

*Providing personalized,
in-home, senior care
and care management
for seniors who wish to
remain independent*

About Independent You

INDEPENDENT YOU was formed in order to provide a professional, personalized, in-home, senior care & care management service for seniors.

OUR MISSION is to help the seniors we serve remain independent, while feeling important, encouraged, and loved.

OUR GOAL is to provide personalized in-home care and care management for those seniors who wish to remain independent but require some assistance.

Independent You serves as an extension of the family when they can't be there with their loved one.



Personalized, senior care & care management

INDEPENDENT YOU caters to the needs of:

- Individuals & Families
- Guardians
- Attorneys
- Financial Advisors
- Bank & Trust Officers
- Physicians & other Health Care Professionals
- Hospital Discharge Planners
- Social Workers

Independent You provides high quality, client-centered, and affordable home care services so that seniors are able to lead dignified and independent lives in the comfort and safety of their own homes. Their individual needs are carefully assessed, understood, and met through the selective assignment of qualified, trustworthy, and compassionate personnel. We seek to enrich the lives of the seniors that we serve.

Our Geriatric Care Managers (GCMs) are health and human services specialists and may be trained in a number of fields including; gerontology, social work, psychology and aging or elder care. Independent You GCMs conduct a care plan assessment in your home and formulate a care plan specific for each client. We will help to institute residence care, review financial, legal and medical issues and make appointments and referrals when necessary. We act as a liaison between our clients and physicians and seek to educate our clients and their families.



Independent You provides trained CNAs (certified nursing assistants) and companions that have undergone a thorough background and employment screening process to insure that seniors are paired with a caregiver that they are comfortable with.

We offer a variety of services including care management, personal care, companion care, driving and relocation services. Additionally, Independent You provides specialized services such as bill paying, records management, assistance with home repairs and safety evaluation.

Independent, important

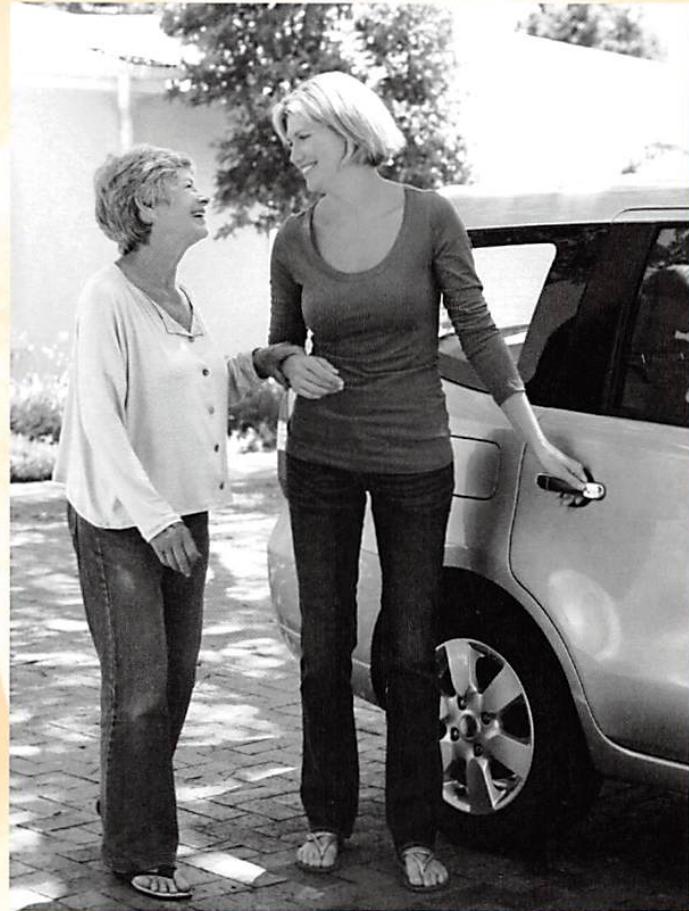


Caregiving

Whether you're seeking assistance for yourself, a family member or friend, Independent You is there to offer a helping hand. We can help with everyday tasks so you and your loved one can spend your free time doing the activities you most enjoy.

Our certified nursing assistants (CNA's), can provide care when your loved one has come home from the hospital or just needs help with the activities of daily living. We can also take our seniors to medical appointments, dental appointments, to the pharmacy; basically anywhere they need or want to go.

We tailor our services to fit your needs.



Care Management

A great care manager is like a caring son or daughter. Our Care Managers provide assistance to families as they deal with the challenges of aging parents. All of our Care Managers are licensed Registered Nurses and have experience working with doctors and specialists to develop a plan of care. We understand seniors and deliver comprehensive assessment plans to deal with each individual's unique needs. From special needs to medication fulfillment, Independent You Care Managers provide a broad range of services to a diverse group of clients.

nt, encouraged, and loved.



Respite Care

Many families are able to provide care and support for family members but need occasional outside support to attend to business, vacations and other emergencies that may arise. Independent You can fill this void for long or short periods, depending on the circumstance, and follow your established plan of care. We can support your senior for 2 days, 2 weeks or 2 months —without interrupting their normal routines or activities.



Transportation Services

Independent You is there to help when you can no longer drive yourself. Our drivers are fully insured and have gone through complete background checks which include a state and county criminal check, and DMV record reviews. With Independent You's driving service, you can be sure that you or your loved one will receive safe and reliable transportation. You'll find comfort in the knowledge that someone is personally accountable for the safety and well being of your senior. We provide transportation to and from medical appointments, errands and any variety of social outings.

When you can't be there with your loved one



Support Services

Additionally, Independent You provides services including a variety of non-medical assistance services including;

- Bill paying & Record keeping
- Meal Preparation
- Light Housekeeping
- Schedule & Accompany Appointments
- Errands & Shopping
- Assistance with ADL's-Grooming, Dressing, Toileting, Mobility and Bathing
- Transportation Services
- Home Safety and Contracting assessment

Relocation Services

It can be difficult and emotional to relocate from a home that you have lived in for many years and downsize to a more manageable environment. Independent You works closely with area facilities that have a variety of assisted and non-assisted options. We spend the time to understand your needs and interests and find the perfect situation that fits those needs. After settling in we can provide companionship as you adjust to your new surroundings.

Caregivers

Our caregivers are what set us apart from our competitors. Our caregivers develop a close relationship with the clients that we serve. We strive to be an extension of you when you can't be there with your loved one. We do a complete background check of each of our caregivers; VA State Police search, national sex offender search, criminal check through local county and city, DMV report, and social security check. Independent You is licensed by the Virginia Department of Health. Our caregivers are employees who receive specialized training and support. We employ CNA (certified nursing assistant) and companion caregivers.

The possibilities are endless! We're so sure that you'll love us and our services, there's no fee for in-home consultation.

PROUDLY SERVING THE
NORTHERN VIRGINIA AREA:
BURKE, SPRINGFIELD, FALLS CHURCH,
FAIRFAX, FAIRFAX STATION,
CENTREVILLE, CHANTILLY, RESTON,
AND HERNDON

*Call us today for a free in-home
consultation.*





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