

- A loss of health and mobility and increasing isolation because of these losses.
- The inability to keep up with chores around the house and the loss of spirit and pride that comes from not being able to keep up.
- The necessity to rely on family for support and the guilt and helplessness that comes from having to rely on those that once relied on and looked up to you.
- Stress and strain on you and your loved ones as they struggle to assist you.
- Heartbreaking family experiences which are fraught with anger, guilt, stress and strain.
- Hard decisions that involve changing how and where you live.
- An eventual loss of independence and with it the ability to do the things that are pleasing to you.
- A loss of friends and possessions which mean the world to you.
- Environments that are emotionally uncomfortable and lonely.
- An existence which is increasingly without purpose.

Do not let this happen to
you or your loved ones!

There is a better way.



Advanta Home Care

5712 Baltimore Drive #455
La Mesa, CA 91942
www.advantahomecare.net
Phone: 619-461-2323
Fax: 619-461-2322
Email: rick@advantahomecare.net

What some of our clients said about The Senior's Choice®

Although I was the last one to admit I needed some help around here, I am the first to confess you all were right! Thanks so much for truly caring about me and for all the little things (and not so little too) you do for me around the house. I will forever remain grateful!

Bill Murray

My caregiver provided me with the help I needed without fail at a time that I just couldn't care for my Mom anymore because of work demands. Because of her great service I was able to keep Mom at home with me and she pulled our family together. How much better it was having Mom with us in my home rather than having to spend just a few hours a week with her during visiting hours trying to remember all the things that happened since the last time we saw her!

Mary Sprague

Is remaining independent
in your own home
important to you?

We can ensure that you, or
your loved ones, are able to...

Enjoy the
comforts of
home for as
long as
possible!

Because your home is more
than just a shelter, it's a haven!



Our caring service makes it possible for the elderly to maintain as much independence as possible, by providing the appropriate in-home assistance and companionship. In that way, we lift spirits, not only of the elderly, but of the family caregivers.

For
many
people,
growing
older
means:



As leading companion care providers, members of The Senior's Choice® strive to ensure a better quality of life for elderly clients and their families, by providing dependable and affordable care.

Our services:

Highly qualified and trained caregivers are ready to help you and your loved ones with a variety of daily activities such as:

- Caring companionship
- Meal planning and preparation
- Incidental transportation
- Running errands
- Light housekeeping
- Medication reminders
- Monitoring of safety while bathing
- Assistance with bill paying
- Information and referral services

Our personalized services are available seven days a week and can range from a few hours daily to 24 hours and live-in care.

Our clients include:

Seniors and the chronically disabled who aren't ready to leave their home for an institutional setting or who live with relatives, but because of illness or chronic conditions need support to remain at home. We provide these people help with simple activities that are exhausting for them and this enables them to save their energy for the important things in life, such as:

- connecting with friends or family,
- taking a short walk, or
- reading a good book.

Many times, caring for a client involves family, so we play a role in providing a respite for the

primary family caregiver, i.e., a wife caring for a husband or a daughter/son caring for their parents. Constant caregiving can bring considerable stress, because the caregiver's focus is centered on the one needing care. Very often we see that when we give relief with daily routines, allowing the family caregiver(s) more time for themselves, the relationship strengthens.

Why our caregivers are the "cream of the crop":

Our caregivers are totally committed, highly qualified and carefully selected individuals who are thoroughly screened, bonded and insured. Most importantly, our caregivers are dependable and extraordinarily caring of others.

Requesting an Interview:

We start the interview process by conducting an in-depth assessment of your, or your loved one's, lifestyle, medical conditions and the kind of assistance that will help them to remain independent at home. We will meet with you and your family and jointly determine the scope of care.

During the meeting, we explain fully the services available, answer any additional questions you have, and help with the important care decisions faced by a family with a loved one in need.

Issues covered include:

- Matching the appropriate caregivers
- Daily routines
- Health and medication
- Emergency response
- Nutritional issues
- Home cleaning issues
- Transportation
- Costs of services

If you have questions regarding our services or the many benefits to you, please call.

