

## Capital Home Care Contact Info

We provide services in six counties throughout Central PA. Services vary by eligibility and county.

To learn more or to schedule an appointment in:

Juniata or Mifflin Counties, contact:

Toll free: 888-790-3925, Option 2

Email: [CHC-Lewistown@capitalhomecarepa.org](mailto:CHC-Lewistown@capitalhomecarepa.org)

Montour, Northumberland, Snyder, or Union Counties, contact:

Toll free: 888-790-3925, Option 2

Email: [CHC-Selingsgrove@capitalhomecarepa.org](mailto:CHC-Selingsgrove@capitalhomecarepa.org)

[www.capitalhomecarepa.org](http://www.capitalhomecarepa.org)

Capital Home Care is a member of the Pennsylvania Homecare Association.



Capital Home Care is a home care agency licensed by the Pennsylvania Department of Health, and is funded in part, under a contract with the Pennsylvania Department of Aging and/or Department of Public Welfare. Services are available through private pay,

UCP assures equal opportunities for all individuals regardless of age, sex, race, color, religious creed, ancestry, national origin, disability, handicap, sexual preference, life style, political belief, union membership, limited English proficiency, and any other class of individuals protected from discrimination under state or federal law.



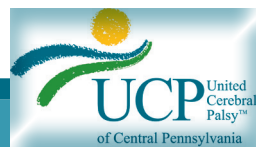
*Because life without limits includes compassionate care in the comfort of your own home.*

# Why Capital Home Care?



We help you maintain your independence... your routine, **and** your lifestyle.

We're also pretty good at putting a smile on your face.





## Who We Are

*Capital Home Care provides non-medical, in-home personal care and other support services for adults 18 or older.* We offer quality care for people with a disability who need assistance to accomplish daily living tasks, as well as those who are facing the challenges of aging and need some additional support in the home.

Whether you're 18 or 108, our independent living supports give you what you need... in the comfort and convenience of your own surroundings. Our team of specialists -- personal care attendants, quality coordinator, scheduling coordinator, and workforce coordinator -- will provide a level of care that will encourage you and improve your quality of life by:

- enabling you to continue living in your own home (including assisted living and retirement communities)
- preventing unnecessary nursing home placement
- giving you maximum independence with minimal interference in your daily life

*There's nothing routine about the care we give... except for the fact that it fits your routine.*

We are committed to serving *your* needs on *your* schedule. If you have a need after hours, we'll be there for you, providing:

- 24/7 care
- on-call back up staff to ensure care is available
- supervisory staff that are just a phone call away -- 24 hours a day

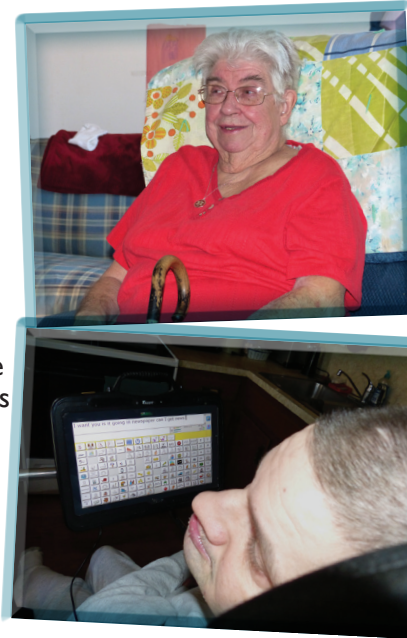


## The Care You Want

*We provide three primary types of in-home care:*

**Personal Care** services include a variety of non-medical, in-home services that meet **your** needs and fit **your** established routine. These include:

- Bathing
- Personal hygiene
- Dressing
- Toileting
- Incontinence care
- Eating assistance
- Morning routine
- Bedtime routine
- Mobility
- Transfers
- Hoyer lift
- Access to assistive technology devices and services
- Medication reminders and assistance
- Doctor's appointments
- Other personal care services, as needed



**Home and Companion Care** services are designed to help you feel safe, secure, comfortable... and **at home in your own home.** These services include:

- Meal preparation
- Housekeeping
- Laundry
- Grocery shopping
- Prescription pick up
- Companionship
- Reading
- Mail and/or email
- Games, crafts, hobbies
- Walks
- Scheduling of appointments
- ... and more!

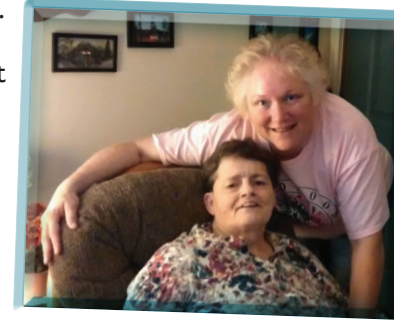


## The Break You Need

**Respite Care** provides short term breaks that can **relieve stress, restore energy, and promote balance** in your life.

Evidence shows that those who take a break from the stresses associated with caregiving may enhance their own health and sense of wellbeing.

Whether you need care for a loved one once a week, once a month, or once a year... we have what you need, when you need it.



*So go ahead... give yourself the gift of time.* Because taking care of yourself makes **you** a better caregiver.

### The Experience

In addition to our team of compassionate caregivers, our supervisory staff have experience navigating the complex system of entitlements, program eligibility, and insurance options. We begin each home visit with the goal of providing just the level of care you need.

We have stringent expectations of all our caregivers and have safeguards in place to provide peace of mind for the individual and for family members. These include:

- background checks (criminal and child abuse clearances)
- reference verification
- ongoing skills training that promotes best practices and whole quality care
- annual competency testing

Finally, we utilize technology to free up our supervisors' time, enabling them to focus on the needs of the individual, rather than the paperwork related to his or her care. **The end result: a higher level of care day in and day out.**

## A Touching Testimonial



*“Wow, what can I say? The flowers were beautiful and so was the service you provided. My Dad and I cannot say ‘thank you’ enough. Because of you, my mother was able to stay at home until the end. You folks meant the world to Mom, Dad and myself. You have our utmost respect and admiration for what you do. And you do it so well. When we needed you, you were there.*

*The little things you did like providing caregivers at the drop of a hat, reading the Bible to mother before bed, a smile, a laugh, a gentle touch – in addition to the care and love you showed for our family – was amazing. Thank you again.”*

*- Pete, Ed and Cheryl S.*