Comfort Keepers®
Elevating the Human Spirit℠



There's no day like today

Comfort Keepers® at a Glance

For more than twenty-five years, Comfort Keepers® has been looking for life's bright side. We've seen immeasurable love, dedication, joy, and purpose. We care for people in their own homes, so we're doing more than accomplishing everyday tasks; we're witnessing life. That's a privilege we don't take for granted.

When you truly care for someone, it starts in the heart. Care can transform a life for the better, it can create a lasting bond, and it can elevate a person's spirit.

That's why we care.

How Comfort Keepers® can help

Togetherness tasks

- Good conversation
- Cooking together
- Doing laundry
- Light housekeeping
- Transportation to appointments and events
- Running errands
- 24-hour care
- Respite care for the family

Daily routines

- Staying active and comfortable while moving from place-to-place in comfort and safety
- Help families stay connected through technology
- Support physician-prescribed exercise regimens
- Helping with meals and managing diets
- Alzheimer's and Dementia care
- Reminders about medications

SafetyChoice®

- Personal Emergency Response System (PERS)
- Secure methods for dispensing medication
- Bedside pressure mats



Services that nurtures, provided by people who care

A joyful philosophy

Every person has an inner spark, something that age and illness cannot take away. At Comfort Keepers®, we go beyond daily care needs to nurture those qualities and bring about a sense of hope, connectedness, and joy, Elevating The Human Spirit℠. We coordinate and collaborate with healthcare providers including skilled agencies, hospice and senior care facilities to build personalized plans, and employ technology to keep clients protected and connected. And no matter the day or time, we're ready to help.

Did you know?

Studies show that socially-engaged seniors have higher physical, mental and cognitive functioning.

STANFORD CENTER ON LONGEVITY

Our *Comfort Keepers*®

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A holistic approach

Interactive Caregiving™ is our approach to care that focuses on the mind, body, nutrition, and safety of our clients. When our *Comfort Keepers*® plan a day's activities, they keep these four mainstays in mind. Caregivers work together with clients to accomplish tasks, which stirs memories, stimulates thought, and builds a sense of pride. "Doing for" may get the task done, but "doing with" boosts spirits and brings joy. It's a holistic approach that ensures our clients are cared for from every angle and taking an active approach to life.

Comfort Keepers®

Elevating the Human Spirit℠
Uplifting In-Home Care

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Serving Thurston, Pierce, Gray's Harbor, Lewis and Mason counties

ELEVATING THE HUMAN SPIRIT
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Comfort Keepers
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