



*"I couldn't do it without outside help. I live alone but as long as I have Help at Home, I am not alone. It's a wonderful service."*

- Mel Heckman, WWII veteran



PLACE  
STAMP  
HERE



211 Smith Street  
Sheridan, WY 82801

Return Service Requested

# help at home

A Licensed Home Health Agency





## what we do

Help at Home is designed to help individuals foster self sufficiency at home while:

- Maintaining individuals in the least restrictive environment
- Assisting with meal preparation, shopping, light housekeeping, and laundry
- Providing personal care, showers, dressing, and physical therapy exercises
- Keeping individuals in their home, avoiding premature institutionalization

The Help at Home team can provide the first line of support for older adults, individuals living with disabilities, and their families. Our team of health care providers ensures care coordination and creates dynamic, person-centered care plans. Our Certified Nursing Assistants have extensive training in recognizing signals for the need for health care interventions.

## success stories

We serve hundreds of people in Sheridan County through coordinated partnerships including:

- Home-delivered meals
- Access to assistive medical equipment through community loan closet
- On-site adult day care facility
- Partnerships that strengthen community services to older residents and their families

Personal care is supervised by a Registered Nurse and provided by Certified Nursing Assistants who are Wyoming State Board certified Home Health Aides (HHAs). Background checks are performed on all staff before entering an individual's home.

Access care coordinators are certified by the Wyoming Department of Health. These coordinators determine eligibility, develop care plans, and refer resources.



## who we are

Help at Home is a licensed and bonded Home Health Agency. Our Home Health Aides help to preserve independence, maintain home safety, and enhance quality of life.

## getting started

Schedule an appointment with us to talk about your needs and goals. Our first meeting explores whether our services are the right fit for you. There is no commitment, pressure, or expectation from getting the information you need to make a decision that works for you.

We accept payments from private pay, the Veteran's Administration, and Medicaid Waiver. We can work with your long-term care insurance to provide documentation to meet your elimination period. Partial grants may be available through the Wyoming Department of Health Aging Division for qualifying individuals.

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call us today!



211 Smith Street  
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307.672.2240