

## Respite Care

Respite care is the temporary care of an individual who requires a high level of support and supervision to provide a caregiver with a needed break.

### Service Highlights:

- Escorting an individual to appointments
- Bathing, grooming, and toileting
- Assistance with ambulation
- Grocery shopping
- Socialization
- Overnight care
- And much more!

[lumacare.ca/care-services/home-support](http://lumacare.ca/care-services/home-support)



## Sunset Overnight and Respite Support

Providing short-and long-term overnight and day stays for older adults who require 24-hour care.

### Service Highlights:

- Safe and cozy environment
- Care provided by trained Personal Support Workers
- Integration with Valleyview Adult Day Program if day support is required
- Private/semi-private rooms available

[lumacare.ca/care-services/sunset-respite-care](http://lumacare.ca/care-services/sunset-respite-care)



## Lumacare

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Charitable Registration #: 10703 3134 RR0001

# luma care



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Funding Support Provided by:



## Home Support

[lumacare.ca](http://lumacare.ca)  
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A smile is the light in your window that tells others there is a caring, sharing person inside. - Denis Waitley

### Care Navigation-*Free!*

We understand the demands of aging at home and living independently. We are here to help coordinate the services older adults need.

#### Service Highlights:

- Free in-home and office assessments by friendly and professional Care Navigators
- Help with planning for older adults, a family member, or a friend
- Help with connecting to community resources and information to support independent living

[lumacare.ca/care-services/care-navigation](http://lumacare.ca/care-services/care-navigation)



### Homemaking Services

Personal Support Workers provide assistance with household management, along with temporary relief for caregivers.

#### Service Highlights:

- Help with housekeeping
- Support with laundry
- Food preparation
- Grocery shopping

Please call us to book your in-home assessment and go over your service needs.

[lumacare.ca/care-services/homemaking-services](http://lumacare.ca/care-services/homemaking-services)

### Personal Care

Personal care involves assisting an older adult with their personal hygiene tasks to clean the teeth, mouth, skin, ear and perineal area.

#### What We Do

Assistance with bathing

Mouth care or denture care

Wash and dry hair

Perineal care including changing

Help to change incontinence products

Apply lotion to skin

Shave, using an electric shaver

Cleaning eyeglasses

#### What We Cannot Do

- Cut hair or toenails
- Provide massages
- Clean ears using cotton swabs
- Insert or remove contact lenses
- Apply or remove wound dressings and medical patches

[lumacare.ca/care-services/personal-care](http://lumacare.ca/care-services/personal-care)



**Call us today!**

**647.508.LUMA (5862)**