



HOME STAR

In-Home Health Care

Senior Home Care Services

Call us today: 519-777-9636

Most seniors want to remain in their home and stay as independent as possible. There are positive emotional benefits to remaining in one's familiar surroundings. In addition, adapting to health and lifestyle changes is often less stressful in the comforts of home.

If a parent or senior is reluctant to talk, speaking with a professional, like a Home Star specialist might help him/her react differently, and be more open to the conversation. Trained specialists who can assist with walking parents/seniors through critical discussions/conversations.

- ✓ Consultation and personalized Care Plan
- ✓ Errands, grocery shopping, prescription pick-up, housekeeping
- ✓ Meal preparation and nutrition
- ✓ Physiotherapy exercise assistance, physical and emotional support and companionship
- ✓ Transportation to rehabilitation sessions, doctor appointments and personal events
- ✓ Regular status updates to/from the care team and family
- ✓ Assistance with mobility and simple transfers
- ✓ Bathing, dressing and grooming assistance
- ✓ Medication reminders
- ✓ Toileting and incontinence care
- ✓ Status reporting to family
- ✓ Safety and fall prevention



Servicing all of Oxford County and Middlesex County - 519-777-9636

-Senior Care- www.homestarservice.ca -Personal Care-

-Post Surgery Care-