

Interactive Caregiving

MAKES MOMENTS IN LIFE BRIGHTER



**Comfort
Keepers.**



**INTERACTIVE
CAREGIVING™**
by COMFORT KEEPERS®

INTERACTIVE CAREGIVING™ HELPS PEOPLE LIVE A
HIGHER QUALITY OF LIFE BY ENHANCING THEIR
PHYSICAL, MENTAL, SOCIAL AND EMOTIONAL WELLBEING.



Interactive Caregiving is the Comfort Keepers® philosophy of care that can help improve a person's quality of life. Our caregivers, the special people we call *Comfort Keepers*®, can transform daily activities into special moments that help keep clients physically active, mentally stimulated, socially engaged and emotionally strong. *Comfort Keepers* encourage clients to actively participate in their own care and to keep the connections in their communities so clients can live happier, more independent lives in their own homes.

Physically
Active

Mentally
Stimulated

Socially
Engaged

Emotionally
Strong

Making Moments Matter



INTERACTIVE CAREGIVING™

by COMFORT KEEPERS®

Interactive Caregiving is integral to how we care for clients so they can live the highest possible quality of life.

Research indicates that keeping seniors physically, mentally, socially, and emotionally engaged can help them retain better cognitive function, stay healthier and live independently longer.

When you care for people, you want every moment of their lives to be as happy as possible. However, as people age it often takes more than just basic task-oriented care like cooking or cleaning to keep people vital, active and healthy. At Comfort Keepers®, we provide an approach to care that is focused on the “whole person” and keeps individuals active and engaged in life. It is called Interactive Caregiving™, and it promotes physical, mental, social and emotional wellbeing.

The ultimate goal of Interactive Caregiving is to help individuals achieve the highest possible quality of life and help maintain their independence, which for many means living an active life in the comfort of their own homes. Research indicates that a physically and mentally active senior enjoys better health, a more positive outlook on life and higher cognitive functioning.

Simply put, people’s wellbeing depends on many factors, and people are happier and healthier when they are active, connected, and feel they contribute.





AT COMFORT KEEPERS[®], OUR INTERACTIVE CAREGIVING HELPS *Memories Blossom*

MAINTAINING A VITAL MIND

As a person ages, it becomes more and more important to keep their mind stimulated to keep it strong. The philosophy of Interactive Caregiving is to leverage everyday activities and tasks into opportunities for client involvement and exercises for their minds and memories. The result can be a higher level of mental and social engagement that can improve function, keep a client's positive emotional state, and fight depression and isolation.

An active mind and positive emotional outlook on life are essential for a senior to enjoy the highest possible quality of life. Our special caregivers, called *Comfort Keepers[®]* strive to create an environment where minds and memories blossom.

Through active engagement in everyday activities – whether listening to stories, reminiscing, and reading together or sharing viewpoints – we strive for daily mental stimulation of our clients. This can help people remain sharp and involved so they maintain a positive outlook on life.

By cultivating the everyday moments of life through engaging activities, a senior's mind and emotions can remain stronger and more positive. It also helps to create a strong sense of purpose, contribution and control over their lives. This, in turn, can help ward off depression and isolation and even enhance their physical wellbeing.





WE UNDERSTAND THAT AN IMPORTANT STEP TO WELLNESS IS

A Walk In The Park

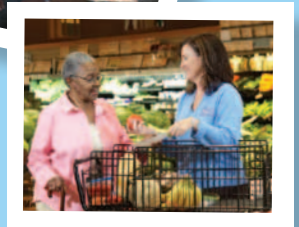
KEEPING SENIORS PHYSICALLY ACTIVE

Physical activity is vital for a senior's health. Research indicates a significant correlation between a person's physical wellness and mental outlook. At Comfort Keepers®, Interactive Caregiving means getting our clients out and encouraging activity that is appropriate for their specific situation. It is all a part of our holistic approach to promoting a physically, mentally and socially active lifestyle.

Helping a senior live a healthier lifestyle is a walk in the park, *figuratively and literally!* We train our *Comfort Keepers*® to find opportunities to apply the philosophy of Interactive Caregiving so they are exercising clients' bodies, minds and contributing to a much more positive outlook on life!

Research supports that even moderate levels of physical activity can yield significant health and wellness benefits. Whether a trip to the grocery store, a walk through the neighborhood, or a spin around the living room to a favorite old tune, staying physically active is important to staying well.

Keeping our clients active in their daily lives is the focus of our approach to care. Our *Comfort Keepers* take the time to learn about their clients and the activities they enjoyed years ago and may be able to continue to enjoy in some capacity well into the future. The benefits of an active life are substantial. Improved strength, balance, and flexibility can help reduce the risk of falls. That can translate to a more independent and happier lifestyle.





INTERACTIVE CAREGIVING™ CAN HELP KEEP LIFE ON A MORE
Positive Track

THE SOCIALLY
ENGAGED SENIOR

Through planned activities, hobbies, and social outings, we can help keep our clients engaged in the world around them. Whether working on a simple project around the house, taking a trip to the library, or a daytrip with friends, feeling as though you are “a part of something” and can still contribute feels good! Remaining socially engaged can keep minds sharp and emotions healthy and gives people something to look forward to each day.

Growing older does not mean giving up the hobbies and interests people have enjoyed over the years. Whether those interests include singing, knitting, gardening, or model trains, doing the things they love to do can keep peoples’ minds stimulated and their lives on a positive track.

Our *Comfort Keepers*® can structure activities around clients’ areas of interest. Whether undertaking a project around the home, fishing, playing bridge or visiting a museum, keeping seniors active in the things that interest them stimulates the mind and the body. It also becomes an opportunity to share their stories about their lives and hobbies with others. Who knows...maybe these stories will create a memory for someone else!

Filling the hours with constructive and interesting activities is fun! It creates an atmosphere where people can enjoy themselves and can result in a much more positive outlook on tomorrow.





TELL US HOW WE CAN MAKE *Every Day Mean More*

CARING INSIGHTS

Connecting with clients, based on their interests and backgrounds, is fundamental to Interactive Caregiving. So understanding the interests of our clients is important. Things such as:

- *Family relationships*
- *Pets*
- *Music & dancing*
- *Crafts*
- *Entertainment enjoyed*
- *Movies & games*
- *Trivia & crossword puzzles*
- *Gardening & cooking*
- *Reading & travel*

People are an accumulation of many years of experiences. What they enjoy and find fulfillment from can vary from individual to individual. That is why we work with our clients and family members to “paint a picture” and better understand each individual so we can develop a plan that includes Interactive Caregiving™ to bring joy to the client and peace-of-mind to the family. Knowing what makes an individual happy can also help us identify the best *Comfort Keeper*® to provide care. People who enjoy the same things and have similar interests can develop a deep and lasting connection.

Some of the information we like to gather over time about our clients includes: nickname, hometown, hobbies (past & present), education, past organizations, favorite colors and foods, children and grandchildren’s names and ages.



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COMFORT KEEPERS® MISSION STATEMENT

OUR MISSION IS TO PROVIDE OUR CLIENTS WITH THE
HIGHEST LEVEL OF QUALITY OF LIFE THAT IS ACHIEVABLE.
WE SHALL TREAT EACH OF OUR CLIENTS WITH THE RESPECT
AND DIGNITY THEY DESERVE, AS THOUGH WE WERE CARING
FOR A MEMBER OF OUR OWN FAMILY.



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