



**CERNA**  
SENIOR CARE  
*Caring for life.*

- Flexible Scheduling
- Insurance Accepted
- Mobility & Cognitive Care
- Specialized Levels of Care
- Competitive Rates
- Transportation & Coordination
- Free Assessment
- License #: 304700065

Toll Free 877-577-6782



**Home Care**  
Association of America



# PERSONALIZED CARE

## LEVEL I

- Bathing and Grooming
- Light Housekeeping and Sanitizing
- Diet Planning, Meal Prep and Grocery Shopping
- Exercise and Continuation of Physical Therapy program
- Medication Reminders
- Transfers, Errands, Projects and More

## LEVEL II

- Memory Care
- Cognitive Stimulation
- Stroke and Brain Injury Rehabilitation
- Behavior Management
- Diabetes Management
- Lifestyle Modification
- Customized Care based on condition
- CNA, HHA, LVN, LPN's Available
- Hospice Care Program (includes med management)

# TRANSPORTATION

With Cerna's transportation service we assist you or your loved one with coming home and getting settled.

- Facility discharge coordination
- Fully automated disabled transportation van
- Errands and appointments
- General home assistance
- Bed transfers
- Medication pick up & management
- One to four hour shifts
- Meal planning and coordination
- Equipment available: Barton chairs, hooyer lifts, and wheelchairs



## WHY CERNA

Whether you need some help around the house for a few hours a day or 24 hour care every day, we have the right care aide and program for you or your loved one.

- 24 Hour Coordinator on-call
- All staff are W-2 employees
- Workers' compensation insurance
- Liability insurance
- Bonded
- CPR & first aid certified
- Certified with Cerna level I or II care program
- Individual care plans created for each client
- Care aides document daily care notes



**Toll Free 877-577-6782**

[info@cernahc.com](mailto:info@cernahc.com)

# MEMORY CARE

Cerna specializes in cognitive impairments from Alzheimer's, Dementia, Parkinson's stroke, injuries, Diabetes and more. We use specialized training to ensure the care requirements of someone with a cognitive impairment are the best they can be.

- Manage behavior changes
- Remove and manage triggers
- Redirection management
- Behavior mapping
- Medication help



# CARE MANAGEMENT

With Cerna's Coordinated Care program, managing you or your loved one's health needs are no longer a burden and you can focus on quality of life.

- Medical research & advocacy
- Manage living arrangements
- Coordinate & facilitate healthcare services
- Monitor & coordinate medications, supplies, and equipment
- Physicians, specialists and medical personnel communication management
- Diet plan coordination
- Office appointment scheduling & participation
- Cognitive activity plans & exercise
- Medical billing assistance
- Transportation services

ON-HAND ASSISTANCE

# Home Alone?

## We've Got You Covered!



*Your own virtual caregiver for \$29.95 per month*



FALL DETECTION



HEART RATE MONITOR



TWO-WAY CALLING



MEDICATION REMINDER



SOS BUTTON



SAFE ZONE



GPS TRACKING



**TRACK & TALK 24/7 GLOBALLY**

**ONHAND ASSISTANCE**

*Safety Right Where You Need It.*



*Add a caregiver visit when you need it for \$49.95!*

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[www.cernahc.com](http://www.cernahc.com) | [info@cernahc.com](mailto:info@cernahc.com)

*“I am proud of the work we do. We are blessed to be caring for such a precious diminishing asset – our seniors.”*

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**Nick Payzant**

*Founder & CEO*



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**877-577-6782**

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