



Helping Hands Home Assistance, Inc.

Our mission is to provide comprehensive, high quality, reasonably priced services to the elderly and those with disabilities enabling them to live independently.

Services that HHA provides:

- 24-Hour In Home Care
- Answer Door/Telephone
- Arrange Photo Albums/Scrapbooks
- Arrange Transportation
- Assist with Bill Payments
- Assist with Budget
- Assist with Personal Hygiene
- Assistance With Standing/Walking
- Birthday/Anniversary Reminders
- Care Log To Inform Family
- Change Bedding
- Check Answering Machine
- Check For Food Expiration Dates
- Clean Refrigerator/Oven
- Clip Coupons For Shopping
- Clothing Selection
- Companionship
- Case Management
- Coordinate Appointments
- Coordinate Dry Cleaning
- Coordinate Home Deliveries
- Coordinate Lawn Care Services
- Discuss Historical Events
- Dishwashing
- Document Family History
- Dressing and Grooming
- Dust and Polish Furniture
- Empty Garbage Containers
- Encourage Interaction w/ Others
- Evaluate for Needed Services
- Finding Recipes
- Help with Pets/Vet visits
- Housekeeping
- Information & Referral Services
- Inspirational Readings
- Ironing
- Laundry
- Listening to Music
- Maintain Client Calendar
- Medication Reminders
- Mending/Sewing
- Monitor Diet Plans
- Monitor Medication Usage
- Nursing Home Referral
- Organize Food Pantries
- Organize Incoming Mail
- Organize Storage Closets
- Oversee Home Maintenance Needs
- Participation in Crafts and Games
- Personal Care
- Pick-Up Prescriptions
- Pick-Up Groceries
- Plan and Prepare Meals
- Prepare list for Groceries
- Provide Newspapers and Books
- Read and Write Letters
- Reading and Singing
- Safety Check on Smoke Detectors
- Taking Walks/Get Fresh Air
- Vacuum, Sweep and Mop
- Watching Movies
- Watering House Plants

Contact us today @

Helping Hands Home Assistance, Inc.

8044 Ray Mears Blvd., Ste. 104

Knoxville, TN 37919

(865) 692-5258

Email: info@helpinghandshomeassistance.org or visit our web site: www.helpinghandshomeassistance.org