

# ESSENTIAL SUPPORT PROGRAM

Task-focused support without a 4-hour minimum.

**NO  
4-HOUR  
MINIMUMS**

Our Essential Support Program offers reliable, task-focused help with everyday routines, wellness, and household support — without long minimums or unnecessary hours.



**Ask us about our packages!**

Custom support plans available based on routine, needs, and budget.



## Ideal For

- Clients who need short, focused support at home
- Help with routines and personal care
- Meal prep and household help
- Families who want extra peace of mind

## OUR SERVICES



### 1 Shower Assistance / Bed Bath Visit

Bathing and hygiene support; grooming and dressing help.

🕒 45–60 min | **\$75**



### 2 Morning Routine Assistance

Start the day with help getting up, dressed, groomed, and morning setup.

🕒 45–60 min | **\$85**



### 3 Evening Routine Assistance

Bedtime routine help with hygiene, changing nightwear, and settling in for the night.

🕒 45–60 min | **\$85**



### 4 Laundry / Linen Visit (Add-On Service Only)

Laundry and linen support—wash, dry, fold clothes and change bed linens.

🕒 45–60 min | **\$65**



### 5 Organization / Declutter Help

Light organization to improve safety, comfort, and reduce clutter in the home.

🕒 45–60 min | **\$85**



### 6 Simple Meal Preparation Visit

Prepare simple meals or snacks based on preferences and dietary needs.

🕒 30–45 min | **\$60**



### 7 Wellness Check Visit

Safety and well-being check-in with observation, reassurance, and updates as needed.

🕒 20–30 min | **\$50**



### 8 Medication Reminder Visit

Remind to take medications and report any concerns or missed medications.

🕒 15–20 min | **\$40**



HHA/CNA Services



Minimum 2 visits per week



Laundry / Linen Visit is add-on only



Indoor organization support only



Medication reminders only

To coordinate support or learn more, call us today:

# 727-300-3839

