we cannot furnish medical services or treatments.

