



## HOME CARE SOLUTIONS

OF ST. LOUIS

### Home Care Solutions of St. Louis — created out of love.



Maria Nisbet's passion for helping the elderly began in high school, when she worked at a local retirement community. She says working closely with the elderly and their families gave her a sense of purpose, and knew in her heart that this was meant to be her life's work.

"I instantly felt connected to these amazing people and felt a higher purpose of helping others when working there," Maria says, adding that these experiences inspired her to pursue a master's degree in gerontology.

When her own grandmother, who suffered from Alzheimer's disease, was no longer able to live independently in her home of over 50 years, she watched her family make the difficult decision to place her in a nursing home, where her condition rapidly declined.

"I know from my own family's experience how helpless and heartbroken it can leave you feeling when you're just trying to figure out the best way to help," Maria says. "I knew there had to be a better way to bring wellness care to the people that need it, so that they can age in place with dignity and grace."

Thus, in 2014, Home Care Solutions of St. Louis was born. We have built our business around individualized holistic care plans, which can lead to a healthier and happier life!



### HOLOSTIC CARE

Home Care Solutions' individualized holistic approach provides an optimal wellness plan for your loved one. Research continues to show that physical activity, nutrition, emotional and social support, intellectual exercise and spirituality can reduce risks of disease and depression.

**A holistic approach can lead to a healthier and happier life!**

### CAREGIVERS

#### Our highly skilled team of professionals will provide:

- Immediate and effective care that is designed to meet each client's specific needs.
- Assistance to clients and their families in setting and meeting the physical, mental and emotional goals that provide the foundation for an independent lifestyle.
- Full-spectrum care that adapts to each client's changing needs.

Our individualized approach makes Home Care Solutions of St. Louis an ideal partner in providing quality care for those who need it most.

### SERVING YOUR LOVED ONES IN St. Louis City • St. Louis County Jefferson County • Northeast Franklin County



### CORE VALUES

**Home Care Solutions of St. Louis was created out of love.** Our work is grounded in love, by which we extend ourselves for the sake of another person's growth. Our work in the community stretches us to understand, respect and support each other. Love activates, empowers and encourages the growth of our other core values.

#### Compassion

We are advocates for a compassionate society through our actions and our words.

#### Honesty

We are serious about honesty — both as it applies to the integrity of our relationships and in being true to you.

#### Inspire & Empower

Empower those around you. Share what you know and attempt to make those around you better than yourself. Give those around you respect and responsibility. Allow yourself to be inspired, excited and delighted. Seek to inspire others in the way that you have been. Help and encourage others to find their true self.

#### Positivity

We can make tomorrow better. We believe that we can change our future through our actions today.

#### Committed

We are dedicated to self-care for our clients and for the community.



### SERVICES

- 24-hour care
- Live-in care
- Respite care
- Alzheimer's care
- Performing personal care (bathing, grooming, etc.)
- Assisting with mobility
- Assisting with exercise programs
- Providing transfer assistance
- Preparing meals and feeding
- Escorting to appointments
- Preventing falls
- Assisting with ambulation
- Monitoring vital signs
- Measuring height and weight
- Preventing pressure ulcers
- Medication reminders

### WE SPECIALIZE IN PRIVATE DUTY SERVICES FOR INDIVIDUALS IN:

- Hospitals
- Medical facilities
- Long-term care facilities
- Assisted living facilities
- Private residences

### REQUEST A FREE IN-HOME ASSESSMENT