

Service Rates

SERVICES	COST/HOUR OR VISIT	SHIFT TYPE
15-Minute Check-in Visit	\$10.00	Visit
Up to 45-Minute Visit (Packages)	\$18.00	Visit
Companionship:		
1 – 2 Hours	\$21.00	Hour
3 – 7 Hours	\$20.00	Hour
8+ Hours	\$19.00	Hour
Personal Care:		
1 – 2 Hours	\$24.00	Hour
3+ Hours	\$21.00	Hour
RN & LPN:		
Pharmacy Pick-Up	\$24.00	Each
Med Set-Up – 1/Week	\$120/month (4 weeks)	1/Week Set-Up – Monthly Charge
Pre-Filled MediPlanner Delivery	\$12.50	Each Occurrence
Med Administration	\$12.50	Each
Health & Wellness Support	\$14.00	15 Minutes
Health & Wellness Support	\$26.00	30 Minutes
Health & Wellness Support	\$50.00	60 Minutes

Remain Independent at Home

QUALITY SERVICES. FLEXIBLE SCHEDULES.

Highlands Home Care means you no longer have to contract with an outside home care agency. Instead, you can take comfort in selecting Highlands Home Care, which provides the same high standards for quality that you've come to expect. And, because we are located right on campus, our schedules are flexible and there is no "minimum time" required.

Quite simply, with Highlands Home Care, you will receive the very best home care possible at times and increments that meet your specific, individual needs.

PEACE OF MIND

From a few minutes a day to a few hours a week, or 24/7 care, we can provide the support you need to remain active and independent at home. A little help can go a long way. Services include:

COMPANIONSHIP

Medication reminders	Organize photos into albums	Sort and/or read mail
Pick up meals and mail	Take to visit family and friends	Select clothing
Escort to lunch/dinner	Participate in crafts	Care for house plants
Provide daily schedule reminders	Help work on puzzles	Answer phone
Maintain calendar	Read aloud	Walk dog, care for pet(s)
Accompany to appointments	Walk in the park	Incidental transportation
Discuss current events	Record and arrange recipes	Attend lectures, plays and concerts
Escort to religious services	Assist with making appointments	Provide respite care
Assist with letter writing	Go for a manicure	Prepare grocery list
Help with gift shopping	Play games and cards	

HOUSEHOLD SUPPORT

Grocery shopping
Laundry and ironing
Check food expirations
Clean out refrigerator
Wash dishes
Take out garbage and recycling
Change linens and make beds
Meal preparation
Organize and clean closets
Clean kitchen cupboards
Decorate for holidays
Vacuum and dust

PERSONAL CARE

Morning "wake-up"
Evening "tuck-in"
Bathing, grooming, dressing
Continence care
Personal hygiene
Help with transfers
Medication reminders
Memory support

HEALTH & WELLNESS SERVICES

Post-hospitalization and acute illness visits
Medication management
Medication planner set-up
Medication administration/delivery
Simple injections (e.g., B-12)
Vital sign checks
Simple dressing/bandage changes
Colostomy/ileostomy care
Diabetic management
Monitoring blood pressure



Care Packages

Highlands Home Care provides exceptional services with customized packages that go beyond traditional in-home care. In addition to extensive services offered by the hour, we offer a variety of affordable care packages you can choose from to best meet your individual needs.

We offer special packages created exclusively for Highlands residents. There are no minimum hourly requirements that are typical with other outside home care agencies.

CHECK ON ME \$10/VISIT

From making sure you've taken your a.m. or p.m. medications to getting you moving in the morning, or taking you for a short walk and reviewing your daily calendar of events, our Check on Me service ensures you have the assistance you need. We can even water your plants while you're away. Visits are up to 15 minutes and are available between 7 a.m. and 10 p.m.

RISE & SHINE \$18/VISIT

Start your day off right with our Rise & Shine service. Services include medication reminders, assistance with morning grooming and dressing, changing bed linens, making breakfast or breakfast clean-up, calendar checks and preparing for the day's activities/events. Visits last up to 45 minutes.

MARVELOUS MIDDAYS \$18/VISIT

To ensure a marvelous midday, we'll stop in to help you prepare lunch, take a short walk, give a midday medication reminder if needed, take you to an activity on campus or just enjoy a short visit to make sure everything is okay. Visits last up to 45 minutes.

GOOD EVENING TUCK-IN SERVICE..... \$18/VISIT

Get a good start on a good night's sleep! We'll help you wind down and prepare for bed. Services may include medication reminders, heating up dinner, cleaning up the kitchen, assistance with grooming and/or nighttime garments and getting settled into bed. Visits last up to 45 minutes.

HEALTH & WELLNESS..... \$14-\$50/VISIT

Health & Wellness services are provided by an RN or LPN and are available in increments of 15 minutes up to one hour. Services include post-hospital and acute illness visits, pre-filling medication planners, medication delivery, management and administration, vital sign checks, dressing and bandage changes, simple injections (e.g., B-12), colostomy/ileostomy care and other customized, specialized services.

