

Clearbrook SeniorCare provides high quality, personalized support services for seniors and their families in the midcoast area. We provide customized plans that help our clients maintain their independence.

Our compassionate and experienced caregivers are highly trained and dependable. Individualized services include:

- Personal care
- Medication reminders
- Shopping, cooking and transportation
- Companionship and social activities
- Available to serve you 24/7/365

Visit [ClearbrookSeniorCare.com](http://ClearbrookSeniorCare.com) or call **207-230-8111**.



## OUR CAREGIVERS

Clearbrook SeniorCare team members are highly qualified and carefully selected by the owner, who always asks the question “would I send this person to care for my mother or father?”

Many of our caregivers hold certifications in Alzheimer’s Disease, dementia, hospice, as CNA’s (Certified Nursing Assistants) and PSS’s (Personal Support Specialists). Our caregivers are adept with all types of health situations such as stroke, post-surgical rehabilitation, and Parkinson’s Disease.

### FOR MORE INFORMATION

email [Info@ClearbrookSeniorCare.com](mailto:Info@ClearbrookSeniorCare.com) or call **207-230-8111**.

#### Clearbrook SeniorCare, Inc.

2060 Atlantic Highway  
Lincolnville, ME 04849

[www.ClearbrookSeniorCare.com](http://www.ClearbrookSeniorCare.com)

We are registered in the state of Maine by the Department of Human Services, Division of Licensing and Certification. We are fully insured and bonded.



# CLEARBROOK SENIORCARE

Help at Home for Seniors



Personal care  
Shopping  
Companionship  
Transportation



## SERVICES

As part of a personalized plan, Clearbrook SeniorCare provides a wide spectrum of support services including:

**Transportation** for medical appointments, grocery shopping, and social activities.

**Personal care** including bathing and dressing, medication reminders, and menu planning and preparation.

**Help around the home** with daily and weekly chores including cleaning, organization, home maintenance repairs and handyman services, and car maintenance.

**Assistance with finances**, such as bill payment and balancing the checkbook.

**Assistance with long-term care insurance claims.** Our approval rate is excellent!

We can also facilitate transitions to and from home and medical facilities, as well as assist with scheduling in-home visits from service providers. Clearbrook SeniorCare requests that all customers undergo an assessment interview to ensure that the person receiving care has a specific and individualized plan to optimize their quality of life.



TRANSPORTATION	PERSONAL	ERRANDS	ORGANIZATION	SOCIAL ACTIVITIES
Medical appointments	Bathing	Grocery shopping	Closets/cabinets/garage	Theater, opera, symphony, and other community events
Pharmacy	Dressing	Dry cleaning	Housekeeping, laundry	Lunch/dinner outings
Beautician	Medication reminders	Medical supplies	Bill paying, balancing checkbook, managing finances	Library visits, reading
Grocery store	Menu planning, meal preparation, assistance with eating	Auto registration, inspection, maintenance	Assistance with long-term care insurance claims	Skype/Facetime meetings with family and friends (real-time social visits via computer)
Personal shopping	Hospice/end-of-life care	Pet sitting	Home security and monitoring	Religious services
Social activities	Post-surgical rehabilitation care	Scheduling of appointments for home repair and maintenance	Downsizing, moving	Walking, exercising
Airport			Holiday and special event planning	

