

Care you can count on when life changes quickly



Dan Frohock, Operating Director

One of the most challenging aspects to aging is that life can change quickly and, often, unexpectedly. A fall or illness can trigger the need for hospitalization, rehab and help needed with the activities of daily living.

"That's where we come in," explained Dan Frohock, Operating Director of **Cornerstone Caregiving of St. Louis**. "Our process and the size of our caregiving team allows us to respond very quickly to the changing needs of seniors and families. Typically, I am meeting with the senior and their family members within 24 hours of receiving their call for help. And, since we have four great office managers and a little over 200 caregivers, including around 50 certified nursing assistants (CNAs), care can begin very shortly after we meet."

While Dan assists the families with recommendations for care, the client always has the final say. Cornerstone's caregivers are experienced and qualified to provide care for individuals needing help with hospital recovery, those living with the challenges of Alzheimer's and dementia, and clients who simply need assistance to grow older in their own homes. Clients can choose from an array of services, including personal care, transportation, health and nutrition, exercise assistance, companionship and light housekeeping. There never are daily or weekly minimum hours to be met; however, 24-hour care is available if needed.

"We are also able to offer hospice and palliative care that supports the whole family," Dan said.

Veterans who qualify can receive Cornerstone's exceptional care through a fully funded VA program.

"It's our pleasure to provide our high-quality care to every client," Dan said. "To learn how we can help you, please give us a call."



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