



Home – at **Assisting Hands**, our mission is to offer our clients, your loved ones, the very finest personalized in-home care, allowing them to live safely and comfortably in their homes.

But sometimes life's natural events - aging, illness, or disability- can make living independently at home more difficult. At Assisting Hands Home Care® we understand. Our trained, dependable caregivers can help overcome those challenges, and make home an even better place to be!

Assisting Hands® provides assistance with the activities of daily living – whether preparing a meal, assistance with bathing, or safety and fall protection – all in the privacy and comfort of your own home.

We tailor our services to fit your needs – whether it's one morning a week, or around the clock. Services are available 7 days a week, 24 hours a day.

We customize our services to your needs and schedule!

Contact Us Today!

Visit our website at assistinghands.com/richmond or call us for your **FREE** in-home consultation with our home care specialist.

Call: 804.533.6505



Our services include:

Personal Care

- Personal Hygiene Assistance
- Grooming with Oral Care
- Meal Plan / Preparation
- Bathing and Grooming
- Medication Reminders
- Transferring Assistance
- Exercise / Walking Assist
- Toileting / Incontinence Care
- Home Safety / Fall Prevention



Sunrise/Sunset Services

(Assist with Morning Wake-Up)

- Assist with Bathing and Grooming
- Assist with Dressing
- Prepare Breakfast / Snacks
- Make the Bed

(Assist with Evening Tuck In)

- Assist with Night Clothes
- Oral Care / Grooming
- Medication Reminder

Personal Assistance Services

- Grocery Shopping / Couponing
- Closet / File Organizing
- Run Errands
- Coordinate Schedules
- Photo Albums / Scrapbooking
- Assist with Travel Arrangements
- Water Houseplants / Pet Care

Respite Services

(2 Hours to 24 Hour Care Available)
A Needed Break for Family Caregiver

Housekeeping Services

- Empty Trash / Sanitize Container
- Change Linens / Make Beds
- Mopping / Vacuuming Floors
- Dusting / Polishing Furniture
- Clean Refrigerator Interior
- Washing and Drying Dishes
- Straightening Up Each Room
- Laundry / Folding and Ironing
- Dust Window Ledges / Mop Boards

Dementia / Alzheimer's Assistance

(Stimulate Mental Awareness)

- Reading / Listen to Music
- Help Writing Letters
- Playing Cards / Games
- Family Photo Albums
- Craft Projects
- Monitor Television Viewing
- Take on Outings
- Personal Hygiene

Post-Surgery / Maternity Services

- Assist with Bathing and Grooming
- Housekeeping
- Meal Preparation
- Grocery Shopping / Errands
- Laundry / Changing Linens
- Answer the Door / Telephone
- Assist with Mobility / Transferring
- 24 Hour Care Available

other services

- Medical alert alarms & equipment
- Remote Video Monitoring