



*When it matters  
who cares...*

# *Assured Help* SENIOR CARE®

*“Home care to me has  
to be personal care.”*

## *What makes Assured Help Senior Care® the best choice:*

- Concerned, experienced and attentive caregivers
- Companions are matched by personality and need
- Offers companion care, assistance with personal care, housekeeping, and individualized services
- Flexible schedules from 4 hours assistance to 24 hour care
- Scheduled Care Plan reviews & periodic updates
- Locally owned and operated--not a national chain
- Initial assessment is always Free

## *Ms. Petra Burdine The expert in Home Care*

As the owner and operations manager, Petra has a personal relationship with every client and every companion. She enjoys getting to know and assess the needs of clients and their families. As a trained professional, she understands the importance of matching the personalities of the caregivers with those needing assistance.

Ms. Burdine earned a Masters' Degree in Behavioral Sciences with an emphasis in Psychology, is CAPS certified and is a member of OILR—an organization dedicated to educating and providing resources to people who want to age in place. She is experienced in Case Management and Social Services. With her education and years of experience in the US and abroad, Petra has spoken on caregiving and companion care for organizations such as the AARP and Federal Workers Association.

To Petra, helping people is a 'calling' and she only selects exceptional caregivers that share her values. That is why her company Assured Help Senior Care®, Oklahoma's first licensed Companion/Sitter Services has the reputation as being the best in OKC in providing non-medical Home Care.

Helping  
mature people  
is more than a calling  
for us. We are the  
specialists in  
home care.

*“Our purpose is to  
help you or your  
loved one remain  
as independent as  
possible at home.”*

# *Assured Help* SENIOR CARE®

**405/ 819-4696    [www.1seniorcare.com](http://www.1seniorcare.com)**

Find out more about our personal service  
at 405/ 819-4696 or [www.1seniorcare.com](http://www.1seniorcare.com)

Licensed Companion/Sitter Service  
License #CSS0001, Oklahoma State Board of Health  
2828 NW 57th St., Suite 315, Oklahoma City, OK 73112





*“When you or a loved one needs us, we will be there!”*



*“I thoughtfully select a companion based on a number of criteria.”*

At Assured Help Senior Care<sup>®</sup>, we are dedicated to providing assistance & companionship to our clients so they can live their life as independently as possible. When given a choice, most seniors prefer to remain in their home rather than move to a facility. We provide that option to stay at home.

If you need short term relief or long term care, our caregivers are available. We are happy to answer all your questions in detail. You can call and schedule an appointment with no obligation. We want you to investigate your options so you can make an informed decision.



## **Assured Help Senior Care<sup>®</sup> Services:**

### **Experienced Companion/Social Care:**

- ✦ Responsible and supportive non-medical companionship
- ✦ Maintaining daily routines including shopping and errands
- ✦ Help with bill paying, personal mail, letter writing, reading
- ✦ Round trip transportation to church and social functions
- ✦ Assistance with hobbies, birthday reminders
- ✦ Activities planning and family support



### **Assistance with Personal Care:**

- ✦ Personal hygiene including grooming, bathing, showering, toileting, skin and nails
- ✦ Dressing, mobility, walking, exercise, and routine transfers
- ✦ Medication and appointment reminders, prescription drop off & pick-Up
- ✦ Dietary assistance for meal planning and preparation, special diets
- ✦ Monitoring vital signs and changes in every day functioning
- ✦ Aide with morning and evening routines; Activities of daily living; Sustaining life style



### **Housekeeping Tasks Available:**

- ✦ Picking up; Sweeping; Mopping; Vacuuming; Dusting
- ✦ Laundry; Light ironing; Dropping off and picking up dry cleaning; Changing Linens; Making Beds
- ✦ Plant Care; Pet Care; Organizing closets, pantries, desks

### **Individual Services Available:**

#### **✦ Peace of mind safety checks by phone:**

- ▶ Calls in the morning and evening to ensure a person's well being
- ▶ Provide the human contact in this automated world
- ▶ Designed to provide additional safety to fiercely independent seniors and those that are isolated



#### **✦ Sleep-overs**

- ▶ Alleviate fears of seniors that are active during the day but may be at risk of falling at night

#### **✦ Sitter services:**

- ▶ 12 hour shifts when immediate attention is needed
- ▶ Available during an acute illness or hospital stay
- ▶ Provided within a 50 mile radius of Oklahoma City

#### **✦ 24/7 live-in care:**

- ▶ Short-term, long-term ,and respite programs

**Assured Help**  
SENIOR CARE<sup>®</sup>

Trying to make a decision and need straight answers? Call us at **405/819-4696** or visit our website at **www.1seniorcare.com** to find out more about our expert home care.