



*“It is only through the action of caring that we find our true purpose in the world.”*

Kiran Yocom

**Seniors Helping Seniors®** Co-Founder

Having worked with Mother Teresa for 14 years, Kiran has seen firsthand the chain reaction caused by one person lending a hand to another. Lifting up one person empowers them to share their gifts with another, and another, and another. This is the heart of **Seniors Helping Seniors®** in-home care services. To support each other, because the friendships we make become ...**a way to give and to receive®**.

A few of the services we offer include:

- Light Housekeeping
- Meal Preparation
- Transportation
- Overnight Stays (24-hour care)
- Mobility Assistance
- Memory Loss Support
- Respite Care
- Relief of Family Caregiver
- Companionship
- Daily Living Assistance
- Personal Care
- **And More!**



Serving Shoreline, North Seattle, Edmonds, Lynnwood and the surrounding area.

206.542.4743

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<https://www.snokingseniorcare.com>



## In-Home Services for Seniors *by* Seniors

Like getting a little help from your friends



206.542.4743

## Our caregivers



### They're seniors, too. That makes all the difference.

As senior citizens themselves, our caregivers understand the aging process from their own personal experiences. This allows them to develop unique friendships with their seniors in need based on similarities in age, health and life experiences—along with the unique **Power of Love®** we bring to every individual. In addition, we carefully match our caregivers with our seniors in need for compatibility, to deepen the friendships with those served. In-home care should be as comfortable as home itself, beginning with reliable, compassionate caregiving. This is a commitment our caregivers take seriously—and with pride, as they provide service and companionship to their fellow seniors.

## Our seniors in need



### True friendship and quality care for peace of mind.

True friends are always there when needed. So are our caregivers. In addition to helping around the home, our caregivers bring cheer and companionship, making our seniors' daily lives easier, more comfortable and more enjoyable. We help our less active seniors stay independent, allowing them to live the life they want in the comfort of their own homes. Whatever the services, whenever needed, we are prepared to help, even on a 24-hour-a-day, 7-day basis if necessary. That's care you can count on.

## Family members



### We are here for your loved one. We are here for you.

From long and proven experience, we know seniors are more receptive to care provided by people of similar age, background and interests. It's a simple concept—with big benefits. For family members, there is the assurance that your loved one is comfortable and receiving excellent care when you are not there. At the same time, your loved one gains a new friend, a caring senior who brightens every day with their presence, help and companionship. Our **Seniors Helping Seniors®** care model is unique in our industry. In fact, it is the number one reason why seniors in need along with their family members choose us.

Whether you're in need of help, looking to help, or know a loved one that is, contact **Seniors Helping Seniors®** in-home services today.