

Companion Care at Charlestown

Home Support is Here!



Charlestown Home Support Can Assist With:

- Light housekeeping
- Laundry
- Preparing Meals
- Grocery Shopping
- Emotional support, friendship, and socialization

Benefits of Companion Care

- Greater independence
- Boost participation in the community
- Enhanced safety and comfort
- Improve social engagement
- Maximize safety in daily tasks



Take a look at a sample schedule!



Give us a call now! Ask about our companionship specials

410-737-8801

 **Charlestown**
BY ERICKSON SENIOR LIVING®

Are you a caregiver to a spouse?

What can Home Support do for me?

Time	Monday- Care for your Spouse	<u>Your Time</u>	Thursday- Care for your Spouse	<u>Your Time</u>	Saturday- Care for your Spouse	<u>Your Time</u>
8:00am-8:20am	Greeting and Socialization (start laundry)	Morning Walk, get mail	Greeting and Socialization (start laundry)	Morning Walk, get mail	Greeting and Socialization	Morning Walk, get mail
8:20am-9:00am	Breakfast (prep and clean up)	Breakfast with a friend	Breakfast (prep and clean up)	Breakfast with a friend	Breakfast (prep and clean up)	Breakfast with a friend
9:00am-9:30am	Shower/ Dressing	Read a book	Shower/ Dressing	Doctor Appointment	Shower/ Dressing	Hair Appointment
9:30am - 10:00am	Finish Laundry-change sheets		Companionship fitness, cards, board game, walk, campus activity etc.		Companionship fitness, cards, board game, walk, campus activity etc.	
10:00am-11:00am	Companionship fitness, cards, board game, walk, campus activity etc	Campus Activity	Finish Laundry Meal Prep	Campus Activity	Grocery Shopping, organization	
11:00am-11:45am		Fitness Class		Read a book		

Your care plan and schedule are customized for each individual's needs and preferences

Let us know how we can support you:

Phone# 410-737-8801

