

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

Balancing busy lifestyles while caring for an adult living with disabilities can be overwhelming. Commonwealth Nursing Solutions understands the concerns and benefits of keeping your loved one in the comfortable surroundings of their own home. **We provide caring and professional non-medical home care services to our clients.** Always providing 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 help your loved one maintain the highest possible level of self-sufficiency.

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

- Need of assistance with everyday tasks
- Respite for primary family caregiver
- A disability
- Living alone and need companionship
- Not 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.**

We accept Medicare, Medicaid, Long-term Care Insurance and private funds.

## Helping those in the Louisville and Lexington Communities live independently

Call us today or visit our website

502-814-3111

877-930-3111

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



**Commonwealth**  
*Nursing Solutions*

2301 River Road Suite 302 Louisville, KY 40206



**Commonwealth**  
*Nursing Solutions*

*Assisting Independent and Dignified Living*

Someone you trust,  
you've selected,  
who is committed...  
and gives you comfort  
for the in-home care  
of your loved one



## What is Home Care?

It simply means that services are provided by a personal caregiver to assist those living with developmental disabilities live as independently as possible. Remaining at home helps maintain social ties, community involvement, structure and promotes everyday independence. 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 for social activities out in the community. Whatever you need, we will be there.

We provide encouragement and assistance to continue the structure in your loved ones' familiar surroundings. Through ongoing planning, implementation and evaluation of their individual plan of care, our team utilizes their training to continue towards the progression of independence and growth.



*Let us assist and help give your loved one the tools they need to lead a more self-sufficient life*

### Personal Care Services

Personal Care Services refer to those daily activities that people often would rather perform alone, but can not be managed independently. We perform these services with the utmost sensitivity and respect for the individual.

- Bathing and daily hygiene needs
- Assisting with clothing selection and dressing
- Assisting with toileting and incontinence issues
- Meal preparation
- Encourage self-administration of medication

### Homemaking Services

For those dealing with disabilities it often becomes more difficult to accomplish tasks that keep your home neat, safe and enjoyable. Our staff offers and helps teach:

- Light housekeeping
- Assisting with laundry
- Making beds and changing linens
- Caring for houseplants
- Preparing grocery lists
- Checking food expirations
- Taking out garbage
- Assisting with pet care

### Supportive Community Living 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.

- Escort to medical and other appointments
- Assist in balancing checkbook and paying bills
- Planning and attending social activities
- Scheduling and reminders for appointments
- Helping write correspondence
- Attending community and sporting events