



**A Superior Approach Rooted in the I'm Still Here® Philosophy**

**Best Practice In-Home Care & Engagement**



**Get the relief you deserve.  
Get Abe's Garden at Home today.**

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**Abe's Garden at Home** is a bonded Licensed Personal Support Services Agency. This service may qualify for long-term care insurance coverage or as a VA Aid and Attendance benefit.

Team members pass a background check prior to employment.

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

**The help seniors *want.*  
The respite caregivers *need.***

115 Woodmont Boulevard  
Nashville, TN 37205  
www.abesgarden.org

**SPECIALLY *Trained Team***

The home care team is trained in the research-based I'm Still Here® approach and communication techniques, which recognize that older adults, including those living with dementia, can still experience a high quality of life, especially when they are provided meaningful engagement. This philosophy is woven into everything our team does, from offering and respecting choices throughout care to encouraging independence and creativity during activities.

**PERSON-DIRECTED  
*Care & Engagement***

Our engagement opportunities are driven by the I'm Still Here® approach and based on interests and abilities. Purposeful engagement is known to increase overall wellness and self-confidence, as well as decrease agitation and anxiety presented by individuals living with dementia... all while providing respite for family caregivers.

## **SATISFYING YOUR** *Preferences & Needs*

**Abe's Garden at Home** offers services that meet the unique needs and preferences of older adults. Our specially trained team can assist with activities of daily living (ADLs), help with other personal matters, and provide personalized engagement opportunities... all in the comfort of your home.

These customized services provide a cost-efficient, convenient way to improve wellness and quality of life for seniors and family caregivers.

## *Supportive* **SERVICES**

- Bathing
- Dressing
- Grooming
- Mobility/transfer support
- Vital signs check



## *Medication* **ASSISTANCE**

- Ensuring medications are not expired
- Medication reminders
- Prescription ordering
- Understanding your medications

## **ABE'S GARDEN COMMUNITY'S** *Engagement & Support* **IN YOUR HOME**

### Additional offerings:

- Access to Home4Care®, an app that provides a range of research-based engagement activities (book club readings, category sorting, chair yoga, meditation, virtual art gallery, word games)
- Physically-focused support (home exercise program guidance, personal training)
- Specialized dementia care and engagement (early stage through late stage, caregiver guidance and support)

## *Concierge* **SERVICES**

- Clothing alterations
- Companion care/supervision
- Doctor appointment escort
- Home safety assessment & recommendations
- Housekeeping
- Laundry
- Meal preparation
- Organizing
- Packing/unpacking
- Post-relocation guidance
- Seasonal decorating
- Shopping & errands
- Spring cleaning
- Transportation



## *Flexibility* **AT YOUR PACE**

**Abe's Garden at Home** services are available 24/7 with flexible scheduling, a 4-hour minimum, and may be arranged on a short- or long-term basis.

## **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.