



Comfort
Keepers.



MAKING EVERY
MOMENT OF

Life
MATTER



COMFORT KEEPERS®, THE HEART OF COMFORTING IN-HOME CARE.

Comfort Keepers provides in-home care that makes a difference in the lives of seniors and other adults. For over a decade, clients and their families have entrusted their care to us in hundreds of local communities. Whether companionship services or in-home safety solutions, we provide the support and services that improve lives and enable independent living at home.



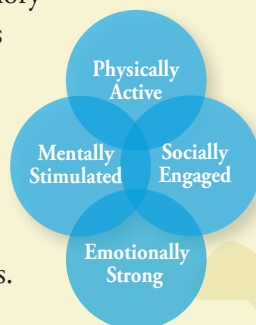
HOW INTERACTIVE CAREGIVING™ HELPS KEEP PEOPLE

Happier, Healthier And At Home.

Keeping individuals engaged in life mentally, emotionally, physically and socially—can make a difference in their wellbeing. At Comfort Keepers, we call this philosophy of care *Interactive Caregiving*. It gives our clients a more healthy and meaningful quality of life.

Interactive Caregiving is based on interrelated lifestyle factors.

Mental Vitality – Keeping seniors mentally stimulated through activities helps them stay cognitively vital. It can help memory and contributes to an individual's optimism about life. We make mental exercise an integral part of our daily care through conversation, reminiscing, story telling, reading, playing games and other activities a client enjoys.



Physical Activity – Even moderate amounts of exercise contribute significantly to an individual's health by improving balance, flexibility, strength, and range of motion. Staying active and strong can improve a person's outlook on life and enhance independence.

Social Engagement – Surrounding an individual with friends, family and activities people love can bring untold enjoyment. We understand how important this is so we help clients stay in touch with friends, attend social, religious, and cultural events, or simply have the opportunity to interact with others.

Emotional Support – Knowing you contribute to the quality of your own life as well as others is fulfilling. It helps people see the bright potential of every day. Staying socially engaged, physically active, and mentally stimulated all contribute to feeling happy and connected.

COMFORT KEEPERS® MAKE ALL THE DIFFERENCE

Our caregivers, special people we refer to as *Comfort Keepers*®, take everyday activities and transform them into opportunities to communicate with and engage their clients. Our *Comfort Keepers* are:

- Selected after a rigorous interviewing process including national background checks and personal and professional references
- Our employees, not contractors
- Bonded, insured and covered by Workers' Compensation
- Trained specially to provide an interactive care solution for clients

THE HEART AND SCIENCE BEHIND INTERACTIVE CAREGIVING.

Study after study shows that active and mentally stimulated seniors enjoy a better quality of life and physical wellbeing. Transforming daily activities into interactive activities helps keep people strong, improve health and outlook on life, and reduce the risks for injury, depression, and symptoms of dementia.



THE RIGHT CARE FOR EVERY CLIENT.

Each client has different care needs. Comfort Keepers provides a range of services that can be customized to fit the individual client needs.

PERSONAL CARE SERVICES

- Bathing, grooming and hygiene
- Mobility assistance
- Transferring and positioning
- Toileting and incontinence
- Feeding and special diet

COMPANIONSHIP SERVICES

- Companionship
- Incidental transportation services
- Medication reminders
- Meal preparation
- Errand services
- Grocery shopping
- Grooming
- Live-in services (where available)
- 24-hour care
- Respite care or relief for family

HOME SAFETY SOLUTIONS

- Personal Emergency Response Systems (PERS)
- Medication Management solutions
- Video Monitoring
- Around-the-clock emergency monitoring station



At Home.



Where People Want To Be

Whether cooking, playing cards, doing a puzzle, or visiting with friends, Interactive Caregiving engages and connects individuals to help them maintain happy, dignified and independent lives where they most want to be...at home!

A close-up photograph of a woman and an older man smiling warmly. The woman, on the left, has brown hair and is wearing a light pink button-down shirt. On her left chest, there is a circular logo with an American flag motif and the text 'Comfort Keeper' and 'Comforting Solutions for the Elderly'. The man, on the right, has white hair and is wearing a light blue polo shirt. The background is a soft, out-of-focus indoor setting.

Well.

*When Care Is Delivered
From The Heart.*

Living well encompasses many things. It is mental, physical, emotional and social. Interactive Caregiving is a philosophy of care that considers all of these factors and the importance of each.



Happy.

Where Care Is Interactive.

Interactive Caregiving provides the opportunity for seniors to participate actively in life, including their day-to-day care. It is based on doing *with* versus doing *for* and increases a sense of contribution and independence.

Each office independently owned and operated.

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