



## OPTIONAL PERSONAL CARE SERVICES PROGRAM

### *Through At Home Senior Care*

A basic goal of an independent living community is to support seniors with services that remove the many burdens of home ownership, promote aging safely, and maximize a person's quality of life. In order to safely extend our residents' time at The Gables, we have collaborated with At Home Senior Care (AHSC) to offer an optional program of added in-home care services.

Residents can participate in AHSC's *Share the Care* shared services program on a temporary basis (to recover from illness or injury) or long term (to cope with the challenges of continued aging).

Two primary benefits of AHSC's *Share the Care* program include:

- A resident can postpone moving to The Meadows assisted living and continue to enjoy their apartment and routine at The Gables.
- Our collaboration with AHSC should result in better rates without the typical minimum hours of care required by many licensed home care agencies.

Services provided with this optional program include:

- Medication reminders
- Assistance with the activities of daily living such as bathing, dressing, grooming, etc.
- Safety checks
- Laundry services
- Assistance to and from the dining room

Please let us know if you are interested in receiving more information regarding AHSC's *Share the Care* program.