#### Why Choose White Wings?

White Wings Home Care & Transportation Services allow you, or your loved one, to stay at home in familiar and relaxed surroundings.

Our Services are not limited to senior citizens, in fact, we provide home care services for anyone who requires personal assistance; whether you are a mom who just had a baby, or an individual who needs help post surgery; we guarantee professional and satisfying service when you need it most.

White Winas Home Care matches careaivers to your or your loved one's specific needs. Our caregivers are people who you can trust; people who respect your desire for privacy and independence and with whom you feel completely comfortable.

#### Our Staff

All our staff are highly trained, qualified, and screened to serve you or your loved one with compassion and devotion.

#### YOUR SATISFACTION IS OUR TOP PRIORITY!



## **SERVING LONDON** AND SURROUNDING AREA

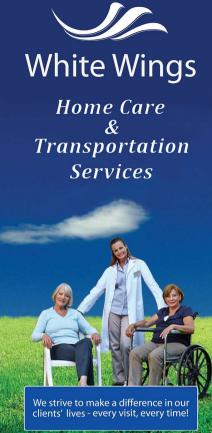


For more information or to schedule a complementary, no-obligation appointment, call us at:

> 519-615-7621 or email us at: info@whitewings.ca

Visit our website at: www.whitewings.ca







# **OUR SERVICES**

### **Personal Care Services:**

Our professionally trained caregivers can assist vou with:

- Bathing or showering
- Personal hygiene (hair care, skin care, oral health)
- Dressing/Grooming
- Mobility (walking, light exercise)
- Medication reminders

## Transportation Services - Wheelchair Accessible

We provide the following services:

- Transportation service to medical and nonmedical appointments
- Wheelchair accessible transportation service is also available
- Non-urgent Stretcher Transportation Service
- · Drop off/pick up services

# Companionship and Friendly Visits:

- Assist with entertaining (going to the park, movie theater, etc.)
- Play games and participate in crafts
- Arrange and accompany clients to all kinds of appointments such as hairdresser, a place of worship, etc.

## Respite/Overnight Care:

White Wings is dedicated to providing relief for family caregivers - from a few hours a day to around the clock care. Our caregivers are well trained to meet the needs of your loved ones while you carry on with your other obligations and responsibilities.

#### Alzheimer's & Dementia Care:

As experts in Alzheimer's and Dementia care, you can trust us to make your loved one's life, and yours, much easier and more enjoyable. If your loved one is suffering from Alzheimer's or other forms of dementia, caregiving can take a tremendous toll on your own physical and emotional wellbeing. But with White Wings professional caregivers support, you don't have to do it alone.

## Physical Activities, Exercises and Rehabilitation:

You need to exercise or participate in a rehab program if:

· You are a sedentary person who needs to get in shape but you lack motivation



- You have been sick for a while and lost some of your strength and walking ability
- · You have suffered a recent fall incident or you are otherwise at risk of fall injuries
- You have not regained maximum ability after a stroke or other health challenges
- · You had a surgery/hip or knee replacement

\*We help with all physical activities.

#### Housekeeping and Meal Preparation:

- Sweeping, vacuuming, dusting
- Taking out garbage
- Laundry and ironing
- · Shopping for weekly groceries
- · Cooking and washing dishes
- · Organizing household items
- · Assisting in writing shopping lists and personal letters

\*Additional housekeeping services can be arranged upon request.

