

Helping Hands Eldercare



We want to help provide you with one-on-one, non-medical assistance with those daily activities that aren't as easy to do as they used to be.

Helping Hands Eldercare will help you stay in your home with a greater sense of independence and self worth.

We are happy to provide a free consultation on our services.

Our owner-operator has more than 25 years experience in elder care with a B.A. in Gerontology. Our dedication, passion and understanding for the elderly is genuine. We provide professional, compassionate and reliable caregivers. Only the most qualified and committed caregivers are selected to work with our clients. You can expect quality assurance visits to your home by our owner to make sure your caregiver is meeting your expectations.

Our caregivers are:

- Thoroughly screened
- Extensively trained
- Insured and bonded
- Matched to your preferences
- Professional, reliable and dependable!



Allows elders to stay in the comfort of their own home!

Companionship and Non-medical Support Services for the Elderly and the Homebound

* 25 Years Experience *

* Owner Operated * Insured & Bonded *

* Serving Suffolk and Nassau County *

**For more information,
give us a call at
631-686-5818**

Helping Hands Eldercare, Inc.

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St. James, NY

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631-686-5818



Helping Hands Eldercare, Inc.



Allowing elders to remain safe and happy in their own home.

Help When You Need It

Whether you want help for a few hours a day, a few days a week, or 24 hours a day, seven days a week, we can be there to assist you.

We're ready to provide a variety of services according to your own scheduling needs and preferences. We'll sit down with you and come up with a plan that works for you.

Do you need help with...

- Meal preparation
- Medication reminders
- Laundry
- Light housekeeping
- Escort for shopping and errands
- Respite care



We'll take you for walks or sit with you on a park bench!

Caregiver Services

Our professional caregivers provide many types of services. Here is a sample; but we're happy to create an individual care plan just for you.

Companionship

Companionship and conversation
Play board games and cards
Provide reading and viewing material from library
Assist with crafts
Stimulate mental awareness
Plan visits and outings
Help with family scrapbook
Escort to weddings, bridal and baby showers
Escort to religious services
Read newspapers and magazines to keep up with current events

Housekeeping

Shopping and errands
Light housekeeping
Change linens
Laundry, ironing and sewing assistance
Take out garbage
Simple handyman repairs
Supervise home maintenance and repairs
Sort and organize mail
Water house plants
Care for pets
Organize closets
Decorate for the holidays
Wait for deliveries

Diet and Exercise

Prepare grocery list of things you like to eat
Shop for and put away groceries
Prepare meals and monitor diet
Prepare future meals
Escort on walks
Assist with simple indoor exercises

Safety and Medical Assistance

Helping Hands Eldercare will be there to help keep you safe. We'll make recommendations for changes in your living environment to help you avoid accidents.

We will provide you with medication reminders. We can assist with your personal hygiene.

We even arrange for an ophthalmologist, podiatrist, beautician/barber or masseuse to come to our clients' homes. We're happy to escort you to your doctor appointments.

For family caretakers, we can offer you a weekly respite or occasional assistance.



We'll help you continue to do the things you enjoy... with a little help!