



Senior Care and Companionship

Home care and companionship

COMPANIONSHIP

- Encourage active thinking
- Encourage light exercise
- Errands
- Friendly and supportive conversation
- Homemaker services
- Plan and encourage social activities
- Transportation

24-HOUR CARE

- Continuous round-the-clock monitoring
- Assistance throughout the evening and overnight
- Support for those prone to sleepwalking or wandering
- Support for those with Alzheimer's and dementia who experience sundowning
- Personal care and routine assistance
- Companionship and friendly conversations
- Light housekeeping and meal preparation
- Transportation to and from appointments
- Customized care plan to fit your needs

LIVE-IN CARE

- Care for increased safety and reduced fall risks
- Emotional support and supervision
- Personal care and routine assistance
- Companionship and friendly conversations
- Light housekeeping and meal preparation
- Transportation to and from appointments
- Customized care plan to fit your needs

PERSONAL ASSISTANCE

- Standby support with morning and evening routines
- Bathing and showering assistance
- Personal appearance care
- Assistance with dressing
- Personal hygiene assistance

ERRANDS AND TRANSPORTATION

- Getting to and from appointments
- Running errands, prescription pickup and grocery shopping
- Visiting friends and family
- Social planning and activities

LIGHT HOUSEKEEPING

- Assistance with light gardening
- Kitchen cleaning and organization
- Bathroom cleaning and organization
- Laundry and ironing
- Changing linens

We offer personal assistance promoting health and hygiene as well as help with daily tasks like shopping, cooking and cleaning. We also provide companion care to keep your loved one engaged in the things in which they find joy. Of course, we recognize that your loved one's needs evolve, and we are here to reevaluate their needs every step of the way to maximize their freedom and quality of life.

PERSONAL ASSISTANCE

Age can bring enormous daily challenges for older adults. Arthritis can get so bad that bathing or dressing without help becomes impossible. Fading eyesight can make it dangerous to drive to the grocery store or a doctor's appointment. Relying on a cane, walker or wheelchair makes cleaning the house or cooking a slow and painful ordeal.

These daily tasks can also present a challenge for people with disabilities, those recovering from surgery or even expectant mothers. It's reassuring to know that our caregivers make it possible for your aging parents or other loved ones needing care to live as confidently as possible in their own home. Whether they need personal or memory care services, basic housekeeping, companionship or round-the-clock care, SYNERGY HomeCare will create a customized care plan for your loved one's unique needs.

SOCIAL INTERACTION

No physician can write a prescription to cure their patient's isolation and loneliness. Overcoming these emotional challenges can be difficult, especially for seniors who live alone. As people age, they often lose touch with others due to special circumstances that limit their ability to travel, drive a car or otherwise stay connected to family and friends.

But there is an answer. For many seniors, home care fills the social gap created by growing older. Senior home caregivers monitor and protect a senior's safety, health and wellness, handle everyday household tasks — and provide much-needed social interaction. Companions meet an individual's social needs by providing supportive conversation, planning social outings and providing a little friendly encouragement to do light exercise and stay mentally engaged. Companion care is about connecting with an individual in a meaningful way around the things that personally bring pleasure and joy to them.

Services may vary based on location.

Two types of round-the-clock care

LIVE-IN CARE

We can provide a live-in caregiver to assist with all activities of daily living: cooking, light housekeeping, grocery shopping, errands, bathing, dressing, grooming and transportation. Our live-in caregivers can reduce fall risk, offer emotional support and provide supervision. Live-in caregivers spend the night in the home. They do sleep on the overnight shift but are there to provide help at home for the client at all hours.

24-HOUR CARE

Some individuals need continuous care to remain in the comfort of their own homes. People requiring 24/7 attentive care may often wake, wander, suffer from dementia or have a chronic medical condition requiring continuous monitoring. For these individuals, SYNERGY HomeCare can provide two or three caregivers who work 8- or 12-hour shifts to ensure an elder's needs are met at all times.





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