



# Capital Caring Health

*Advanced Home Care & Hospice for All Ages at All Times*

## **Stay at Home Services**

*For Those in Need, Staying at Home  
Just Got Easier with Capital Caring Health*



**We all could use a little help now and then to keep up with the challenges of daily living.** However, as we age, our ability to do those everyday tasks may be compromised by one or more chronic health issues or impaired mobility.

Yet seniors often **do not want to burden their adult children** and other relatives with day-to-day needs. Rather, they want to make the most of their time together, instead of running errands or going to doctors' appointments.

So for those who need some extra assistance as they age in place, Capital Caring Health created **Stay-at-Home Services**—a one-stop shop for scheduling and managing a broad range of care and support.

The new program is designed to **provide an extra level of personalized care** to older individuals who value their independence yet need a helping hand to remain in their homes. Stay-at-Home benefits both the elderly and their adult children, who often lack a critical combination of time and experience to locate, check out, schedule and manage an array of services. By drawing on our extensive experience in elder care and social support, **we meet each individual's needs** while also delivering **peace of mind** to adult children.

**HERE'S HOW IT WORKS:** Call one of Capital Caring Health's compassionate Care Coaches who will talk to you about your specific needs. Your personal coach then serves as your dedicated contact and coordinator between you and any number of our trusted partners for a variety of services including:

- Rides to the doctor, grocery store or social activities
- Arrangements for delicious and healthy home-delivered meals
- Home modifications, housekeeping and upkeep
- Pet care from dog-walking to visits to the vet
- Assistance in finding the right in-home caregivers
- Scheduling appointments and follow-ups with healthcare providers
- Providing optional access to easy-to-use devices such as a tablet that help you see, visit and communicate with loved ones while apart
- And much, much more



Lastly, your Care Coach will schedule a weekly call to talk to you about how you're doing and whether you are facing any challenges he or she can help with.

For most of us, *"there's no place like home."* And through Stay-at-Home Services, our job is to help keep you there, safely and securely.

To get started with Stay-at-Home Services,  
or for more information, just call  
**(888) 342-4774**. Or visit [capitalcaring.org/  
get-help/our-services/stay-at-home-  
services/](https://capitalcaring.org/get-help/our-services/stay-at-home-services/) for more information.

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Our special **Stay at Home** partners include:

 HomeCare.com

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 **Capital Caring Health**