Welcome

to Assisting Hands®

Meeting the needs of our clients is our mission while helping them remain happy, healthy and at home.

We understand that providing the very finest personalized in-home care is important to our clients and their loved ones which is why we have built our business and reputation on doing just that. When life's events cause you to need help, we will provide you with highly trained, compassionate and dependable caregivers whom you can rely on.

At Assisting Hands® we also consider communication with our clients and their family members to be a very important part of our care services which is why we provide "real-time" immediate updates through our family-friendly online portal. Our clients soon discover that we understand what is important to them.

Assisting Hands® Clients *are talking...*

"I don't know how I would have made it through the first two weeks after my hip surgery without the help of the caregivers from Assisting Hands®. They gave me the peace of mind of knowing I'd have someone coming by every day to help with post-surgery exercises and get me to appointments. As an added bonus, they helped take care of my cats, did my laundry and helped with other things around the house. If I find myself in a similar situation again, I would certainly turn to Assisting Hands® for help."

– Stacy M.

"I'm very thankful that this company was willing to work with our family and do 24 hour home care with us. They managed to accomplish it with caring, patient and kind caregivers. Thank you for being there for us! I highly recommend this company of caring and giving people."

– Rhonda J.

Helping you remain

Happy, healthy

and

home!™

4853 Cordell Ave, Suite PH 10-A
Bethesda, MD 20814
www.assistinghands.com/potomac
301-363-2580

Assisting Hands®
Home Care

Our Quality

Home Care Services

www.assistinghands.com

Assisting Hands®
Home Care

Our Clients

Although many people we help are seniors living at home, Assisting Hands® Home Care assists people of all ages, in many situations:

- Adults of any age following hospitalization or surgery, when walking, standing or driving may be difficult
- People with disabilities
- Hospice patients
- New mothers, or mothers-to-be on restricted activity
- Assisted Living residents who may need more assistance, whether temporary or long term
- Individuals with medical conditions that cause fatigue, weakness or general need for assistance

Our Caregivers

Assisting Hands® caregivers are the foundation of our in-home care services. Some of the most important qualifications to being one of our caregivers is that they are caring, compassionate, and dependable people who enjoy helping others.

Feel confident in knowing that our caregivers are trained specifically to provide in-home care and are bonded, insured and background checked, as well as certified in CPR.

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
- 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

OTHER SERVICES

- Medical alert alarms & equipment
- Remote Video Monitoring

Assisting Hands® Home Care

Meeting Our Clients' Needs

- Dementia / Alzheimer's Assistance
- Post-Surgery Care
- Maternity Care
- Cancer Patient Care
- Hospice Care