



The **care** and **company** you need to be at **home**



Independent Seniors™

Junior Seniors assisting Senior Seniors



INDEPENDENCE

It can be hard to admit that aging makes certain things more difficult. Asking for help doesn't mean giving up independence – it means preserving it. Receiving assistance from someone who understands how your loved one wants to live is the first step.

Independent Seniors™ is a non-medical in-home care and companionship service that unites retired caregivers—or Junior Seniors—with older seniors that require assistance—or Senior Seniors—to ensure that they continue to live long, happy lives in their own homes.

Just like a friend, Junior Seniors will help around the house, keep appointments, shop, accompany your loved one to special events or just provide engaging companionship.

We take the time to match your loved one with the right Junior Senior whose values and ideals are just like theirs.

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How can we make your life better?

At **Independent Seniors™**, we want to ensure that we have a full understanding of who your loved one is and how they want to live so that we can supply the exact services they need.

Our Junior Seniors want to provide your loved one with the considerate and compassionate care they need to stay independent, safely and comfortably in their own home.

Indoors or out, our caregivers can handle many of the tasks that your loved one may no longer feel comfortable completing. These may include light gardening or snow removal, which have become too strenuous. There may be daily errands they need assistance with, such as going to the store, driving to a medical appointment, or completing their grocery shopping. They may just want a companion for tea and conversation. We can provide specific services tailored to your loved one's needs on an hourly, daily, weekly, or monthly basis.

Who are “Junior Seniors” at Independent Seniors™?

With most non-medical, in-home care and companionship services, there can be a vast disconnect between the age, interests and socio-economic backgrounds of the caregivers and their respective senior clients.

At **Independent Seniors™**, our “Junior Senior” caregivers are typically between the ages of 55-70 years old and have already enjoyed rewarding careers and/or raised families of their own.

All employees perceive their roles at Independent Seniors as a way of “paying it forward” and adding value to their own lives.

Conversely, “Senior Seniors” are, on average, 80 years of age and older. The resulting partnership between Junior Seniors and Senior Seniors is a reflection of life experiences, work ethic, and shared interests, which almost always results in caregivers and care recipients becoming good friends.

How are Junior Senior caregivers hired?

Our vetting process involves multiple steps to ensure that every employee meets **Independent Seniors™** qualifications and stringent standards. These include sophisticated local, state and federal background checks, face-to-face interviews, and personal/professional references that are researched thoroughly. All caregivers hired are part-time employees of the parent company, Seniors for Seniors, LLC, and are covered by a \$2 million general liability policy, as well as workers' compensation (New York State Insurance Fund). A proprietary employee handbook is given to every new caregiver and presented in a lecture hall setting, reviewing the protocols and procedures of the company. Every employee is also required to maintain certification in CPR/first aid.

Top 10 reasons to hire Junior Seniors from Independent Seniors™

1. Junior Seniors have higher levels of engagement.
2. They waste less time and are less likely to become distracted.
3. They're loyal. Once matched, they will stay in the position, fostering long-term caregiver relationships.
4. They don't have many needs and can focus on the needs of their Senior Seniors.
5. They don't have career concerns. Often, the position of caregiver is sought out as personal fulfillment.
6. They're happy and appreciative of everything that they have.
7. They know what they want, and this position is something they wanted and pursued.
8. They show up on time, every time.
9. They have few personal or family distractions.
10. They understand the difficulties of growing older and can apply their earned wisdom to their caregiving.

Why non-medical in-home care & companionship?

A home is not just four walls and a roof. Home represents family, security and a safe haven. As seniors age, the ability to receive services at home offers many benefits:

- Allows seniors to remain independent and in their own homes as long as possible.
- Provides a sense of comfort in familiar surroundings.
- Enhances quality of life.
- Provides an affordable care option at 1/5 the cost of semi-private nursing homes.
- Expands existing home health care services (including medical visits) at a reasonable cost
- Relieves some of the daily stress and time constraints of loved ones caring for the elderly.
- Provides peace of mind for seniors, their families and friends.

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laundry



LAUNDRY ROOM



Our Services

We provide the following types of non-medical, in-home care and companionship services:

Companionship: A companion-Junior Senior is like the friend who drops by to see how you are fairing. He/She provides conversation, interpersonal connection and general assistance. In addition to daily tasks such as medication reminders, helping with paperwork, and providing social stimulation, companions may also provide assistance with technology, meal preparation, and light housekeeping chores. Care is age-appropriate, available on an unlimited 24-hour basis and always dependent on your specific needs and includes:

- Meal preparation & dishwashing
- Light housekeeping
- Bed Making
- Light yard work/watering
- Pet walking
- Laundry
- Hobbies
- Reading
- Shopping
- Medical or dental appointments
- Errands
- Transportation to worship services
- Entertainment (theatre, plays, movies, outings)
- Mobility assistance/transfers
- Respite care
- **Alzheimers Care:** The Alzheimer's Association of Upstate New York provides ongoing training for our Junior Seniors, many of whom have had personal experience in working with Alzheimer's patients.

General Transportation: Driver Companion Junior Seniors can accompany your loved one wherever they need to go. Whether to a professional appointment or just out for a drive, our Junior Seniors will pick your loved ones up in their own cars and stay with them to assist in their errand, appointment or visit. We can accommodate special needs, such as collapsible walkers in addition to other physical or cognitive impairments. A per-mile fee applies to general transportation over and above the hourly service fee.



Does a loved one need assistance?

It's difficult to watch someone you love struggling. Whether due to illness or simply aging, many of the people close to us find it increasingly difficult to maintain their quality of life. As a family member or friend, it's not always possible to provide the quality and quantity of care they need while still attending to your own needs and responsibilities. Having someone you trust taking care of someone you love can make a big difference.

Independent Seniors™ specializes in providing care for aging parents, family members, spouses or friends who can no longer safely care for themselves. Concerned people just like you rely on our reasonably priced services and friendly Junior Senior caregivers to dispel some of the worry of not always being able to be there yourself. If you live too far away to drop by, or you work full-time and have a family to care for, someone personable, responsible and dependable can take over some of the care duties for you.

Our affordable services can be customized to fit your needs and your lifestyle. Perhaps your loved one is recuperating from an illness or accident. Junior Senior caregivers can help make sure the house is clean, the pantry is stocked, and appropriate medication is taken on schedule. If necessary, meals following specific dietary guidelines can be prepared. If you are not available, your loved one can be transported and accompanied to any follow-up medical appointments.

Whether it's help getting out of bed, or just help in reaching something on the top shelf, Junior Seniors appreciate better than anyone the physical and emotional side effects of aging. Their offering of care and assistance is presented with respect, empathy, and a level of understanding that makes it easier for your loved one to accept help.

Whichever services you choose, our goal is simply to help you share the responsibility of daily or required care so that you have more quality time to spend with your loved one, confident that their needs are being attended to with compassion, kindness and consideration.

A photograph of an older man and woman sitting at a desk, looking at a laptop screen. The man, on the left, has grey hair and a mustache, and is wearing a green shirt. The woman, on the right, has dark hair and is wearing a black top. Both are smiling and looking at the laptop. The background is a bright, indoor setting with a window and some greenery.

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Do you need assistance?

Answer these questions to find out:

- Do you suffer from low energy, general malaise and physical problems, and/or a lack of motivation to do things?
- Are you having difficulty in completing daily activities in your home, such as cleaning, cooking, or laundry?
- Do you wish you had help getting around to keep appointments and complete errands?
- Could you use some help in maintaining your residence?

If you answered “yes” to any or all of these questions, it may be time to investigate non-medical in-home care and companionship services from Independent Seniors™.

Receiving assistance from someone who understands how you want to live your life is the first step. After consulting with you, our care experts then match you with someone who can best serve your needs, while creating a comfort level and environment that corresponds with your lifestyle.

Junior Seniors can take care of light housekeeping or just keep you company. Just like a friend, they'll help you keep appointments, spend time shopping with you, or accompany you to a special event. Many Senior Seniors develop special friendships with our caregivers because we take the time to match you with Junior Seniors whose values and ideals are just like yours. Our services can be customized according to your needs, as little or as much as required. We like to think we provide a lot more than just assistance with chores and appointments – we bring people together, help each other through social interactions and share experiences that bring joy to life. We'd like to make a difference in yours.

About Us

Independent Seniors™

Independent Seniors™ is a wholly owned New York State LLC, not a franchise, and was founded in 2012 by Tracey and Jeff Fraser of Clifton Park, NY. Our caregivers are all employees of the company and are covered by a \$2 million general liability insurance policy, as well as workers compensation (NYS disability insurance). In order to become Junior Seniors, our caregivers go through extensive local, state and federal background checks, as well as personal interviews. We follow through on all personal and professional references and ensure that applicants are first-aid and CPR certified.

Independent Seniors™ brings comfort and companionship to the next level and allows families, friends, and other loved ones to rest easy and enjoy life.





Financial Effects of Senior Care

In the most recent John Hancock Cost of Health Care Survey (2016), the following were the costs for the three most popular senior care options in Albany, New York:

<u>Albany, NY</u>	<u>Average Costs</u>	<u>Annual Cost</u>
Assisted Living	\$ 4,554/month	\$ 54,648
Nursing Home (semi-private)	\$ 370/day	\$ 135,050

Conversely, non-medical in-home care and companionship is considerably more cost efficient than that of assisted living and nursing homes:

<u>Albany, NY</u>	<u>Cost</u>	<u>Annual Cost</u>
Senior home care	\$ 24/hour	\$ 37,440*

* Based on 6 hours per visit x 5 days per week x 52 weeks. Most Independent Seniors™ clients request an average of 15 hours of companionship per week at an annual cost of \$18,720 as of October 2017 (3 hours per day, Monday through Friday).





To us, it's all about relationships

At Independent Seniors, our caregivers don't view their role within the company as "just a job" or a "paycheck." Junior Seniors understand the importance of giving back to the greatest generation that ever lived, by providing care, compassion, and most importantly, company.



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