

Personal Care Services

in the comfort
of your home

Sometimes a little help at home

can make a world of difference

Retirement should be about living to the fullest.

To enable people to *live more comfortably in their own homes*, we offer a wide range of personal care services to help them through the day. Personal care should be personal, so for every client *we develop an individual plan* for our Home Care Associates to provide the assistance our clients need, such as homemaker and companion, personal care or transportation services.





“Country Meadows At Home® has made life easier for me. They provide help with housekeeping and take me to appointments.”

From a few hours a day
to 24-hour care

Many of our clients tell us that using Country Meadows At Home® Personal Care Services is like having all the benefits of a retirement community in the comfort of their own home. Based on the experience we have developed over more than 45 years of providing assisted living and other retirement community services, we offer our At Home clients the best personal care options provided by highly trained Home Care Associates. Some clients have plans that provide 24-hour coverage on a limited time or ongoing basis. Others may use our services for only a couple of hours a day or a few days a week.

Home care services

customized for you



Country Meadows At Home Services

Homemaker & Companion Services including:

- Meal planning and cooking
- Light housekeeping
- Personal laundry, including linen changes
- Assistance with walking, light exercise and other activities to encourage independence
- Shopping and errands
- Pet care
- House plant care
- Companionship & conversation on current events
- Home safety assessment

Personal Care Services including:

- Bathing and dressing
- Personal hygiene and grooming
- Medication reminders
- Oxygen monitoring
- Assistance with incontinence care

Transportation Services including:

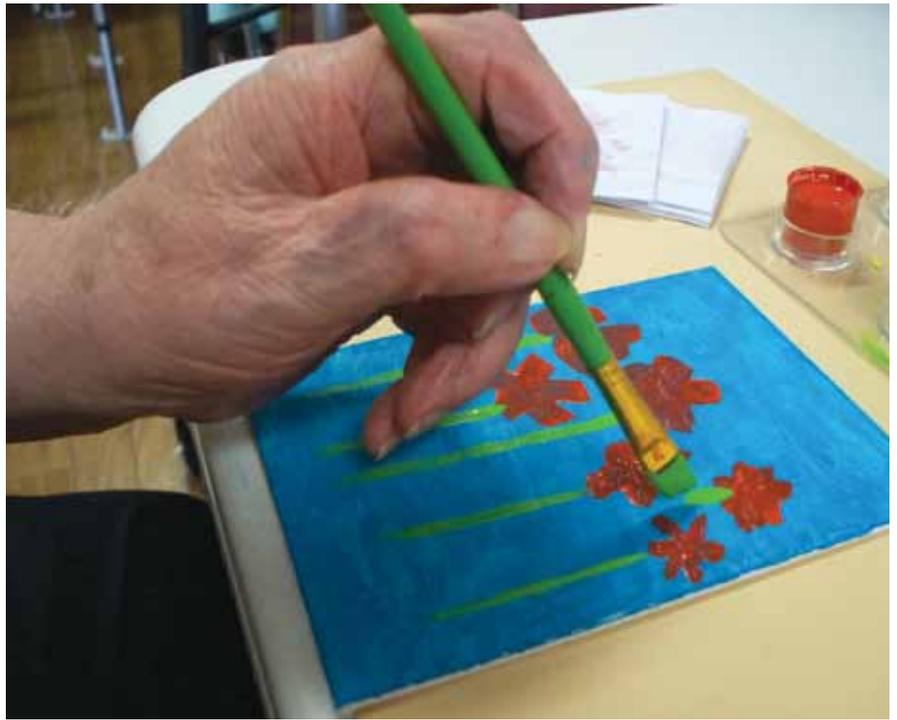
- Medical and dental appointments
- Pharmacy and grocery store
- Beauty/Barber shop
- Bank



Specialized memory support program

We recognize the unique challenges faced by people with Alzheimer's disease or dementia. Our specialized memory support program focuses on minimizing challenges, enhancing abilities, and replacing frustration and anger with positive experiences and conversation. Using the same techniques we employ in our retirement communities, we customize therapeutic activities for each At Home client to help him or her improve self-esteem, maintain a sense of purpose and find pleasure in life.

Memory support program Home Care Associates receive specialized training including education on Alzheimer's disease and dementia, instruction on the Validation Method—a technique used to support the emotions experienced by persons with Alzheimer's disease or dementia, valuable experience working with residents of the memory support program at Country Meadows Retirement Communities, and training to provide physical exercise based on ability level.



Memory support program Home Care Associates engage their clients with fun activities, contained in a Memory Care Activity Box, designed to stimulate them mentally, physically, socially and spiritually. Activities include reminiscing and sharing life stories, brain fitness games, arts and crafts projects and exercise.





“Country Meadows At Home makes life easier for me. In addition to the help I receive, it’s the companionship—I do enjoy having someone around.”



High quality care starts with high quality training

All of our Home Care Associates are required to successfully complete a comprehensive training program that includes classroom instruction, on-the-job experience at one of our Country Meadows communities, competency testing and individual evaluation, and a personal background check. Every month, our Home Care Associates receive additional training from geriatric care specialists to expand their skills and maintain their qualifications and are often given training specific to the needs of the particular clients they will be serving.

Being an At Home client means you are part of our community as well

Every Country Meadows At Home client is considered a member of our local Country Meadows Retirement Community. That means they are entitled to participate in any of our activities and events that are offered to our residents. For our At Home clients, this is a great opportunity to socialize, make new friends or learn a new skill. With many of our events, family members are welcome to participate. Ask our client representatives to tell you more about what’s available at their particular location.



“I know my Home Care Associate will be on time. I also enjoy the companionship during their visits.”

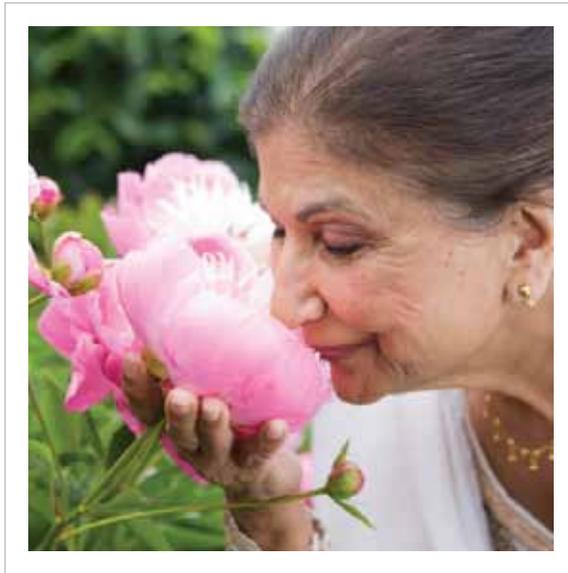


Veterans Benefits for At Home care

If you are a United States veteran or the surviving spouse of a veteran who requires in home services or assistance of a caregiver, you may be eligible to receive a federal monthly pension. The Veterans Non-Service Connected Pension with Aid & Attendance is available to veterans and/or their surviving spouse, who meet established criteria, to assist with the cost of in-home care. For more information visit www.va.gov or speak with a Country Meadows At Home client representative.



For more information about Country Meadows At Home, please call us at 888.754.2220 or visit our website at www.CountryMeadowsAtHome.com.



888.754.2220 ■ **www.CountryMeadowsAtHome.com**

Country Meadows Retirement Communities locations:

Allentown | Bethlehem | Frederick, MD | Hershey | Lancaster | Mechanicsburg
South Hills–Pittsburgh | Wyomissing | York (Leader Heights) | York (Shiloh)

Country Meadows does not discriminate in offering services on the basis of race, ancestry, religious creed, age, sex, handicap, disability or national origin, provided the client, in the sole opinion of Country Meadows, can be cared for legally and responsibly.