

The logo for Helping Hand Nursing Services features a stylized sunburst of yellow and orange teardrop shapes above the text. The text 'Helping Hand' is written in a large, red, serif font, and 'Nursing Services' is written in a smaller, red, serif font below it.

Helping Hand
Nursing Services

Brought to you by
Helping Hand Nursing Services

Call Your Local Experts:

(863) 267-8881

Lakeland Area Senior Care Resources

**Your Primary
Resource in Our Area
is Helping Hand
Nursing Services.**



To learn about our
affordable rates and
obtain a FREE
assessment for your loved one, call **(863) 267-8881**

Our Caregivers

A rigorous screening process and personal interviews assure that all caregivers have integrity, experience and meet all of our agency's highest ethical standards.

Our RN's, LPN's, CNA's, and HHA's are extensively trained, experienced, and matched to your preference.

Our caregivers are always there when you need a helping hand.

Our caregivers are Licensed, Bonded, and Insured.

Alzheimer's Association Resources Mid-Florida

Central and North Florida Chapter

If you want more information, let us know by calling 800-272-3900 or email us at infocnfl@alz.org

The Alzheimer's Association, **Central and North Florida Chapter serves 43 counties with education and support** as well as raising funds for research.

Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

Our **Central and North Florida Chapter is here to help.** We provide education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, health care professionals and families.

We are also **committed to advocating for the needs and rights of those facing Alzheimer's disease** and advancing critical research toward methods of treatment, prevention and, ultimately, a cure.

The state of Florida has the second highest incidence of Alzheimer's. Within the 43 counties that comprise the Central and North Florida Chapter, the Florida Department of Elder Affairs estimates that in 2016 there were 156,643 people living with Alzheimer's disease. About **1 in every 38 people of all ages has Alzheimer's disease in Florida.** These numbers do not include the snowbirds who reside in the region during the winter months.

The Central and North Florida Chapter meets the challenge of such overwhelming numbers through a dedicated staff out of five regional offices.

Energy Assistance for Seniors

Emergency Home Energy Assistance for the Elderly

The Emergency Home Energy Assistance for the Elderly Program (EHEAEP) is designed to assist and prevent interruption of electric and gas service for low-income households with at least one member aged sixty (60) or older experiencing a heating or cooling emergency.

Who is Eligible:

Eligible applicants must have a total household income less than 150% of the Federal Poverty Guidelines and provide a copy of their energy bill. Eligible households may also receive one Crisis benefit during the heating season and one benefit in the cooling season. An official past due, shut-off or delinquency notice is required for a Crisis benefit.

Services Available:

Eligible applicants may receive assistance for electric or gas utility bills or electric deposits.

Funding:

This program is supported with funding from the federal Low-Income Home Energy Assistance Program (LIHEAP) grant, which is distributed by the U.S. Department of Health and Human Services (HHS) and administered by the State of Florida's Department of Economic Opportunity (DEO).

Contact Information:

By Appointment Only. Appointments may be scheduled by calling MFCS' office at (352)796-1425..

Documents needed for assistance include:

Valid identification;

Social Security Cards (for all household members);

Proof of Income;

SNAP (food stamp) Award Letter; and,

Lease

Hours of Operation: Monday - Friday 8:30 am to 5:00 pm.

Service Locations: Hernando, Pasco, Lake and Sumter counties.

Senior Services

MFCS' Senior Services programs offer a wide array of services designed to support aging seniors in their efforts to live independently in their own homes, improving their ability to function and avoiding costly placement in long term care facilities.

Who is Eligible:

Persons 60 years of age and older. Additional eligibility requirements vary by program depending upon household income, level of functioning, and/or medical diagnosis (e.g., Alzheimers).

Services Available:

- In-Home Respite Care for Patients
- Homemaker Services
- Personal Care Services
- Nutrition Education
- Congregate Meals
- Transportation to Congregate Meal Sites
- Home Delivered Meals
- Telephone Reassurance
- Emergency Alert Response
- Information and Referral

Fees:

Case managed clients may be assessed a co-payment based upon ability to pay.

Funding:

Services are supported through a variety of state and federal sources including the Older American's Act (OAA), Community Care for the Elderly (CCE), Home Care for the Elderly (CCE), and Alzheimer's Disease Initiative (ADI) administered by the U.S. Department of Health and Human Services (HHS), Florida Department of Elder Affairs, and Area Agency on Aging (Elder Options).

Contact Information:

For more information about services or to schedule an appointment call 352-796-1426.

Hours of Operation: Monday - Friday, 8:00 am-5:00 pm.

Locations: Hernando, Lake, Polk and Sumter counties.

- 51. Make travel plans
- 52. Attend religious services
- 53. Attend social events
- 54. Holiday shopping
- 55. Take to library
- 56. Companionship**
- 57. Encourage conversation
- 58. Discuss current events
- 59. Coordinate doctor appointments
- 60. Appointment reminders
- 61. Make grocery list
- 62. Organize coupons
- 63. Take on walks
- 64. Write letters
- 65. Send birthday/anniversary cards
- 66. Answer telephone
- 67. Play games
- 68. Assist with puzzles
- 69. Encourage crafts
- 70. Read newspaper/books
- 71. Family photos and scrapbooks
- 72. Birthday and anniversary reminders
- 73. Daily/weekly family updates
- 74. Daily journal
- 75. Coordinate home deliveries
- 76. Holiday wrapping and cards
- 77. Arrange holiday parties
- 78. Bill pay reminder
- 79. Help check e-mail
- 80. Homemaker services**
- 81. Wash clothes/linens
- 82. Fold clothes/linens
- 83. Change bed linens
- 84. Make bed
- 85. Dust furniture
- 86. Light vacuuming
- 87. Take out trash
- 88. Coordinate recycling
- 89. Water house plants
- 90. Organize closets
- 91. Clean counter tops
- 92. Organize and wipe out refrigerator
- 93. Wipe out oven
- 94. Wash/put away dishes
- 95. Load/unload dishwasher
- 96. Organize pantry
- 97. Mop kitchen and bathroom floor
- 98. Clean bathrooms
- 99. Feed/help walk pet
- 100. Arrange veterinary visits



Helping Hand Nursing Services

The most trusted name in home care since 1992

- ★ Private Pay
- ★ Veterans Welcome
- ★ Long-Term Care Insurance
- ★ Free Billing & Processing
- ★ Online Family Portal
- ★ Secure Online Payments
- ★ Accept All Forms Of Payment

Free RN Assessment
No Deposit Required
No Credit Card Surcharge

24-hour service, 7 days a week

Visit us at:

HelpingHandNursingServices.com

863-616-1888

Fax 863-616-1914

1948 E. Edgewood Drive

Lakeland, Florida 33803

Licensed Nurse Registry
License #30211268

When You Need Us!



Helping Hand Nursing Services



Licensed, Bonded, Insured

- 1. Homemaker/companion services
- 2. Personal care services
- 3. Nursing care services
- 4. Live-in care
- 5. Certified Nursing Assistants (CNAs)
- 6. RN/LPN services
- 7. Welcome Home program
- 8. Bath visits
- 9. Specialty care programs
- 10. Specialty care teams
- 11. Cancer care team
- 12. Alzheimer's/memory care
- 13. Rehabilitative care
- 14. Stroke recovery care
- 15. COPD/pulmonary care
- 16. Hospice care
- 17. Cardiac/CHF care
- 18. Parkinson's/neuromuscular care
- 19. Diabetic care
- 20. Personal Care**
- 21. Wash/Brush hair
- 22. Shaving
- 23. Oral hygiene
- 24. Coordinate clothing
- 25. Dressing
- 26. Incontinence care
- 27. Transferring
- 28. Ambulation
- 29. Stabilize with walking
- 30. Assist with wheelchair and walker
- 31. Assist client with exercises
- 32. Monitor medication
- 33. Dispense medication
- 34. Medication reminders
- 35. Record medication usage
- 36. Tube feeding
- 37. Record vital signs
- 38. Feeding clients
- 39. Evaluate food freshness
- 40. Encourage balanced diet
- 41. Monitor fat and caloric intake
- 42. Meal preparation
- 43. Prepare special dietary foods
- 44. Monitor fluid restrictions
- 45. Daily Weight Records
- 46. Transportation**
- 47. Take to doctor visits
- 48. Pick up prescriptions
- 49. Escort to restaurants
- 50. Grocery shopping

101. Always There



Making the Most of Every Day

Specialized Care Teams

Helping Hand Nursing Services' philosophy of providing highly customized care to individuals with special needs is the hallmark of our creative approach to solving many complex issues that may face recovering, elderly and terminal persons.



Welcome Home Program

Helping Hand pioneered and developed the Welcome Home Program. The client receives 8 hours of care, transitioning them from the hospital or nursing facility to home. Transportation home, grocery shopping, picking up prescriptions or any of the 101 Ways we make coming home a happy and stress free experience.



Personalized Care Services

Companionship Care \$14.00/hr
Compassionate Caregivers assist with light housekeeping, laundry, shopping and activities designed to promote independence.

Helping Hand Nursing Services is a locally owned and operated Nurse Registry that has been providing the most affordable and comprehensive home care in Polk and Hillsborough counties, since 1992. *Helping Hand* has worked with doctors, nursing homes, home health care agencies and hospitals in a combined effort to keep Senior Citizens, recovering persons or disabled patients in the comfort of their own homes or familiar environment.

Our administrator is a registered nurse with over thirty five years experience. She is an RN, BSN, CCRN and specializes in home health care and geriatric care management.

Careful screening and personal interviews assures that all home care aides have integrity, experience and meet our agency's highest ethical standards. Our RN's, LPN's, CNA's, HHA's, Homemakers, and Companions are extensively trained, experienced and matched to your preference.

Home Recovery Care Team

Home recovery is a specifically designed program for each client to help facilitate continued progress after an illness, hospitalization or rehabilitation facility discharge.



Memory Care

Research has proven that a trained, experienced, compassionate caregiver providing personalized care to persons with dementia or Alzheimers has a positive impact on their lives.



Hospice Care

The compassionate care team assists people with life limiting diseases by providing quality and sensitive care at life's most challenging moments. Caregivers ease the burden of daily household duties and provide physical care as well as emotional and moral support.

Personal Care \$16.00/hr
State-licensed Certified Nursing Assistants (CNAs) are trained to improve the quality of life and maintain the independence of the people they care for by assisting with bathing, ambulation, personal hygiene, and all of the 101 Ways.

Nursing Care \$23.00/hr (8 hr min)
Nurses from our Elite Care Team provide the best medical and non-medical home care experience while providing peace of mind that only a nurse can provide.

Live-In Care \$225.00/day
Certified Nursing Assistants (CNAs) provide continuous personal care services while living with their client for two or more days.

Welcome Home Program \$145.00

*Free RN Assessment
No Deposit | No Credit Card Surcharge*