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FIVE STAR
WELLNESS PROGRAM

Mental Health • Nutrition • Emotional & Social • Nurse Assessment • Safety



**A comprehensive plan for reaching
optimal wellness for your loved one.**

Fidelis
SENIOR HOME CARE

Our customized Wellness Program provides a plan for reaching optimal wellness for your loved one. We concentrate on 5 key factors; mental health, nutrition, emotional/social, nurse assessment and safety.

Our staff has been trained to execute our comprehensive plan of care so that most favorable results can be achieved. Fidelis Senior Home Care believes that the keys to wellness are in all activities of daily living and best results are reached when they are utilized. In addition to our program, we have a registered nurse on staff qualified to perform the necessary assessments and qualified to make any necessary alterations to their customized plan.

The focus of our wellness program is to provide the client with extraordinary care in all these areas to help them thrive and enhance their quality of life.

OUR SERVICES

- Alzheimer's and Dementia Care
- Stroke Care
- Parkinsons Care
- Personal Care Services
- Bathing & Dressing
- Companionship and Home Helper
- Meal Preparation
- Medication Reminders
- Accompany to Doctor Visits
- Grocery Shopping
- Laundry and Linens
- Socializing
- Encouraging Engagement
- Assist with Activities of Daily Living
- Keeping Seniors Safe
- Transportation
- Hospital Discharge Assistance
- Hospice Support
- Respite for Family Caregivers

Additional Assistance Including:

- ERS Emergency Response System
Device Recommendations
Authorized Vendor
- Long Term Care Insurance Specialist
on Staff



Mental Health

We utilize proven techniques that help your loved ones manage their behavioral health and live full lives.

- ★ Brainy Day Program
- ★ Memory Exercises
- ★ Music and Art Therapy
- ★ Specialized Activity Planning for Disease State Management



Nutrition

The right diet and nutritional intake are arguably more important for seniors than for any other age group. We use individualized techniques for each client.

- ★ No * Slow * Go Checklist
- ★ Whole Foods
- ★ Proper Hydration
- ★ Specialized Menu Planning for Disease State Management

Emotional & Social

Staying connected and maintaining strong, meaningful social connections with friends and family goes a long way towards preventing mental health issues in seniors.

- ★ Planned Social Activities
- ★ Family Communication and Support
- ★ Using the Web to stay connected
- ★ Thoughtful & Loving Services Designed to Keep The Client Happy



Nurse Assessment

Growing old gracefully means taking care of your health. We help seniors focus on health, vitality, and wellness to get the most out of their golden years.

- ★ Collaborate with Home Health, Doctors, or Hospice
- ★ Physical Therapy Assistance
- ★ Medication Management
- ★ Personal Hygiene and Grooming Routines
- ★ Document changes in Clients Wellbeing

Safety

We help implement step by step techniques for your loved ones to increase safety at home and away from home.

- ★ Home Safety Checklist
- ★ Falling, Fire and Sanitation Assessment
- ★ Emergency Preparedness
- ★ Transportation
- ★ Medical Alert Pendants



“Fidelis Senior Home Care provided excellent care for my mother. They showed such respect for her needs and helped her to maintain dignity. Each care giver went above and beyond my expectations. This company and each employee have been a blessing to me and my family.”

— Susan W.

“If I could give a million stars I would without hesitation! They not only took care of my brother but they also came together to help our whole family. They gave my brother dignity, love, and the most amazing care. We are forever indebted to this family owned business!”

— Mandi W.

10 BENEFITS FOR USING HOME CARE

Home care helps keep families together

Compare this to taking an elderly person away from their loved ones. At no time is family more important than during times of illness.

Home care helps seniors maintain their independence

Home care allows seniors to continue to live in the place they function best – their home.

Home care prevents or puts off institutional life

Living in a long-term care facility is unfamiliar and can often be intimidating. Most people prefer postponing the inevitable as long as possible.

Home care helps promote healing

Medical evidence shows that people recover more quickly at home.

Home care is safer

There is no secret that people pick up infections and other complications when they live amid a chronically ill population (such as in a hospital or long-term care facility). This is obviously not the case when cared for at home.

Home care often gets the entire family involved in providing care

Immediate and extended family members often take an active role at different times of the day.

Home care is delivered by a special group of people

People don't work in the home care industry for the money. They do it for the emotional satisfaction of helping others and for making a difference in the life of another.

Home care extends life

Studies by nursing schools and government agencies have found that home care extends life. Visits by home care personnel often provide spiritual as well as medical support.

Home care improves one's quality of life

For most people, the quality of their life is far better at home than anywhere else.

Home care is less expensive than other forms of care

The cost of home care is always less expensive than hospitalization and almost always more affordable than nursing homes or assisted living care.



OUR FAMILY MISSION

Founded in 2010 by Jeff and Connie Hatten, Fidelis Senior Home Care is a family owned and operated company. Jeff and Connie built Fidelis on the principles of faith and family with a desire to serve DFW by providing exceptional senior care.

Fidelis is a Latin word meaning “faithful, loyal, and true.” This motto drives Fidelis’ mission of providing families with peace of mind. The dedication of our staff and caregivers is second to none!

Fidelis
SENIOR HOME CARE

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