

## Personal Care

### **Bathing**

Bathing is essential to an individual's sense of well-being. It refreshes the spirit, provides relaxation while cleansing the skin and stimulating circulation.

### **Mobility**

Activity and exercise are vital to a healthy lifestyle. The benefits of movement to both physical and mental health are seen in everyday life. Benefits include increasing stamina, strengthening the heart, lowering blood pressure, improving digestion and sleep. In addition it improves mood, releases stress and increases mental alertness.

### **Transferring and positioning**

Moving or placing a person into a correct posture position encourages the functional activity of the body's many systems. It assists in eliminating pressure areas on the skin, reducing atrophy and stiffening of muscles, encourages proper breathing, digestion, and elimination.

### **Incontinence care**

The inability to control urination or defecation is embarrassing to individuals and can become unsanitary if not taken care of correctly. Our caregivers understand the sensitivity of this situation and approach to caring for individuals who need assistance.

### **Toileting**

Elimination is an important and normal body function. However, it is usually an activity that is private and one that is not openly discussed. The individual often faces embarrassment along with a sense of loss of independence. Our caregivers strive to provide an acceptable, comfortable and safe environment for all types of toileting needs.

### **Feeding**

We understand that it is usually hard for an adult to accept the idea of not being able to feed themselves. The reasons are varied, however the sense of loss of independence is real. Our caregivers understand the feelings this can cause and take the extra effort to make the environment and mealtime special.

### **Oral hygiene**

Proper mouth, teeth, denture and gum care are essentials to good oral and dental hygiene. Daily oral care can prevent bad breath, tooth decay, gum disease and assist in prevention of other diseases.

## In-Home Companionship and Care Services

### **Conversation and companionship**

Whether it's conversation and company, or just eating a meal together, having someone to sit and visit with can help make for a happier, healthier life.

### **Meal preparation**

Many seniors do not have the opportunity to eat a well-balanced meal. Let our caregivers prepare a hot, delicious, nutritious meal. This service gives our clients the opportunity to eat the nutritious meals they need to enjoy healthier living.

### **Housekeeping**

Vacuuming, dusting, sweeping and mopping floors, cleaning bathrooms to include sinks, showers, tubs and toilet, cleaning kitchens, sinks, appliances, counters, taking out the trash, straightening all rooms, organizing closets and drawers, cleaning any interior windows that can be reached without a ladder.

### **Errand services**

Run errands such as picking up prescriptions, going to the post office, etc.

### **Grocery shopping**

Axis Home Services LLC will shop with or without the client accompanying them. They can shop at any store the client prefers.

### **Medication Reminders**

Although our caregivers cannot administer medications they can assist the individual who shares in the responsibility of taking their own medication. Assisting with opening medication containers or medpaks, reading labels and reminding the person to take their medications are all ways in which we can assist.

### **Grooming and dressing guidance**

We can help button buttons, tie shoes, put on socks, etc.

### **Incidental transportation**

Trips to doctor appointments, barbershops, beauty salons, shopping, wherever the client likes to go. Getting seniors out and about is good for their mind, body and spirit.

### **Laundry and linen washing**

This can be done in either the client's home or the Laundromat, includes washing, drying, ironing and putting things away.

### **Mail assistance and organization**

We can assist the client in separating the junk mail from the important mail, and let them know when bills are due.

### **Periodic review and communication with family**

On a recurring basis we can contact the family to discuss how things are going, answer any concerns or redefine any services that may be needed. This is a great service for clients whose families live far away and may not be in daily contact with their loved ones.



## WHO ARE WE?

Axis Homecare Services is a non-medical Illinois State Licensed agency that was established to create a higher level of care for our loved ones. We provide non-medical care to seniors and to others who need help with activities for daily living. Axis Homecare is strongly committed to providing affordable and high-quality homecare services to every family. We advocate and assist our clients in leading dignified and independent lives within the comfort and safety of their own homes. *Our goal is to relieve your stress and give you peace of mind.*

## COUPLED CAREGIVING, the Axis Homecare way

The core of our caregiving approach stems from our philosophy of **Coupled Caregiving**. Research strongly indicates the importance of routine physical activity, cognitive stimulation, and social interaction for seniors. We at Axis Homecare incorporate these three areas to create the culture of our caregiving. Whether it's listening to music, or participating in activities, this caregiving approach can enhance your loved one's quality of life at home. This can also help promote a happier lifestyle, help them stay healthier, while living independently longer.

Here's a look at the variety of services provided by Axis Homecare services. As your Caregiver gets to know you, this list can grow to include activities and support that are unique to your needs and interests.

We can provide care for as little as a few hours a day, up to 24 hours a day, 7 days a week.

### PERSONAL CARE SERVICES

- ♥ Bathing
- ♥ Mobility
- ♥ Transferring and positioning
- ♥ Incontinence care
- ♥ Toileting
- ♥ Feeding
- ♥ Oral hygiene

### IN-HOME COMPANIONSHIP AND CARE SERVICES

- ♥ Conversation and companionship
- ♥ Meal preparation
- ♥ Housekeeping
- ♥ Errand services
- ♥ Grocery shopping
- ♥ Medication reminders
- ♥ Grooming and dressing guidance
- ♥ Incidental transportation
- ♥ Laundry and linen washing
- ♥ Mail assistance and organization



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