



HELPING HANDS
SENIOR SERVICES, INC.

BEYOND CAREGIVING:

Providing Complete Support with Heart.



Providing quality care for our seniors
in the comfort of their home.

Licensed, Insured & Bonded

GET IN TOUCH *LOOK FOR DOROTHY*



(650) 766-5166



hhss@hrgconnect.com



www.hhssinc.com

Who are we?

At Helping Hands Senior Services (HOME CARE) we are more than a non-medical care agency licensed with the State of California's Department of Social Services; we are a dedicated team committed to enhancing the lives of seniors and their families. Our mission is simple yet profound: to provide compassionate and personalized in-home care services that empower older adults to maintain a fulfilling and independent lifestyle in the comfort of their residence.



What do we do: Our Focus

Customized Senior Care. We provide tailored support that enables seniors to maintain their independence and autonomy while receiving the assistance they need. Whether it's round-the-clock care, several hours a day, or occasional visits throughout the week, our caregivers are dedicated to assisting with activities of daily living (ADLs) and instrumental activities of daily living (IADLs) to ensure our clients' comfort and well-being.

Services

Activities of Daily Living (ADLs)

Personal Hygiene :

- ▶ Bathing & Showering
- ▶ Grooming & Oral Care (e.g., brushing teeth, denture care, combing hair)
- ▶ Dressing & Undressing
- ▶ Toileting & Continence Management

Mobility

- ▶ Transferring (e.g., moving from bed to chair)
- ▶ Ambulation (e.g., walking, using a walker or cane)
- ▶ Positioning (e.g., changing positions in bed or chair)
- ▶ Range of motion exercises
- ▶ Daily walks

Eating & Drinking

- ▶ Feeding (e.g., self-feeding, assistance with feeding)
- ▶ Meal preparation (e.g., cutting food, cooking, prepping)
- ▶ Assisting with dietary restrictions or special diets
- ▶ Monitoring fluid intake

Elimination

- ▶ Using the toilet or commode
- ▶ Managing incontinence (e.g., using pads, catheters)
- ▶ Emptying ostomy bags, if applicable

Medication Management

- ▶ Taking prescribed medications on schedule
- ▶ Following medication instructions (e.g., with food, at bedtime)
- ▶ Medication reminders



Services

Instrumental Activities of Daily Living (IADLs)

Household Management

- ▶ Light housekeeping (e.g., dusting, vacuuming, mopping, sweeping)
- ▶ Laundry – client's personal laundry only (e.g., washing, drying, folding)
- ▶ Grocery shopping
- ▶ Operating household appliances (e.g., microwave, dishwasher, stove)
- ▶ Performing basic home repairs (e.g., changing light bulbs)
- ▶ Improve safety for seniors through organizing, declutter, recommend changes, and enhancing accessibility

Cognitive Stimulation

- ▶ Engaging in brain exercises and puzzle (e.g., crossword puzzle, sudoku, memory cards)

Transportation

- ▶ Driving or arranging transportation (client's car)
- ▶ Navigating public transportation (Uber, Lyft)
- ▶ Using mobility aids (e.g., wheeling, scooter)

Socialization

- ▶ Participating in social activities and hobbies
- ▶ Maintaining social relationships with friends and family

Healthcare Management

- ▶ Scheduling & Attending Medical appointments with the patient or client
- ▶ Following healthcare recommendations (e.g., exercises, dietary guidelines)

Emergency Preparedness

- ▶ Knowing emergency contact information
- ▶ Performing First-Aid
- ▶ Having a plan in place for emergencies (e.g., fire, natural disasters)





Mission: Respectful & Compassionate Care

Our mission is to respectfully and compassionately meet the needs of our clients and their families by listening, planning, educating, and delivering the highest quality of individualized care.

Vision: Independence & Dignity at Home

Our strategic vision is to create high-quality services that support individuals to live as independently as possible in the comfort of their own homes. We personalize our services to meet your situation respectfully, efficiently, and compassionately, aiming to foster independence, preserve dignity, and improve quality of life.

Values

In support of our Mission, Vision and Teamwork Approach, we place high value on:

- ▶ Integrity, honesty, and ethical behavior.
- ▶ Dedication to empowerment of others and personal responsiveness.
- ▶ Professional excellence and high-quality performance.
- ▶ Mutual respect, individual dignity, and diversity.
- ▶ Teamwork and team member participation.
- ▶ Giving back to the community.
- ▶ Growth, development, and leadership.

Our **Commitment**

Our primary goal is to provide high-quality yet affordable home care assistance during life's transitions. Whether you're facing illness or a debilitating disability, you can trust our expert home care professionals to support you through difficult times and help you maintain independence despite health challenges.

AREAS OF COVERAGE

- Alameda
- Belmont
- Burlingame
- Foster City
- Menlo Park
- Mountain View
- Palo Alto

- Redwood City
- San Carlos
- San Francisco
- San Mateo
- Santa Clara
- Santa Rosa
- Santa Cruz



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An Affiliate of:



A growing network of quality Healthcare services and Program Providers

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