



In-home Personal Care

Hillcrest
Caring Companions

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IN-HOME PERSONAL CARE

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Why Choose Hillcrest?

Hillcrest Health Services is recognized nationally for our leadership and innovation. Our identity as a local, privately-owned organization enables us to respond swiftly to the changing needs of those entrusted to our care.

Hillcrest offers more services for aging adults than any other provider in Omaha. Since 1988, we've grown into a seamless health system with unparalleled expertise in caring for aging adults throughout every stage of life.

We value independence, wellness and choice as we strive to enhance the lives of aging adults.

ATTENTION: Hillcrest Health Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you speak another language, language assistance services, free of charge, are available to you. Call 1-402-682-4800.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-402-682-4800.
// Hillcrest Health Services cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。
請致電 1-402-682-4800
// Hillcrest Health Services 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。



*Companionship and
personal care at home*



Caring for an aging loved one at home requires strength, patience, creativity and an incredible amount of time. We're here to help.

Available for short periods or around-the-clock, Hillcrest Caring Companions, an in-home personal care service, enhances your own caregiving efforts by providing assistance with bathing and dressing, companionship, meal preparation, laundry and housekeeping or anything else your loved one needs. Our team members are well-trained, and those specifically working with dementia clients receive additional training from Hillcrest's innovative team of dementia educators.

We also enable residents of independent and assisted living communities to thrive in their current settings by providing supportive services beyond those offered in their communities.

Hillcrest Caring Companions' services are offered at three different levels – **companion**, **personal care** and **specialized services** – so we can most appropriately match up our compassionate team members to your loved one's specific needs.

COMPANION SERVICES

We understand how important relationships are to quality caregiving, so we pay special attention to finding the right caregiver for your family's situation.

Companionship services include:

- Friendship and socialization
- Grocery shopping
- Doctor appointments
- Medication reminders
- Light housekeeping
- Meal preparation
- Reading books, playing games and writing letters



PERSONAL CARE SERVICES

Personal care services enable your loved one to remain safely at home as we help with the activities of daily living. The physical effects of aging can make even the simplest of daily activities difficult.

Our Certified Nursing Assistants and Personal Care Assistants provide these services:

- Bathing and grooming
- Toileting or incontinence care
- Dressing
- Transferring
- Walking assistance
- Morning and evening routine

SPECIALIZED SERVICES

Specialized services are designed to address the very personalized needs of an individual. Some diseases, such as Alzheimer's (or other memory disorders), require a higher level of care and expertise. Our trained and experienced caregivers understand these needs and know how to successfully meet those expectations.

Whatever your loved one's non-medical need is, we can tailor our services to meet it. Specialized services include all of the companion and personal care services, plus:

- Dementia care
- Drop-in medication reminders
- One-hour bath visit
- Rise-and-shine or bedtime care
- Overnight care
- Dog walking and feeding

FINANCIAL ARRANGEMENTS

Like all in-home personal care services, Hillcrest Caring Companions' services are not covered by Medicare or other medical insurance, but services may be eligible for coverage under some long-term care insurance policies. We can help you determine eligibility when you call.

ADDITIONAL SERVICES

Hillcrest also offers community-based services including skilled home health, palliative care, telehealth, outpatient therapy and adult day services. Please contact us for more information.