

Coordinating In-Home Care

For aging in place, it takes a community.

Please check all services your loved one might require to successfully age in place:

- Bathing
- Dressing
- Personal hygiene
- Exercise assistance
- Walking
- Transfers
- Repositioning
- Meal planning
- Meal preparation
- Cleaning
- Laundry
- Non-medical supervision
- Socialization
- Companion to/from outings
- Respite services
- Nursing care
- Physical therapy
- Occupational therapy
- Speech therapy
- Mental health counseling
- Long term planning
- Advanced directives
- Caregiver counseling
- Conflict resolution
- Grief and/or end of life issues
- Specialized medical:
 - Dentists
 - Optometrists
 - Audiologists
- Assistance making appointments
- Assistance keeping appointments
- Coordinating medicines
- Nutritional counseling
- Bill paying
- Checkbook balancing
- Financial planning
- Legal advice
- Home renovations tailored to aging in place:
 - Installation of ramps
 - Installation of grab-bars
 - Widening of doorways
 - Widening of bathroom facilities
 - Converting tubs to showers
 - Adding additional lighting



1470 Maria Lane
Suite 400
Walnut Creek, CA 94596

925-933-8181
serviceinquiry@hillendale.net
www.hillendale.net

