

Comfort Keepers® Services*

Daily Routines

- Bathing, grooming and hygiene assistance
- Getting mail
- Helping with meals and managing diets
- Alzheimer's and Dementia care
- Medication reminders
- Safety supervision

Togetherness Tasks

- Good conversation
- Cooking together
- Doing laundry
- Light housekeeping
- Driving to the store or appointment
- Live-in service (where available)
- 24-hour care
- Respite care for the family

SafetyChoice®

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

*Some services vary by state and location; we're happy to talk through options with you.

Kaiser Permanente members receive 5% off Comfort Keepers® services and a complimentary In-Home Safety Assessment.



Care is all-encompassing. It's more than just doing a task for someone else—when you truly care for someone, it starts in the heart. At Comfort Keepers®, over two decades of service have shown us that care can transform a life for the better, create a lasting friendship, and elevate a person's spirit.

There's no day like today.

Comfort Keepers®
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License # IHS.FS.60453361
Serving Thurston, Pierce, Gray's Harbor, Lewis and Mason counties
ComfortKeepers.com

Contact us for a free consultation:
(360) 742-3773

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Uplifting in-home care services

Finding joy in the everyday

The products and services described here are neither offered nor guaranteed under Kaiser Permanente's contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the Kaiser Permanente grievance process.

We're excited to meet you.

Comfort Keepers®, a Kaiser Permanente Affinity partner, is pleased to provide uplifting in-home care services to Kaiser Permanente members. As a member, you will receive 5% off our Comfort Keepers services and a complimentary In-Home Safety Assessment.

Our caregivers, the exceptional people we refer to as *Comfort Keepers®*, are chosen for a number of reasons. They undergo rigorous interviews, background checks and references and are employees of Comfort Keepers. We look for one trait: empathy.

With empathy at the core of our care, daily routines can become teaching moments that stir memories, stretch our brains, and keep our eyes on the important parts of life. We call this approach Interactive Caregiving™. With Interactive Caregiving, care centers on four interrelated aspects: mind, body, nutrition, and safety.

Did you know?

89% of seniors say they would prefer to remain in their homes as they age.

AARP



At Comfort Keepers®, we believe that care is a relationship, not a task

Mind

Creativity is in no short supply when it comes to cognitive health. Let's play a favorite board game, tell stories, and teach each other about our hobbies. We can address the specific needs of seniors with Alzheimer's disease and other dementias.

Nutrition

Preparing meals with someone else is a special experience. It keeps the mind active and the body nourished and moving—all with a trained eye watching for dangers in the kitchen.

Body

As we age, muscle tone, flexibility, balance, and range of motion are invaluable. Together, we help clients find a safe level of exercise that works best for their health.

Safety

We can find ways to make the home safer. We'll help point out potential fall hazards and move appliances and tools to easier-to-reach places. We alsooffer personal emergency response systems, fall detectors, and other devices to keep clients safe.