



Health Blossoms with Tender Care!



Your independence...

Your environment...

Your care...

We know that you want to remain at home. It is where your belongings *belong*. Where you have your favorite photographs. Where you have lived independently. At Dubols Home Care, we make it our priority to help you remain where you are happiest. We also feel that it is equally important to help you remain in *control* of your environment and your care. That's why we offer several levels of care, from personal assistance and companion care to medical nursing services and therapies to help you gain strength and mobility, improve functioning, and even help you recover physical abilities after an illness or surgery.



How may we help you today?

Maybe you've recently been in the hospital, had surgery, have fallen at home, or have been sick. Maybe, you just need a little help with some of the routine aspects of your day, like bathing, preparing meals, or going to doctors' appointments. Whatever you need - medical, personal and/or companion care - Dubols Home Care can help!

We choose the best for you!

When you invite people into your home... into your life... you want to know something about them. Dubols Home Care carefully screens and chooses the best care providers in their fields. *Your care depends on it!* That's why we have strict standards in addition to the necessary licensing and credentials. Our professional nurses and therapists are required to have a certain level of experience in their fields and all of our employees agree to extensive reference checks. Our employees also must pass national and local criminal background checks, motor vehicle records checks and Social Security validation, so you can be assured of the best care.

Dubols Home Care is licensed, bonded and insured. Many of our services are also certified by health insurers, the State of Maryland Waiver Program, the Veterans Administration and Medicaid.





Our therapists can get you back on your feet!

We offer in-home therapies to help you strengthen your muscles after a long illness or surgery and can provide many of the same medical therapy treatments that you could get at an outpatient therapy clinic-*without leaving your home*. Our physical and occupational therapists can set a specific exercise plan for you to get stronger, improve your balance, get around your residence more safely and learn to use any helpful equipment if necessary.

Occupational and speech therapists can also help you regain some skills that can be weakened after a long illness, like swallowing or eating certain foods safely, or restoring your voice strength.

Professional nurses, right in your own home.

We've all known that special nurse at some point in our lives... holding your hand before a surgery, sitting with you during a long wait, bringing you comfort. Now that same quality, compassionate care can come directly to your home. Our registered nurses love being able to focus on one patient at a time. *On you... in your home...* talking about *your* health and goals for recovery. Many times, physicians and health plans consider our nurses to be their eyes and ears. Working with you directly, they can ensure that you have the right medications, the right diet, and all of the information and assistance you need to follow your doctor's advice. They can also perform more detailed nursing care, like IV management and bandage and dressing changes, *from the comfort of your home.*

Our nurses can get information to and from your physician or health care provider for you. Knowing that there is someone monitoring your health frequently can give you and your health care provider greater *peace of mind.*





Personal Care with the personal touch

Certified Nurses Assistants, or personal caregivers, are at the *very heart of in-home care*. If you can remain in your own residence with just a little bit of help, we want to help you do so. The *very personal care* provided in these cases comes from our professional caregivers who are trained in helping you care for yourself. From assistance with showering, bathing, hair care, and grooming to helping you get up out of bed in the morning or into bed at night, your caregiver can be a lifesaver for your independence. Our personal care aides have additional training to care for people with Alzheimer's, Dementia, Parkinson's, Hospice care, and Diabetes, as well as specialized skin care.

Your personal care aide is there to give you whatever support and assistance you need to remain comfortable. And best of all, we encourage you to interview several of the caregivers at Dubols Home Care and make *your choice* of the person most suited to your lifestyle and personality.

Personal care services are also monitored by a licensed practical nurse (LPN) and a registered nurse (RN) to continue to check on your health and wellness status.

Like a trusted friend...

Sometimes, you just need some help getting out and about! That's where our companion care comes into service. *Just like a trusted friend*, our companion care employees will be there for you if you just want company, such as reading together, playing games or cards, setting up social events or functions, visiting with friends outside the home or, perhaps, attending a family celebration. Additionally, they can help you *around the house*, with meal preparation, housekeeping and light cleaning, ironing, dusting, and running errands like grocery shopping or dropping off the dry cleaning. You can consider your companion care aide *a friend that you can count on* when you need a hand.

Services can also be arranged for 24-hour, live-in care and enhanced living services in assisted living facilities or continuing care retirement communities.





Our promise for service excellence:

We strive to make your care as easy to access as possible. Just call us! Our professional caregivers know that you want to get on with your life. So we offer a *quick* and *easy* admission process. For personal care and companion care to help you get through your daily routines, we encourage you to meet and talk with several of our staff so that you can choose the person who best fits *your* personality and needs.

Many times, our caregivers become a part of your daily activities, so we want to make sure that you feel comfortable with the caregiver who works for you. At Dubols Home Care, *our employees are your employees*, and we want to enhance your life.

We'll be here for you!

Call us anytime! We're available to you *24 hours a day*.

Business office hours: Monday - Friday 8:30am - 5:30pm

1.301.497.8968

On-call hours: Available after business office hours

1.240.848.1474

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