

## Quality care you can trust in the comfort and privacy of your own home

Balancing busy lifestyles with responsibilities for an aging loved one can be overwhelming. No one can take the place of a spouse, child or close relative in a family relationship. Sometimes even family can't supply all the support, companionship and assistance an aging loved one needs. There is no need to do it all alone. Let Commonwealth Nursing Solutions help. **We provide caring and professional non-medical home care services to our clients.** Always giving them the dignity and respect they deserve.

### A personalized plan of care

We meet with you to develop an understanding of your circumstances and plan how we can best serve your needs.

A variety of situations may call for our personal, homemaking, companionship or respite care services, such as:

- Consistently missing doctors appointments
- An inability to do everyday tasks
- Displaying symptoms of Alzheimer's or dementia
- An illness or rehabilitation after an injury or surgery
- Respite for primary family caregiver
- A disability
- Living alone and need companionship
- No longer able to drive safely

We assist our clients with everything from companionship to personal care and homemaking services. Commonwealth Nursing Solutions is **available anytime** - day, night, weekends and holidays. We are available 7 days a week for short or long term care. If you are in need of services, or if you just want to ask some questions, **give us a call at 502-814-3111 or toll-free at 877-930-3111.**

## Serving the Louisville and Lexington Communities

Call us today or visit our website

**502-814-3111**

**877-930-3111**

**[cnursingsolutions.com](http://cnursingsolutions.com)**



**No one needs to feel alone.  
We provide quality, safe and  
trustworthy care for  
your loved one at home.**



**Commonwealth**  
*Nursing Solutions*

2301 River Road Suite 302 Louisville, KY 40206



**Commonwealth**  
*Nursing Solutions*

*Assisting Independent and Dignified Living*

## What is Home Care?

It simply means that services are provided by a personal caregiver. Most people would like to continue living in their own home, preserving their familiar lifestyle. When that becomes too difficult, our personal care givers can be there for as little as three hours at a time or as much as 24 hours a day, seven days a week.

We assist with a wide variety of non-medically related activities of daily living in and outside of the home. The caregiver goes where the client goes - to run errands, see the doctor or just out to enjoy life to the fullest. Whatever you need, we will be there.

## Staff pharmacist and nutritionist

Our pharmacist will perform medication reviews and provide additional reviews as needed.

Our nutritionist is here to help evaluate meal plans and dietary needs.

## Peace of mind

Our clients may designate family members to have online access for updates on their loved one's care. We will make sure your loved one stays involved in the activities they enjoy and that promote their well-being.



*Let us assist with the daily activities of your loved one, so you are free to enjoy the quality times with them.*

## Personal Care Services

Personal Care Services refer to those daily activities that people often would rather perform alone, but can no longer be managed safely due to normal aging or the effects of an illness or injury. We perform these services with the utmost sensitivity and respect for the individual.

- Bathing and daily hygiene needs
- Assisting with clothing selection & dressing
- Assisting with toileting and incontinence issues
- Meal preparation
- Medication reminders

## Homemaking Services

As we age it often becomes more difficult to accomplish tasks that keep your home neat, safe and enjoyable. Our staff offers:

- Light housekeeping
- Assisting with laundry
- Making beds and changing linens
- Preparing grocery lists
- Checking food expirations
- Assisting with pet care
- Preparing for company

## Companion Care Services

Whether it's a smile, a helping hand or just an encouraging voice, people need people and social interaction to keep spirits high. Our aides enjoy people and provide the following services.

- Assistance to medical and other appointments
- Monitoring diet and eating
- Planning visits and outings
- Scheduling and reminders for appointments
- Helping write correspondence
- Playing cards, games or watching movies