



Ally Home Care

*YOUR FAMILY
DESERVES AN ALLY
AT THEIR SIDE*

INFORMATION ON PROGRAMS & SERVICES

*WE CREATED SPECIAL PROGRAMS BASED ON
NEEDS WE IDENTIFIED IN THE COMMUNITY.
CALL TODAY TO GET MATCHED WITH YOUR
ALLY.*

AllyHomeCare.com



REDUCE READMISSIONS

WELCOME HOME PROGRAM

We designed the Welcome Home program specifically for individuals returning home from a hospital, emergency room, nursing home, or any type of acute care setting. The program's goal is to ease the transition back to the home environment, ensure that our client's needs at home are met following a stay in an acute care setting, and monitor progress to ensure safety. With the Ally Home Care team coordinating care at home, we aim to minimize risk of readmission to a facility and ensure that our clients maintain their health, comfort, and safety where they most want to be: at home.

Types of Services:

Transportation - Your Ally can provide transportation to/from appointments, such as health facilities, doctor's visits, or physical therapy. They can also assist with prescription and medical supply pick-ups and run errands as needed.

Personal Care - Your Ally will help with every essential task for a rich and full life, including personal care services and assistance with: bathing, personal hygiene, help with restroom use, dressing, eating and special diets, and ambulation & transfer assistance.

Home Care - Your Ally will help handle a range of household responsibilities so you don't have to worry, including: cleaning, personal laundry & linen care, household chores, and cooking.

Companionship/Sitter - Companionship & monitoring are just as vital as hands-on assistance. Your Ally can assist with important medication reminders and monitor comfort levels, meals, and exercises. Moreover, your Ally can coordinate and communicate with health care providers & family members.

Our Welcome Home program includes three levels of service depending on need. We can also provide additional care, as needed.

Homecoming 12 - \$225.00

12 hours of one-on-one service, including:

- Transportation from health facility back home
- Any combination of home care, personal care, and/or companionship services
- Use of the 12 hours at any time, day or night, in a minimum of 3-hour segments.

Homecoming 8 - \$150.00

8 hours of one-on-one service, including:

- Transportation from health facility back home
- Any combination of home care, personal care, and/or companionship services
- Use of the 8 hours at any time, day or night, in two 4-hour segments.

Homecoming 4 - \$75.00

4 hours of one-on-one service, including:

- Transportation from health facility back home
- Any combination of home care, personal care, and/or companionship services
- Use of the 4 hours in one block of time, scheduled between the hours of 8am to 5pm.



THE IMPORTANCE OF MEDICATION REMINDERS

Different medication names. Different medication dosages. Different medication schedules.

It can be a challenge to remember the correct medication regimen for anyone. For seniors with increased risk of memory loss, or for recuperating patients with unusual changes in their medication requirements, medication errors are a common—and possibly fatal—mistake.

Over 1 in 10 hospital admissions for elderly patients are due to incorrect usage of medication.¹ Seniors who do not receive any home services are also at higher risk for hospital admission due to an adverse drug reaction.²

Supervision at home under Ally Home Care helps improve medication use. Your Ally will visit you regularly and will assist you with medication reminders and usage, help navigate changes in your medication regimen, and facilitate communication between physicians, family members, or other caregivers.

Ally Home Care's Medication Reminders program is designed to minimize the risk of taking the wrong medication, taking the incorrect dosage, or taking medication on the wrong schedule.

Our Certified Nurse Assistants (CNAs) are permitted to:

- Notify the client, family, and office of perceived side effects
- Bring medicine pill boxes/blister packs/cassettes to the client
- Remind the client when it is time for scheduled medication
- Notify the office when the client, family, doctor, or pharmacy requires a medication change.

Please note that only a family member, pharmacist, nurse, or other qualified person is permitted to portion medications into a pill box with the day, time, or similar information noted on the device.

¹ N. Col, J. Fanale, P. Kronholm, "The Role of Medication Noncompliance and Adverse Drug Reactions in Hospitalizations of the Elderly." *Archives of Internal Medicine*. 1990;150(4):841-845.

² *Ibid.*



\$49 SERVICES

A.M. WAKE-UP & P.M. TURN-IN

We allocate 2 hours for each Morning Wake-Up visit and each Evening Turn-In visit. Both services may be customized to fit your needs and preferences.



Do you need help in the morning to get started? Let your Ally make your mornings easier, safer, & more comfortable. Your Ally can help kick start your day with a healthy morning routine of your choosing.

Morning Wake-Up Service

Do you need help in the morning to get started? Waking up in the morning is difficult for many. For some, lack of a morning routine can lead to difficulties with hygiene and nutrition, social isolation, & health complications.

Let an experienced Ally caregiver make the mornings better for you, by assisting with:

- Transfers & assistance getting out of bed
- Clothing selection and dressing
- Assistance planning daily activities
- Washing and bathing
- Brushing teeth, hair care, & morning grooming
- Making bed and changing linens
- Breakfast preparation and clean-up
- Morning medication reminders

Evening Turn-In Service

Are you completely worn out after a long day? Finding the energy to get ready for bed can be difficult after a tiring day.

Let an experienced Ally caregiver make the evenings better for you, by assisting with:

- Dinner (or snack) preparation and clean-up
- Accompanied evening walk
- Evening medication reminders
- Evening bathing, brushing teeth, and grooming
- Bathroom clean-up
- Undressing and changing into pajamas
- Transfers & assistance into bed
- Ensuring telephone or communication device is nearby
- Turning off appropriate lights and appliances
- Ensuring doors and windows are locked



Do you need assistance at night to get the rest you need? Let your Ally help you end the day with a relaxing routine that includes all of the comforting activities you need to get a good night's sleep.



Ally Home Care

The first few weeks after having a new baby are challenging for any family. An Ally can help your family ease the transition so you can enjoy being a new parent.

NEW PARENT SERVICES

1ST HOUR IS FREE

During Pregnancy

The joys of parenthood are accompanied by the need for additional help. Whether you have been placed on bed rest or simply need an extra hand around the house, we understand your special needs and can develop a personal care plan to ensure a smooth and peaceful pregnancy.

Let an experienced Ally caregiver make your pregnancy painless by assisting with:

- Organizing and outfitting your home for baby's arrival
- Light housekeeping, laundry & linen care
- Grocery shopping & errands
- Nutrition plan & meal preparation
- Assisting with child care
- Massage therapy, manicure and pedicure

Bringing your Baby Home

Meeting the constant needs of a newborn involves time and energy and often takes parents away from other responsibilities in the home.

Let an experienced Ally caregiver make the transition from the hospital to your home better for you, your family and your new baby by assisting with:

- Meal preparation and clean-up for the whole family
- Light housekeeping and laundry service
- Errands and shopping
- Assistance and supervision of older children
- Over Night Care – Your Ally, on stand-by through the night



After the birth of every new baby, both mother and baby need to be cared for around the clock to grow strong and heal. You will need plenty of rest, good nutrition, and help during the first few weeks.



Bonding with your baby is the most important thing for you to do. Every new parent needs an Ally to take care of your other responsibilities so you can focus on forging a relationship with your new baby.



HOME CARE & COMPANIONSHIP/ SITTER

Your Ally can perform a wide range of activities as part of our Home Care or Companionship/Sitter Services. Below is a list of just some of the activities your Ally can assist you with:

Help with Nutrition and Meal Preparation

- Meal planning
- Serving meals
- Washing/putting away dishes
- Cleaning kitchen counters
- Cleaning kitchen appliances

Assistance with Personal Hygiene

- Assistance with grooming
- Drawing the bath water
- Handing the client bathing items
- Stand by bathing assistance
- Unbuttoning garments

Help with Dressing

- Assistance with dressing
- Help putting on shoes
- Tying shoes
- Assisting with zippers
- Buttoning garments

Assistance with Household Cleaning

- Light housekeeping
- Taking out garbage
- Sweeping, Mopping
- Vacuuming floors
- Cleaning the bathtubs and toilets
- Cleaning the showers and sinks

Your Ally can be more than just a helper. Your Ally can be a friend and provide companionship, conversation and entertainment. Here are just some of the activities you can enjoy together:

- Help with hobbies/crafts
- Read aloud from books/periodicals
- Accompanying client on walks:
 - Guiding a client by the elbow
 - Walking next to the client
 - Steadying a walker
- Engaging in friendly conversations
- Playing games or cards

Helping you enjoy your time at home

- Answering the telephone
- Bringing the newspaper
- Bringing in the mail
- Answering the door
- Accompany to meals

Household Chores

- Making the beds
- Changing the linens
- Washing laundry
- Drying laundry
- Ironing clothes

Personal Health

- Medication reminders
- Home monitoring

**Contact us to today to get matched with an Ally.
*Your family deserves an Ally at their side.***

Toll free: 1.800.683.ALLY (2559)
info@allyhomecare.com
www.AllyHomeCare.com



PERSONAL CARE SERVICES

In addition to all the activities listed under our Home Care & Companionship/Sitter Services, your Ally can also provide you with hands-on assistance as part of our Personal Care Services program.

Below is a list of activities to give you a flavor of what your Ally can assist you with (in addition to all the activities listed under our Home Care & Companionship/Sitter Services):

- Ambulation Assistance
- Transfers – Chair to bed
- Transfers – Chair to toilet
- Transfers – Bed to chair
- Dressing
- Positioning in bed
- Feeding
- Skin Care
- Hair Care
- Assistance with restroom use
- Continence Care
- Changing Briefs
- Bathing
- Showering
- Bed Baths



Counties we serve

Anson	Mecklenburg
Alamance	Montgomery
Cabarrus	Moore
Chatman	Randolph
Cleveland	Richmond
Davidson	Rockingham
Davie	Rowan
Forsythe	Rutherford
Gaston	Stanly
Guilford	Union
Iredell	Wake

JOIN OUR FAMILY TODAY





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