

RESPITE CARE / DAILY CARE / TRANSITIONS / RECOVERY

# Service Packages



Bringing care home.

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*SmithLife Homecare is a joint venture of Charles E. Smith Life Communities and Augustine Home Health Care. A Maryland-licensed Residential Services Agency, SmithLife Homecare combines the services and capabilities of these two respected care providers.*

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## Respite Care

Lean on us and take a break for a few hours or a few days.

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### Night Out

5 HOURS

Recharge, breathe easy and enjoy an evening out. One of our friendly, qualified caregivers will stay with your loved one so you can relax and have a worry-free time.

**Package includes:**

- ✓ Medication reminders
- ✓ Meal preparation
- ✓ Tuck-in services
- ✓ Light housekeeping

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### Time Away

24 / 7

Sometimes, you need more than a few hours away from your loved one. We offer around-the-clock companionship and peace of mind while keeping you up to date throughout your time away.

**Package includes:**

- ✓ Laundry, linen change, mail retrieval and daily household duties
- ✓ Meal preparation
- ✓ Personal hygiene and grooming

## Bedside Companion

Our companions will sit with your loved one at his hospital bedside 2 hours or 24 hours. You can leave, get some rest, and be assured that she is safe and comfortable.

## Daily Care

It's the little things that matter—from sunrise to sunset, and everything in between.

### Good Mornings

5 HOURS

Let our caregivers help your loved start the day off with ease. We offer everything you need for a smooth, stress-free transition into morning.

#### Package includes:

- ✓ Transfer from bed
- ✓ Morning hygiene
- ✓ Medication reminders
- ✓ Breakfast and snack preparation
- ✓ Light housekeeping

### Evening Tuck-In

5 HOURS

When your evening routine is busy, our companions can help with dinner, medications, hygiene and other end-of-day activities for your loved one.

#### Package includes:

- ✓ Medication reminders
- ✓ Dinner and snack preparation
- ✓ Evening hygiene
- ✓ Tuck-in service

### Bed & Bath Package

5 HOURS

Sometimes, all you need is a bit of help with grooming and bedtime activities. Our caregivers will facilitate this transition for your loved one.

#### Package includes:

- ✓ Evening hygiene
- ✓ Medication reminders
- ✓ Tuck-in service

### Appointment Concierge

5 HOURS

Our caregivers offer appointment assistance when you need it most, helping your loved one get safely to scheduled visits with his doctor, dentist, and more.

## Transition Services

Getting back home—comfortably and effortlessly.

### Hospital-to-Home

HOURLY TO 24 / 7

Transitioning from a hospital or other facility doesn't have to be a stressful experience. Our caregivers will help your loved one move safely and smoothly back home, and work with you to create a personalized care plan. Your loved one's health will be carefully monitored to help prevent setbacks.

#### Package includes:

- ✓ Medication reminders
- ✓ Safety oversight
- ✓ Appointment scheduling and transportation
- ✓ Bathing, dressing, and personal hygiene
- ✓ Meal preparation
- ✓ Light housekeeping

## Smooth Transitions

For an introductory period, we offer discounts on 12- and 24-hour caregiver shifts to help make the transition smooth and stress-free.



# Recovery & Rehabilitation

We provide the expert management and support necessary for a full recovery.

## ALL PACKAGES INCLUDE:

- ✓ Appointment scheduling and transportation
- ✓ Medication reminders
- ✓ Safety oversight and fall prevention
- ✓ Condition monitoring
- ✓ Respite care
- ✓ Hygiene and personal care
- ✓ Light housekeeping
- ✓ Meal and snack preparation, with special attention to dietary needs

HOURLY TO 24 / 7 CARE IS AVAILABLE FOR ALL PACKAGES

## Post-Surgical Care

Recuperation after surgery can be daunting. Whether Recovery after surgery can be intimidating. Whether uncomfortable and in pain or just in need of emotional support, you or someone you're caring for will need as much help as possible. Our caregivers can work with you to develop a plan that makes this recovery easier to manage, hourly or around the clock.

From daily activities such as medication reminders, meal preparation and personal care to respite services for someone else, we're committed to making sure you get the care and attention you need.

## Orthopedic Rehab

Optimal recovery from orthopedic surgery involves carefully following a doctor's directions for rehabilitation. SmithLife Homecare will be there to keep the recovery and rehabilitation process on track. While our caregivers don't provide rehabilitation services, they will assist with transportation, scheduling of therapy appointments, and reminders to do home rehabilitation exercises.

## On the Mend

Following a hospital discharge, older adults are especially prone to falls and relapses. Our experienced team will be there to keep your loved one in good health and spirits when she returns home. From safety oversight and fall prevention to meal preparation designed to meet strict dietary needs and medication reminders, caregivers help your loved one remain safe and healthy.

## Stroke Support

Our caregivers understand the unique needs of stroke recovery. They will closely monitor important things that include swallowing issues, depression and mood changes, and physical safety. Whether hourly or around the clock—according to your needs—our goal is to make sure your loved one can recover safely and lovingly at home.

## Cancer Support

Our caregivers provide reassurance when you need it most. Light housekeeping, communication with concerned family members, medication monitoring, and just being a calming presence can make all the difference. We'll meet with you to create a personalized care plan according to your loved one's individual needs.

# SmithLife® H O M E C A R E

WE ARE JUST ONE CALL AWAY:

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