

# Lifespan

## Home Care Services

### Personal Care

- Bathing (shower, bath, sponge bath)
- Grooming
- Oral Hygiene
- Toileting/Incontinent Care
- Catheter Care
- Skin Care
- Nail Care
- Oxygen Care
- Shaving
- Medication Reminders
- Assistance with Walking
- Range of Motion Exercises

### Assistance with Life Activities

- Companionship
- Meal Planning & Preparation
- Shopping
- Errands
- MD Visits
- Dementia Safety Supervision
- Recreational Activities

### Housekeeping Duties

- Laundry
- Making Beds
- Changing Linens
- Washing Dishes
- Vacuuming
- Dusting
- Mopping
- Pet Care
- Taking out the Trash
- Cleaning Out the Refrigerator

### Lifespan's Mission

Lifespan's mission is to maximize the health, safety, comfort and independence of older persons in our community by providing home and facility care, geriatric care management, placement assistance, and financial management.

### About Lifespan

Lifespan is locally-owned and operated by two Registered Nurses. Founded in 1983, we offer services 24 hours a day, 7 days a week in Santa Cruz County.



# Lifespan

ELDER CARE YOU CAN TRUST

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#### Visit us online

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

BLOG: [www.HomeCareSantaCruz.com](http://www.HomeCareSantaCruz.com)

