

# ***In-Home Services***

In-Home Services are services that are designed to keep the senior safe in their home. Tasks may include basic domestic chores such as vacuuming, dusting, laundry, meal preparation and clean up; personal care which may include tasks such as assistance with bathing, dressing, ambulation, medications; and paramedical tasks such as wound care.

There are a variety of public and private agencies that offer different levels of In-Home and/or Home Health services. In-home assistance can be costly when you pay privately. Insurance may cover short-term Home Health. Those with limited assets and income may be eligible for 'no cost' Medi-Cal and In-Home Supportive Services. There are also a few programs that offer some limited in-home assistance for the elderly.

## ***The options for In-Home Assistance are described below.***

- 1. Private pay:** Can range from \$15 - \$30/hour, often with 3-4 hours minimum per visit.  
**A list of private-in-home agencies begins on page 2.**  
**Note:** Medicare often covers short-term home health for skilled nursing or therapy. Some insurances cover in-home assistance as caregiver respite for a live-in family caregiver. Check with your insurance to see if it will cover some or all of the costs.
- 2. Homemaker Program (Catholic Charities)** Offers 2 hours of assistance with light housekeeping once every 2 weeks, to frail elderly aged 60 or older who live alone. There is no fee for the service but donations are encouraged. Limited availability; often a waiting list for services. For more information call: **(209) 529-3784.**
- 3. In Home Supportive Services (IHSS)**  
For persons who are aged, blind, or disabled, and are limited in their ability to care for them and cannot live safely at home without help. In-Home Supportive Services provides a wide range of assistance to meet your individual needs and assure that you can live safely at home. Services may include housekeeping, meal preparation, shopping, laundry and personal care. This help may be provided to Medi-Cal eligible persons through In-Home Supportive Services (IHSS).  
***Who provides the services?*** You may hire a relative or a friend, or find someone new to you. Adult Services can also assist you in finding a provider through Link2Care, the Public Authority.  
**To apply for In-Home Supportive Services call (209) 558-2637, Monday through Friday between 8:30 am to 4:30 pm.** A social worker will come to your home to discuss what help you may need and determine what costs, if any, you may have to pay for the services. The social worker usually conducts a needs assessment on the initial home visit.
- 4. Respite (Family Caregiver Support Program)**  
A break for non-paid family caregivers of a senior 60 or older, or Alzheimer's patient of any age. Care receiver must require assistance with some daily activities to qualify. Provides maximum of 30 hours annually of paid in-home assistance from contracted private in-home health agency. For more information **Call (209) 558-8698**

# **In Home and Home Health Services**

## **ACCESS SENIOR HOME CARE**

**P.O. Box 4901, Modesto, CA 95352**

**Telephone: (209) 918-8010 or Toll free 1 - 855-509-2273**

**[www.myaccesshomecare.com](http://www.myaccesshomecare.com)**

### **Our Special Services**

Access Home Care is a private duty home care provider with one goal in mind: helping individuals to live to their fullest ability in the comfort of their own home. Our services include, but are not limited to the following

#### **Safety Supervision**

- \* Bathing Supervision
- \* Walking Assistance
- \* Dementia and Alzheimer's Care

#### **Housekeeping**

- \* Dusting, Mopping, Vacuuming,
- \* Changing Linens
- \* Laundry, Cleaning Bathrooms

#### **Personal Care**

- \* Bathing, Showering, Dressing, Personal Hygiene, Grooming, Foot and back Massage, and Companionship

#### **Medication Management**

- \* Blood Pressure Monitor
- \* Medication Compliance
- \* Assisting with Medication Refills

#### **Planning and Preparing Meals**

- \* Following a Prescribed Diet
- \* Meal Preparation

#### **Transportation**

- \* Help to and from Doctor Appointments
- \* Grocery Shopping
- \* Activities
- \* Social Events

Access Home Care is licensed, bonded, and insured. Our caregivers are protected in your home with workers compensation, and they are employees of Access Home Care. We do drug screen, do criminal background checks, handle employees taxes, and thoroughly analyze the skill set of each person hired to work for Access Home Care.

We can also provide a free home safety evaluation; evaluate the home for hazards, make sure there are safe pathways throughout the home, and make suggestions to increase your or your loved one's safety.

\*\*\*\*\*

***ADDUS HEALTHCARE, Inc.dba***

***Addus HomeCare***

**1701 Coffee Road, Suite 3**

**Modesto, CA 95355-2817**

**Telephone: (209) - 526-8451 or 1 - 800 - 776-4381**

**Fax : (209) - 574-6116**

**[www.addus.com](http://www.addus.com)**

**Supportive Services include:**

Respite care, check-in services, overnight care, as well as bathing, dressing, laundry, shopping, meal preparation, feeding, hair/skin care, errands, and light housekeeping. PRN Home Health Services: RN's, LVN's, Home Health Aids, up to 24 hour direct nursing skilled visits: Patient/family teaching, dressing changes, care for stroke patients, catheters/colostomy or personal care, range motion, light housekeeping. Transportation, meal preparation, and therapy services: PT, OT, ST, and MSW. Ventilator care, AIDS and Rehab services, head injury, burns and hip fractures.

\*\*\*\*\*

***ALEGRE HOME CARE***

**1400 Florida Avenue, Suite 206**

**Modesto, CA 95350**

**Telephone: (209) - 846-3610**

**Fax: (209) - 857-5208**

**[www.alegrecare.com](http://www.alegrecare.com)**

**[coriem@alegrecare.com](mailto:coriem@alegrecare.com)**

**Services:**

Complimentary Care Assessments, Recovery from Illness, Bathing, Dressing, Medication Reminders, Meal Preparation, Light Housekeeping, Transportation to Appointments/Errands, Walking and Exercise, Caregiver Supervision

All Caregivers are Screened, bonded and insured by the Agency. Each caregiver is specifically selected to meet your personal home care needs. We courtesy send invoices/caregiver notes to client's long term care insurance.

We provide services to clients eligible for VA benefits.

We provide visits, hourly and live in care to meet client's needs.

Corie Moyers Director of Client Services

\*\*\*\*\*

***APEXCARE***

**2125 Wylie Drive, Suite 5**

**Modesto, CA 95355**

**Telephone: (209) - 525-9111 or 1 - 800 - 287-9111**

**Fax: (209) - 522-2685**

**[www.apexcare.com](http://www.apexcare.com)**

**Services:**

Our Caregivers can assist you with the following:

Companionship, Activities, Meal Preparation, Medication monitoring, light Housekeeping and Laundry, Transportation to Outings and Appointments. Personal Care: Bathing, Dressing, Grooming, and Toileting.

Emergency Monitoring: Emergency Response Systems can be added to provide an instant connection to family, friends and neighbors when the caregiver is not on duty. Online eldercare directory, facility staff and family caregiver training, free personal assessment. Free care facility referrals.

\*\*\*\*\*

***ASSURED CARE INC.***

**3300 Tully Road, Suite B-7**

**Modesto, CA 95350**

**Telephone: (209) -579-5540 or 1 800 - 976-5540**

**Fax: (209) - 579-5541**

**[www.assuredcare@sbglobal.net](mailto:www.assuredcare@sbglobal.net)**

Assured Care provides non-medical care to individuals who require some assistance with their everyday activities.

Our Caregivers are experienced in providing services that will enhance the quality of life, without interrupting the client's daily routines, such as:

- Housekeeping, Meal Preparation, Shopping/Errands/Transportation
- Laundry, Changing Linens, Medication reminders, Assist with bathing and dressing, Medication reminders
- Available 24/7 days a week

\*\*\*\*\*

**COMFORT KEEPERS**

**5831 Stoddard Road, #802**

**Modesto, CA 95356**

**Telephone: (209) - 543-0444**

[www.comfortkeepers.com](http://www.comfortkeepers.com)

**Services:**

In-Home companionship care, meal preparation, light housekeeping, errand services, grocery shopping, incidental transportation, daily "TLC" phone calls, laundry & linen washing, clothes shopping, recreational activities, grooming & dressing guidance & organize incoming mail.

\*\*\*\*\*

**COVENANT CARE AT HOME**

**1560 Fulkerth Road, Turlock, CA 95380**

**Telephone: (209) - 250-5250 - Fax: (209) - 669-6507**

[TSSoom@CovenantCareatHome.org](mailto:TSSoom@CovenantCareatHome.org)

[www.CovenantCareatHome.org](http://www.CovenantCareatHome.org)

**A Complete Range of Exceptional Services.**

Our services are provided by well-trained, thoroughly screened, and dependable health care professionals. Your customized Plan of Care is developed with your input, the collaboration of physicians and family, and always with the supervision of Registered Nurses – an important step in our rigorous quality control standards.

**Services may include:**

- \* Personal and Clinical Care:
- \* Personal Care – Bathing, grooming, oral hygiene, assistance with dressing and mobility. Try our "Get Up & Go" services, which include dressing and grooming assistance for beginning of your day.
- \* Medication Reminders, we organize your medications to insure compliance with all physician orders.
- \* Companionship – Person relationships are important to health, vitality, social and emotional well-being. Or caregivers will provide companionship, engage in mind, and provide spiritual support.

\*\*\*\*\*

***HOME CARE SPECIALISTS***

**1608 Sunrise Avenue, Suite E  
Modesto, CA 95350**

**Telephone: (209) – 523-7779**

**Fax: (209) – 523-7794**

**CARE MANAGEMENT**

Geriatric Home Care Specialists will come to your home and assess your personal needs. Our consultation schedule is flexible for your convenience. We are experts in long term care insurance.

**CUSTODIAL SERVICES**

Home Care – Hourly, Overnight, and Live-in.  
Bathing, Dressing, Laundry, Transportation (Shopping, Errands, Doctor Appointments), Meal Preparation, Medication Reminders  
Light House Cleaning, Nursing Home Visitation.

\*\*\*\*\*

***HOME INSTEAD SENIOR CARE***

**2937 Veneman, Suite C- 260  
Modesto, CA 95356**

**Telephone: (209) - 545-5899**

**Fax: (209) - 543-1275**

**[www.homeinstead.com](http://www.homeinstead.com)**

**Services:**

Home Instead Senior Care is designed for people capable of managing their physical needs, but requires limited assistance, light housework, and/or companionship in order to remain at home. Also provides temporary assistance for those family members who on occasion need respite services.

\*\*\*\*\*

***INTERIM HOME STYLE SERVICE***  
**1521 North Carpenter Road, Suite D-2**  
**Modesto, CA 95351**  
**Telephone: (209) - 577-5936**  
**Fax : (209) - 544-8895**  
[www.interimhealthcare.com](http://www.interimhealthcare.com)

***Medical Services:***

RN's, LVN's, AIDS, IV therapy.  
Interim Home style Care Services:  
Light domestic housework, laundry, shopping,  
errands, and transportation to medical appointments.

\*\*\*\*\*

## ***Provident Care***

**100 Sycamore Avenue**

**Modesto, CA 95354**

**Telephone: 209-578-1210 or 1 (800) 632-4663**

**Fax: 209-549-9364**

***www.providentcare.com***

*Provident Care- Caring for today and planning for tomorrow.*

Provident Care has been providing Home Care service since 2000. Provident care is the #1 Home Care provider in the Valley. We believe that seniors thrive more in their own home and our team of Caregivers and Registered Nurses have been making that dream of staying home a reality, even for clients with dementia, diabetes, stroke and surgery. We perform ongoing home visits to monitor quality of care in addition to your scheduled care. Our services include but are not limited to the following:

### **Activities of daily living**

Bathing & Dressing assistance

Personal Hygiene

Toileting Assistance

Meal Planning & Preparation

Housekeeping & Laundry

Care & Companionship

Safety & Supervision

### **Transportation**

Doctors Appointments

Grocery Shopping

Social Activities

### **Disease Management Assistance**

Diabetes

Dementia/Alzheimer's

Blood Pressure Monitoring

Medication Coordination

Ambulatory & Transfer Assistance

Hospice Care

Stroke Recovery

Fall Prevention

Post-Surgery Care

### **Take it from one of our clients:**

**" Your caregiver was wonderful. This was the first time I left my mom with anyone other than my daughter and I didn't worry one bit. Mom enjoyed herself so much and was very comfortable. Thank you so much! " S.T.**

Our caregivers and certified nursing assistants are managed, bonded and insured. All caregivers go through a rigorous background check and a screening process that includes drug testing, written and physical testing. We match clients with caregivers who best fit both skill need and personality.

The care your loved one needs to live a happy, healthy life in the comfort of their own home is just a call away. Call Provident Care today for a free Home Consultation!

\*\*\*\*\*



**RESCARE HOMECARE**  
**1101 Sylvan Avenue, Suite C - 106**  
**Modesto, CA 95350**  
**Telephone: (209) - 523-9194**  
**Fax: (209) - 523-5457**  
[www.Rescare.com](http://www.Rescare.com)

ResCare Home Care provides in-home services that help seniors maximize their quality of life.

We make a difference in the lives of people who are dealing with the process of aging, recovering from illness, injury, or surgery; or living with chronic disability.

**Home Care Services:**

- \*Safety Supervision
- \*Personal Care
- \*Planning and preparing meals
- \*Housekeeping
- \*Medication Management
- \*Transportation
- \*One Touch emergency response or Telecare Support from Rest Assured.

ResCare is licensed, bonded and insured. We do criminal background checks and drug screening.

\*\*\*\*\*

***RIGHT AT HOME***

***In Home Care***

**3600 Sisk Road, Suite 4-C**

**Modesto, CA 95356**

**Telephone: (209) - 579-9445**

**Fax: (209) - 579-9430**

**[www.rahmodesto.com](http://www.rahmodesto.com)**

We provide trained, insured and bonded caregivers for a variety of eldercare services. It may be for extra assistance after a stay in the hospital. An aging parent who needs extra help or companionship to remain in Their own home, or as a respite for a husband or wife who cares for spouse, we can help with home health care needs.

\*\*\*\*\*

***SITTERS OF STANISLAUS***

**2900 Standiford Ave. 16-B-365**

**Modesto, CA 95350**

**Telephone: (209) - 571-8855**

**FAX: (209) - 341-0788**

**[www.soseldercare.com](http://www.soseldercare.com)**

**Services:**

Elder care, Cooking, Housekeeping, Laundry, Shopping, Transportation, In-Hospital Companion

**Caregivers:**

Experience with bed care, bathing, incontinent care, wheelchair transfers.

\*\*\*\*\*

**SUTTER CARE at HOME**

**Formerly, VNA**

**1316 Celeste Drive, Suite 140**

**Modesto, CA 95355**

**Telephone: (209) - 571-1055 or 1-800-209-6877**

**Fax: (209) - 557-9581**

**Services Include:**

- \* Registered nurses
- \* Licensed vocational nurses
- \* Behavioral Health nurses
- \* Rehabilitation therapists
- \* Certified home health aides
- \* Medical social workers
- \* Nutrition services
- \* Infusion therapies
- \* Chaplain services

**Support Services**

Out staff of certified home health aides, dietitians, and medical social workers provides safe and valuable support services to help patients recuperate at home.

**Nurses Aides**

Bathing, personal grooming, help with dressing, exercising, light housekeeping, laundry, shopping, medication reminders, meal preparation.

**Sleep-Over**

Bedtime and wake-up assistance, overnight stays (ask for details).

\*\*\*\*\*

## **Valley Home Care / Non-medical services In Home Companion Care**

**1508 Coffee Road. Suite K, Modesto, CA 95355**

**Telephone: (209) 526-5658 - Fax: (209) 526-5659**

Locally owned and operated by nursing and rehabilitation professionals.  
Client satisfaction is our highest priority.

### **SERVICES:**

- \*Assistance with dressing, bathing and personal hygiene
- \*Assistance with transfers such as; wheelchair, bed, bathroom
- \*Meal preparation
- \*Medication reminders
- \*Transportation
- \*Housekeeping
- \*Laundry
- \*Companionship

Every situation is unique. Valley Home Care will work with you and your loves ones to develop a plan that meets both budget and need.

Services are available from 1 hour per week to 24 hours per day.

All caregivers go through a thorough background screening and are licensed, insured and bonded.

## **Valley Home Health / Medical Services**

Valley Home Health is committed to helping each of our patients reach their highest possible quality of life.

Skilled Nursing – Disease Process Education, Medication Management, Catheter Management, Wound Care and IV Treatment.

Physical Therapy- Wheelchair Seating & Positioning, Balance Program, Functional Mobility Program, Safety Training, Strengthening Program, Caregiver Training and Post-Surgical Rehabilitation.

Speech Language Pathology-Communication Program, Swallowing Program and Cognitive Program.

Occupational Therapy- Activities of Daily Living Training, Adaptive Equipment Assessment and Energy Conservation Training.

Medical Social Worker – Psycho-Social Assessment and Community Resources Linkage.

Valley Home Health accepts Medicare, Workers' Compensation, and Private Insurances.