



## *Working Together To Make Your Day Better*

### **Enhanced Independence**

Perhaps you are beginning to feel overwhelmed with your daily responsibilities.

Perhaps you are the child of a parent who now relies on you for a myriad of responsibilities; and you are beginning to feel overwhelmed.

Perhaps you are the child of “Snowbird” parents or parents who reside in Florida; and you feel concerned that since you are not nearby you are unable to monitor their well being or assist with their needs.

Each of these scenarios can be quite disconcerting. resultingly, many seniors are often prematurely faced with the decision of being uprooted from their home, friends, possessions and familiar surroundings.

**However, there is another alternative...let us help you or your loved one feel more self sufficient, independent, and a valued part of their community.**



**"Serving Florida's Pinellas and Pasco Counties"**



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### **Why Enhanced Independence**

Enhanced Independence is licensed by the State of Florida Agency for Health Care Administration as a non medical Companion/Homemaker Service. We must abide by all applicable Florida State Statutes. We are a cost effective resource that provides seniors the ability to feel confident living independently in the security of their own home and familiar surroundings.

We provide both abundant and diverse services tailored to the needs/desires of our client. Our process of placing a companion with a client essentially allows the client to select their companion. Once a companion is selected, that companion will remain with the client. This allows the client to feel comfortable with the individual coming into their home. We consider this feeling of familiarity and security an imperative part of our services.

We also take into account that when it comes to the body what we do not use, we lose. Thus, game playing is designed to exercise the brain and fine motor skills, walks will be taken in an array of locations to stimulate the senses, memory and large muscles. During preparation of meals and daily tasks we will ask for voluntary assistance, so that our clients continue to feel necessary, independent, and exercise their fine motor skills. We will encourage new activities such as outings in which they will meet new individuals, do things they may have not done in years, such as go to a museum, play, or craft fair. These activities are designed to engage the mind and keep our elders happy and healthy for a long time to come.

Enhanced Independence realizes that our clients' needs and conditions do change. Our Companions are prepared to step into the role of "Patient Advocate" when necessary; as well as, assist with bill paying and correspondence as needed.

We also prove to be financially feasible if an individual has been hospitalized through either injury or illness. The number of days an individual is hospitalized may be decreased if the Doctor is aware that there is a companion for their patient upon release. Also time at a rehabilitation facility may be decreased or eliminated if the Doctor is aware that there is a companion for their patient upon release.

Our services also prove financially feasible if at some point costly in home medical care is necessary. The amount of time medical personnel are necessary may be shortened if the Doctor knows that a companion is with their patient. Also, having a companion present eases the anxiety felt by clients when nurses, physical therapists, occupational therapists and/or home health aides are in the home providing their services. A companion can also work to schedule these appointments to allow their senior time to rest and get into their previous routine. The companion can also gather information from all medical personnel coming into the home and provide it at one time to family members.



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### **Our Services**

Companionship -We provide our seniors with a new name to add to their list of friends. Someone that they can talk to about anything and count on to keep them up to date on present events.

Play games and provide enjoyable activities tailored to our seniors' abilities.

Take walks at nearby parks, trails, malls, etc.

Grocery shopping and running errands either with our senior or for them based on their choice.

Prepare nutritious meals while involving our senior in this process.

Provide household assistance to include: laundry, ironing, washing dishes, making the bed(s) daily, change linens.

Ensure overall neatness of the home to include: organizing closets, cabinets, refrigerators.

Transportation to visits with friends, relatives, religious activities, and other social gatherings.

Long trip driver/escort

Transportation to Dr. appointments-we do remain at these appointments at the request of our seniors.

Monitor medications

Support proper personal hygiene habits

Assist with clothing selection

Encourage and oversee Therapist's exercise recommendations

Hospital companion: Contact loved ones and friends of the current situation. Provide assistance when nurses are unavailable (Get drinks, snacks, meals, ensure patient is comfortable). Bring necessary belongings from home to the hospital. Act as an advocate between the patient/family and the Doctor (Assist in ensuring all questions by both patient and family are asked and documented). Home and pet care.

Overnight Companion: When you are not feeling well and would prefer not to be alone during the night or after a hospital stay, we will spend the night and remain awake so our client can rest easier.

24 hour live in care

House cleaning referral



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### **Testimonials**

The services provided from Enhanced Independence are outstanding! They are professional, compassionate, and very caring people. As Mom's health deteriorated in her latter years, they were not only there to provide services, but were there to provide friendship. They treated Mom like family. ....served as Mom's advocate to ensure she got the proper care from.....

**Paul Horacek**

My experience with Enhanced Independence has been very satisfying. I find the companions to be efficient, punctual and accommodating with a gracious manner. While I was away this past summer my husband was placed into an assisted living facility for 10 days. .... went there three times. She helped my husband with his speech therapy, played cards, and saw that his needs were met. Sherry, the owner of the company made 2 surprise visits as well. My husband enjoyed these visits and I appreciated their kindness as well.

**Winafred**

"Sherry Young has a gift for taking care of people; both her clients and their families. Enhanced Independence allows seniors to have more productive and pleasant lives. I get tremendous peace of mind knowing my father is cared for and she takes care of me in many ways as well. She has such determination for getting clients' needs met and having things done right. She constantly learns about the clients' needs and studies what can help them. My father has dementia and she has created tasks, games and trips designed specifically to help him. She always puts my father first. She is outstanding at getting the job done."

**Dr. D. Maiwald**

I don't know what I would do without you. I have relied on you in emergency situations; and I have shared the companionship of ....., who is like a Granddaughter to me. Thank you for giving me the true feeling of being part of a family and keeping me feeling young..

**Edith T.**

Thanks so much for your help with my mother in her last days. Your support made a tremendous difference in the quality of time we had left together, and I am very appreciative. I was impressed by how consistent you all were in addressing the task at hand and the willingness to pitch in with anything that needed to be done. You helped to restore a sense of order when things were beginning to get out of hand. Bless you.

**Mark C.**

My mother's Companion has become much more than the hired help. she has become my mother's friend. My mom truly enjoys her company and looks forward to her visits. This is true even though she is generally performing tasks when visiting. She handles all my mother's Doctor visits and assists us with understanding my mother's medications. Her experience and patience has been invaluable in this regard. She has been a lifesaver (almost literally) to my mother and (figuratively) to my wife and myself. There is just no substitute for the personal care and friendship that she provides.

**Ted L.**



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**Testimonials (continued)**

The caregivers at Enhanced Independence have become like family to us in helping to take care of our uncle enabling him to remain at home among friends and family. We don't know what we would have done without them.

**The Chernes Family**

I can never really repay you.....for all the special attention you gave my Aunt.

**Penelope E.**

It was very comforting to me when Sue....came to care for my dad four hours daily for 2 months. She did so many extra things for us-what a treasure! I felt completely at ease having her in our home while I was at work. When I needed an overnight companion for Dad who was in the ER... on just a few hours notice, Sherry sent ....who I immediately liked. My Dad was so glad for that special attention. I absolutely recommend Enhanced Independence.

**Mary J.**



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### **About Us**

I am Sherry Young, the owner of Enhanced Independence. I am also a retired local police officer and proud mom of a college student. I volunteered in almost every activity or sport my daughter participated in while she was growing up. . When I realized that my daughter would soon be leaving for college I felt the need to continue to serve my community. At first the idea of serving our senior community began as a whisper. While at Dr. appointments I would notice seniors being dropped at the door of medical facilities by taxi cabs. These individuals were then left to do their best to fill out tedious medical forms. It was glaringly obvious that this task was overwhelming for some individuals. I then began to wonder what type of procedures they had to go through or what type of news they would be receiving as they sat there alone. A lump began to swell up in my throat. I then began to realize the number of times while grocery shopping a sweet elderly woman would ask for assistance in either reaching for or finding an item for her. I wondered if the whisper was growing louder. I had already investigated my fair share of "lost elderly person" calls as a police officer. I discovered then, that these individuals were alone during the day without a proper caregiver to keep them physically and mentally stimulated. I had also already investigated many car collisions involving elderly drivers who should have not been driving; but felt they had no alternative. Then one day as I sat in a parking space an elderly driver collided with my car not once, but twice! The whisper was now a roar... I knew where I could make a positive impact in our community.

When I started Enhanced Independence my heart began to feel at peace. Our family of caregivers began to grow and include individuals with previous emergency room experience, previous nursing home caregiver experience, assorted medical backgrounds and/or previous senior companion experience. Our client base also began to flourish via word of mouth recommendations.

I receive calls from individuals expecting solely specific services. However, they quickly realize that they are not only receiving service above their expectations; they are becoming part of a family that sincerely cares about them. Although we give our clients undivided attention while we are with them, they also begin to meet some of our other clients on outings. This provides them the opportunity to meet other people their age that they would have not met otherwise; and their response to an increasing list of friends/acquaintances is heartwarming.

I would like to share what I quickly learned while serving our senior community. Providing our seniors with positive experiences enriches our lives as well. For as much as we teach we also learn. As much as we share we also receive. When we make someone's day better because we cared, we feel that bond and get to hold onto that wonderful feeling.

**Enhanced Independence provides: Love and laughter, extraordinary care, renewed self assurance and self esteem, friends, and fun.**