



Live your **best** life possible.



A new service for older adults in New York City.

We understand that life changes. Whether it's due to aging or challenging circumstances, sometimes you need a little more help staying connected with the best aspects of life. That's where ComForCare NYC comes in. Our remarkable companions and client support can make all the difference.



Companionship and Meaningful Activities

Both the latest research findings and common sense point to the health benefits of social connections and meaningful activities for older adults. Mood, cognitive ability and overall well-being can be substantially improved in people who have purposeful and joyful experiences. That is why we created a new type of companion service for residents of New York City.

Finding the right companion is important to a great relationship, but so is preparation. We take the time to know our clients – learning about their needs, preferences, interests and any home safety issues. We use this information to prepare our companions, create activity plans, and direct our clients and their families to the right resources.

Incorporating meaningful activities into daily routines leads to more enjoyable days and can often lead clients to become more accepting of other forms of support, such as grocery shopping or housekeeping duties. In addition, studies show engaging in meaningful activities can:

- ♥ Improve a person's sense of well-being, increase positive emotions and decrease boredom.¹
- ♥ Reduce perceptions of pain.²
- ♥ Reduce challenging behaviors associated with Alzheimer's and other forms of dementia.³



There are as many things to do as there are unique personalities in New York City. Let us introduce you to our companions.

At the core of our company is the ability to hire and retain exceptional companions. We understand that many older adults are reluctant to accept assistance of any type, so it is essential for us to match companions that can form meaningful relationships and provide the right kind of support. Fortunately, New York City is home to many unique, compassionate individuals from a wide variety of backgrounds.

Who is a ComForCare NYC companion?

- ♥ Performing artist (actor, dancer, writer, musician)
- ♥ Nursing student
- ♥ College or graduate student
- ♥ Health care professional (certified nursing assistant, home health aide, medical assistant)
- ♥ Well-educated professional with companion experience

We are proud of the companions that work for us, and you are always welcome to meet them before starting service.

Basic Support

We could all benefit from some help with the everyday tasks that fill much of our lives. For older adults, the need for various types of assistance is likely much greater. Along with social support, our companions and care coordinators can assist with many instrumental activities of life, including:



- ♥ Light housekeeping, laundry and help around the house
- ♥ Grocery shopping and meal preparation
- ♥ Home organization
- ♥ Appointment planning and escorts
- ♥ Medication reminders

Staying on top of our clients' needs is a team effort at ComForCare. Our companions and care coordinators work in conjunction to serve our clients and resolve any issues that arise. **We are accessible 24 hours a day, 7 days a week.**

Dementia Care

We are an excellent choice for a person living with Alzheimer's disease or a related form of dementia because of the quality of our companions and our DementiaWise® program.



DementiaWise is designed to enhance the lives of those living with dementia. The program employs the latest evidence-based behavioral interventions to help clients with dementia optimize their abilities, maintain dignity and enhance their quality of life. Our companions participate in a six-hour training program and receive ongoing education, support and supervision. Companions also can incorporate cognitive stimulation activities and an interactive music program as part of their care.

We understand that dementia is a complex challenge. With the right people and support, the quality of life for clients and their family members can be significantly improved.

Coordination of Services

Whether you are an in-home family caregiver or overseeing care from a distance, the ComForCare NYC staff is there to support you. Helping our clients be safe, independent and happy at home is more than providing a good companion. You need a team that will offer advice, guide you to important resources and coordinate with providers of other essential services. ***We can provide referrals to many of these services, including care managers, visiting physicians, art/music therapists, personal fitness trainers, elder law attorneys and many others.***

Ask us about anything related to your long-term care and support. Our staff is readily accessible, and you will always have a dedicated care coordinator to help you navigate all of your needs.

Starting Service

We take the time to get to know every client and develop a plan tailored to each person's needs and interests. Our thorough process begins with an in-home consultation with one of our experienced social workers or nurses. The information we gather is essential for matching the right companion, developing a detailed list of services and recommending other important resources for wellness and safety.



For What You Need:

Hospital

- ♥ Bedside companion services
- ♥ Transitioning home from hospital

Home Care

- ♥ Short-term support (days or weeks)
- ♥ Long-term support (months or years)
- ♥ Live-in companions

Call us today for a **free** in-home consultation:

212-256-1933

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www.ComForCare.com/nyc



All ComForCare NYC companions complete our stringent hiring process, which includes drug testing, criminal background checks and reference checks. All companions are fully insured and bonded.

¹ Gurland, BJ, Gurland RV (2009). The choices, choosing model of quality of life: description and rationale. *International Journal of Geriatric Psychiatry*, 24 (1), 90-95.

² <http://chronicfatigue.about.com/od/research/a/musicstudy.htm>

³ Alzheimer's Association. *Recommendations for Assisted Living Residences and Nursing Homes*. 2009.