



# 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
- Conversation
- 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 Gathering
- Inspirational Readings
- Job Skills Training
- Job Placement Service
- 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
- Pick-Up Prescriptions
- 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.**

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