

## Frequently Asked Questions

**Q. When I talk to my mom on the phone she often sounds depressed. Is this just a normal part of growing older?**

A. No. While some elders do suffer from depression, many others who seem depressed are simply lonely and bored. Regular visits from caregivers, like those from First Choice Eldercare give them someone to talk to and do things with and can have a very beneficial effect on their emotional health.

**Q. When I try to do my mother's laundry or clean up her kitchen she gets annoyed with me. Wouldn't she feel the same about a First Choice caregiver?**

A. In our experience, many older people resent feeling like their children have become their caregivers. This "role reversal" is very hard on their self-esteem. Having a well-trained professional from First Choice perform these tasks is much more comfortable for them.

**Q. How do I arrange for First Choice Eldercare services?**

A. Just call us at xxx.xxx.xxxx. We'll talk things over and help you decide exactly what services you need.

**Q. Do I need a doctor's order to arrange for a First Choice caregiver?**

A. No. The decision is entirely up to you.

**Q. Do I have to buy a set number of hours or range of services?**

A. No. Our services are flexible so we can tailor a plan specifically for you.

**Q. Can I get services any time?**

A. Yes, First Choice Eldercare services are available when you need them, 24 hours a day, every day including holidays.

**Q. When I use First Choice Eldercare, will I have to file any tax forms or pay payroll taxes?**

A. No, First Choice takes care of all payroll taxes and forms.

**Q. What about insurance?**

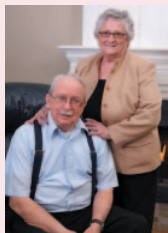
A. First Choice Eldercare is fully insured, including Workers Compensation.



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for  
**Seniors**  
Whose  
**FIRST CHOICE**  
is  
*Home*



## Help and Companionship at Home



At First Choice Eldercare we know that different people need different kinds

of help to remain comfortable, engaged and independent at home. So we offer a wide range of services that can be tailored to meet each person's individual needs. Our comprehensive services include:

- Help with chores and errands like washing dishes, cleaning, laundry, caring for pets and arranging dry cleaning so our clients can spend their time and energy on the things they really want to do.
- Help with meals, including grocery shopping and food preparation to assure better nutrition and enjoyable mealtimes.
- Help staying active, including encouragement to walk and engage in appropriate exercise.
- Personal care, including assistance with showering, bathing, dressing, toileting and general personal hygiene so clients look and feel their best.
- Transportation services to get people where they want to go – whether it's a doctor's appointment, the hairdresser, shopping, visiting friends or any other activity that they enjoy.
- Friendly companionship that brightens days with conversation, shared activities, taking walks, going places or simply spending time with someone who cares.



Ask older people where they prefer to live and most will say their first choice is to stay in their own home. It's where they're comfortable, surrounded by their favorite possessions and happiest memories.

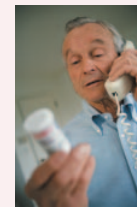
But living at home, particularly alone, can have its downsides, too. Routine chores can be a burden, getting out to shop or visit the doctor can be difficult, and simply spending too much time alone can make life less satisfying than it ought to be.

First Choice Eldercare can solve those problems and make home the comfortable, enjoyable place it should be.

Our carefully chosen and expertly trained caregivers provide the help older people may need, along with friendly companionship that brightens days. Chores get done, errands are taken care of and having someone to do things with makes everything – from eating lunch at home to going shopping or enjoying a play or concert – a lot more fun.



- General health services, including medication reminders and transportation to various medical appointments.
- "Sitting" service to provide a special measure of comfort and confidence when a hospital stay is required.
- We'll also provide recuperation services, carefully coordinated with other home medical assistance, if a client is ill or injured.



## From People Who Care

First Choice caregivers are carefully selected for their warmth, dependability and genuine interest in caring for older people.

- All are thoroughly screened and trained, and overseen by experienced eldercare supervisors.
- Often they have taken care of older people in their own families. They understand the problems that can come with aging and have a real commitment to help.
- Many are retired people themselves, and bring a lifetime of wisdom to the task of helping others – not to mention a wealth of shared experiences.

To help build a bond of caring between clients and caregivers, First Choice works to match our people to the interests and needs of the people they care for.

## If you'd like to learn more

For more information about First Choice Eldercare and how we can create an affordable program of services for you or a loved one, please call

**xxx.xxx.xxxx or visit [www.FirstChoiceEldercare.com](http://www.FirstChoiceEldercare.com)**

