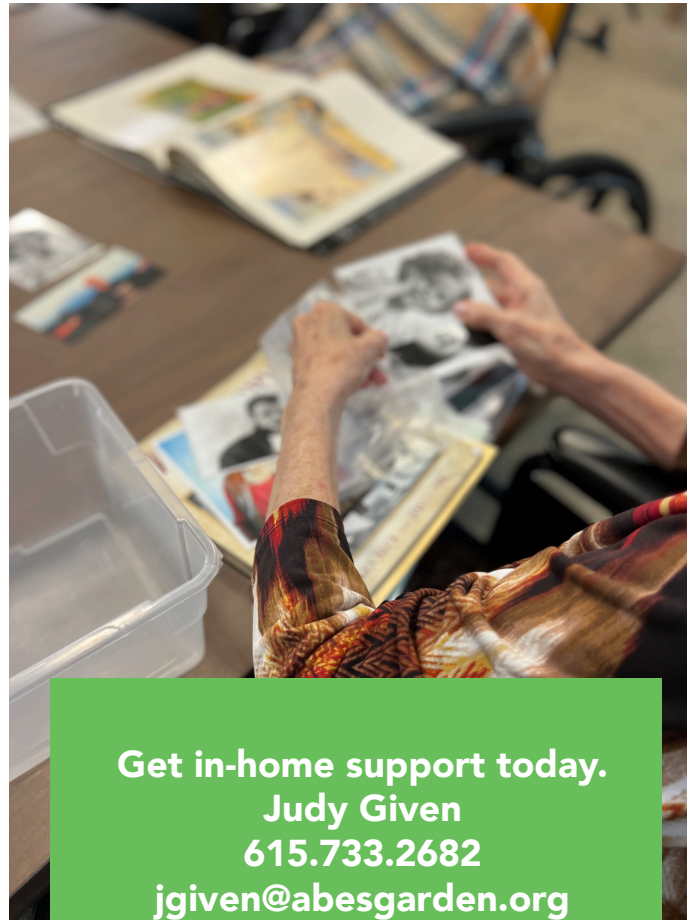


Everyone has different needs as they age. That's why **Abe's Garden® At Home** has a customized approach to in-home care.

Our care partners are trained to explore and discover each participant's unique needs, abilities and interests in order to create opportunities to enhance their quality of life through support with self-care tasks and mind and body wellness activities ... all while providing much-deserved respite for family caregivers.



**Get in-home support today.**  
**Judy Given**  
**615.733.2682**  
**[jgiven@abesgarden.org](mailto:jgiven@abesgarden.org)**



115 Woodmont Boulevard | Nashville, TN 37205

[www.abesgarden.org](http://www.abesgarden.org)



Abe's Garden® Community is a 501(c)(3) nonprofit organization.

Abe's Garden® at Home is a bonded Licensed Personal Support Services Agency. This service may be covered by long-term care insurance.





### Activities of Daily Living Assistance

- ✓ Bathing
- ✓ Dressing
- ✓ Personal hygiene
- ✓ Medication reminders
- ✓ Meal preparation
- ✓ Light housekeeping
- ✓ Mobility
- ✓ Laundry
- ✓ Transportation
- ✓ Supervision
- ✓ And more!

### Mind & Body Wellness Support

Abe's Garden at Home offers training, tools and services that focus on keeping both mind and body active. From reading to exercise, art and puzzles, home engagement coordinators help boost daily engagement by providing personalized activities based on interests and abilities.

### Engagement Support



Due to our partnership with Hearthstone Institute, Abe's Garden at Home participants have exclusive access to **Home 4 Care**, an app specifically designed to improve the quality of life of home care clients. Provided tablets include a large range of engagement activities including a book club, virtual art gallery, category sorting, word games, chair yoga and meditation. This valuable tool can be used even when the Abe's Garden at Home team isn't present. Family caregivers are provided a **Home 4 Care**-enabled tablet and properly trained to use it any time with their loved one.

### Safety Assessment & Recommendations

As part of the new participant process, a team member will conduct an in-home evaluation, which includes recommendations for modifications that may help increase the environment's safety and prolong the participant's ability to remain at home.

### Out-of-Home Support

Our care partners may also provide support outside of the home by accompanying families on outings or by taking participants on walks or to visit an enjoyable location, such as a park or museum. This provides family caregivers downtime to relax or accomplish non-caregiving tasks.

### Trained, Professional In-Home Care Partners

Care partner training includes learning evidence-based best practices and Hearthstone Institute's *I'm Still Here*® approach, shadowing Abe's Garden Community care team members, and participating in a week-long orientation, monthly in-services and weekly team huddles. Prior to employment, all team members must pass a background check and drug test.

### Flexible, Customized Services

Abe's Garden at Home services are available 24/7 with flexible scheduling and no weekly minimum. At least four hours of service are required for each day of participation.



### Complimentary Assessment

The Abe's Garden at Home team will provide a complimentary in-home assessment to design a personalized plan prior to any commitment.

*There is no obligation and no contract required to participate in the Abe's Garden at Home program.*