



# **FREE GUIDE TO HOME CARE SERVICES**



THEPHCSEXPERIENCE.COM





*Welcome!*

*We are excited to offer this free guide to help you decide on home care services for your loved ones. Personalized Home Care Services, is an agency established to provide non-medical, high quality in-home care services to clients in the South Carolina area. We welcome people of all ages in need of reliable home care services, including seniors looking to receive a helping hand in the comfort of their own home. Our dedicated staff is committed to provide patients all the resources they need in order to improve their quality of life.*

*Whether you need assistance with light house keeping, meal preparation, transportation or companionship our home care services are accessible 24-hours a day, seven days a week throughout the year.*

*We are compassionate, sincere, experienced and attentive to meeting the needs of every patient because we believe  
Your Family is Our Family!*

*We're Here to Serve You*

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

# WHAT ARE HOMECARE SERVICES?

## COMPANION CARE

Companion care is a form of home care offering non-medical services to older adults or people with disabilities. Companion care differs from personal care in that personal care aides (also known as home health aides) may provide the same services as companion care but also help with tasks such as bathing, dressing, and medication management, depending on specific state regulations. The goal of companion care is primarily emotional support and socialization.



## LIGHT HOUSEKEEPING

Light housekeeping includes tasks such as dusting open surfaces; sweeping and mopping floors (damp mops – small areas and hard surface floors); vacuuming around furniture; wiping down counters; washing and putting dishes away; cleaning bathrooms and kitchens; taking out the trash; changing sheets and making the bed



## ERRANDS

Examples of the types of transportation, errands, and shopping assistance we provide include but are not limited to: Doctor/dental appointments, Barbershop/hairdresser and nail salon, visits to the senior center, family events, and community activities, Grocery store/pharmacy, and department store shopping to name a few.



## FOR MORE INFORMATIONS :

864-552-1042  
www.thephcsexperience.com  
501 W. Butler Rd. Ste. A2,  
Greenville, SC 29607





# BENEFITS OF HOME CARE SERVICES

- **ALLOWS THE ELDERLY TO REMAIN IN THE COMFORT OF THEIR OWN HOME.**
- **PROMOTES INDEPENDENCE.**
- **PERSONALIZED CARE TAILORED TO INDIVIDUALS NEEDS.**
- **COST-EFFECTIVE ALTERNATIVE TO NURSING HOMES OR ASSISTANT LIVING FACILITIES.**

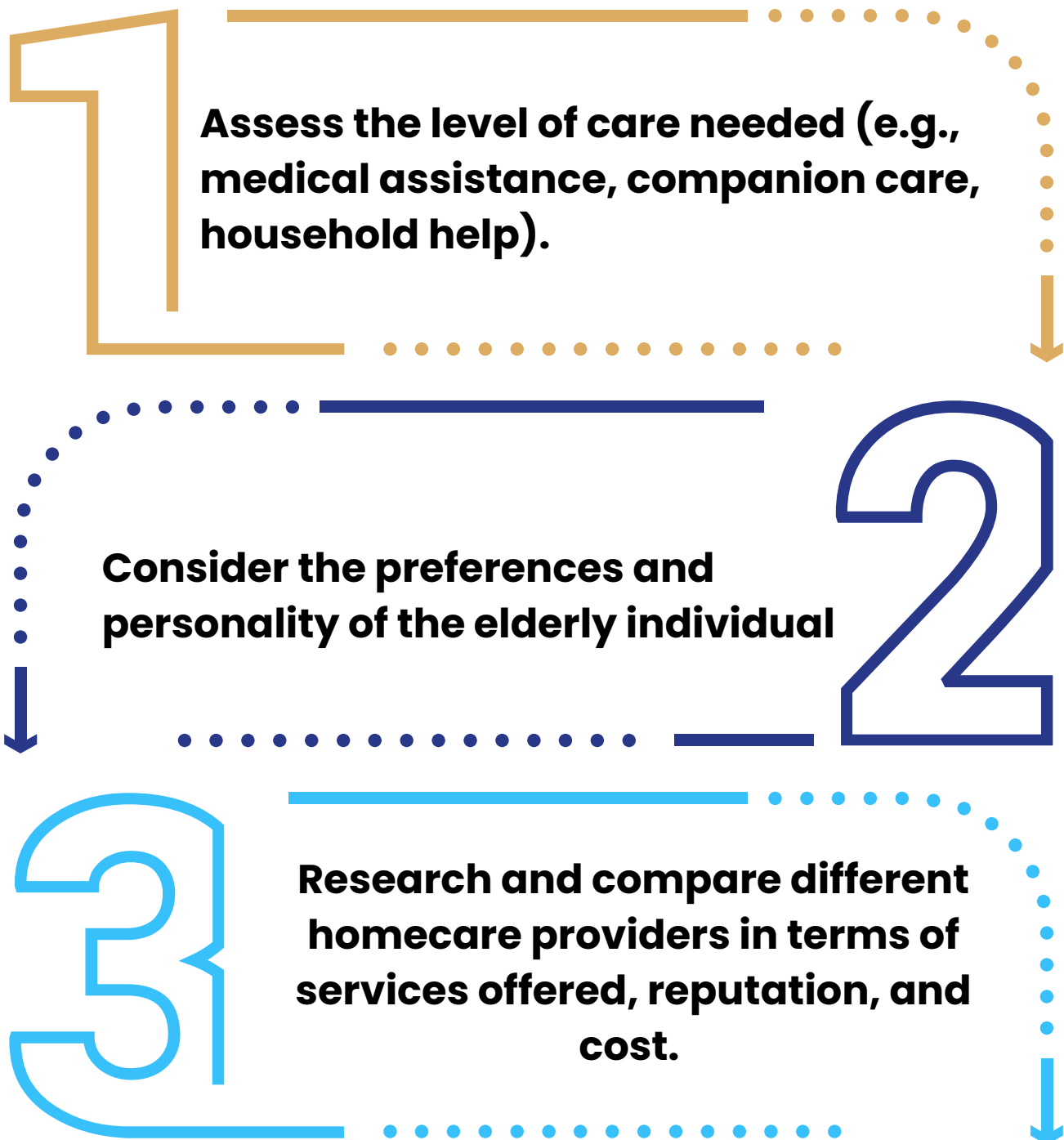
*\*Ask us about our personalized plans tailed to suite your loved ones needs.*



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# HOW TO CHOSE THE RIGHT SERVICES FOR SPECIFIC NEEDS



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**PHCS**  
**PERSONALIZED**  
HOME CARE SERVICES  
MEETING YOUR INDIVIDUAL NEEDS

# TIPS FOR ENSURING QUALITY CARE

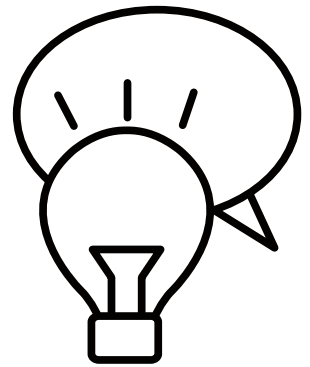
## COMMUNICATE

Communicate openly and regularly with the caregiver about expectations and concerns.



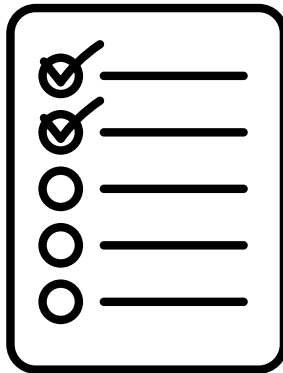
## MONITOR

Monitor the quality of care provided and address any issues promptly.



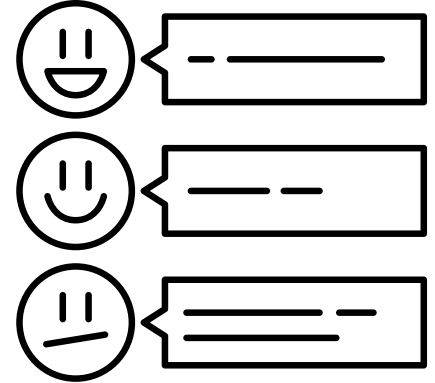
## PROACTIVE

Stay involved in decision making and be proactive about making necessary adjustments to the care plan.



## FEEDBACK

Seek feedback from the elderly individual about their comfort and satisfaction with the services.



For more information on Home Care safety and quality care visit:  
<https://www.ncbi.nlm.nih.gov/books/NBK2631/>

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# Thank you!

Thank you for taking the time to download our guide to home care services. We hope this guide helps you make informed decisions about home care for your family members! Let us know if you have any questions!

# DAILY PLANNER

DATE:

S M T W T F S

MOOD:



“

”

TODAY'S GOALS



WEATHER:



REMINDER TO:



EXERCISE:



TOTAL  
MINUTES:

TOTAL  
STEPS:

WATER INTAKE:



TODAY'S  
APPOINTMENT:

TIME:

EVENT:

THINGS TO GET  
DONE TODAY:

MEAL TRACKER:

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

TO CALL OR EMAIL:

MONEY TRACKER:

MONEY IN:

FROM:

MONEY OUT:

FOR:

TODAY I AM  
GRATEFUL FOR:

NOTES:

FOR TOMORROW: