

You're Not Looking for Someone to Take Care of Mom.

You're Looking for Someone You Can Trust to Care About Her the Way You Do.

How do we help you stop being Mom's full-time care manager...so you can be her daughter again?

Your HolistiCare Partnership Guide

What your monthly investment includes, and what it gives back to you

Meals, medications, housekeeping, and help with personal care matter. You will remember whether Mom felt understood, whether someone noticed the small changes, and whether she was treated with patience on a difficult day.

HolistiCare Homes was built around partnership. We protect independence wherever it remains safe, step in when help is needed, and keep you informed so that you are not carrying the entire responsibility alone.

We don't simply provide assisted living. We help daughters become daughters again.

Our leaders and team members receive Teepa Snow Positive Approach to Care® training and use those skills throughout the day. That means your loved one is approached with understanding, dignity, and respect, and you can stop wondering whether anyone will care for Mom the way you would.

What this means for you: You gain a small, highly personal care setting where Mom is known and you have an entire team paying attention with you.



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INDEPENDENT LIVING PLUS

Best for someone who remains largely independent but benefits from limited hands-on support while maintaining as much independence as possible.

Monthly Rate: \$7,260

Includes up to 25% physical or cognitive partnership; two basic self-care activities & supervision for mobility.

For residents who continue to manage most of their daily routines independently but benefit from light assistance and the reassurance that someone is nearby if their needs begin to change.

SAFETY FIRST - Confidence Without Giving Up Independence

- 24-hr awake team members are physically present, so that help is already in the home if Mom needs someone during the day or night.
- Immediate in-person response to calls or concerns, which means she never has to wait alone when something doesn't feel right.
- Ongoing observation for changes in strength, balance, cognition, and overall well-being, so that changes are recognized before they become larger problems.
- Supervision with mobility throughout the home, which means someone is nearby to encourage movement while preserving the independence she still has.

ALL MEALS, HYDRATION & DINING SUPPORT

- Three fully prepared daily meals, so that you no longer have to wonder whether Mom is eating more than toast, snacks, or whatever is easiest.
- Snacks and hydration are encouraged and monitored, which means someone is paying attention even when your loved one forgets to ask for a drink.
- Team-member oversight for nutritional consistency, so that changes in appetite or eating habits do not go unnoticed.

HOUSEKEEPING & LAUNDRY - ALWAYS INCLUDED

Weekly room cleaning, including dusting, sweeping, and mopping, so that your visits can be spent with Mom instead of catching up on chores.

- All personal laundry is included, which means one less basket, one less errand, and one less responsibility waiting for you each week.
- Weekly bed-linen changes, or more often when needed, so that Mom remains comfortable and her room continues to feel cared for. Unlike many communities, we do not add a separate monthly laundry fee.

MEDICATION PARTNERSHIP & SAFETY MONITORING



- Medications may be filled and delivered by Seifert Drug, hospice, or family, so that the medication plan can remain coordinated with the people already involved in Mom's care.
- Hands-on medication assistance is provided as needed, which means you are not carrying the daily worry of whether a dose was missed or taken incorrectly.
- We watch for side effects, missed doses, and changes in tolerance, so that concerns can be reported before they grow into larger problems.
- Physician and family communication when concerns arise, which means you are not left trying to connect the dots among providers, pharmacy, and the home.

BASIC SELF-CARE PARTNERSHIP - UP TO TWO TASKS

- Light physical or cognitive assistance with grooming and hygiene, so that Mom can continue doing what she is able to do while still looking and feeling like herself.
- Bathing assistance when needed, which means personal care remains safe, private, and respectful without turning into a weekly struggle at home.
- Help with dressing, so that clothing choices and daily routines continue to support dignity and personal identity.
- Toileting support when safety requires it, which means your loved one receives discreet help without having to manage a risky situation alone.
- Assistance getting to meals and common areas, so that reduced mobility does not quietly turn into isolation.

DAILY ENGAGEMENT & MEANINGFUL LIVING

- Gentle daily movement matched to current abilities, so that strength, confidence, and mobility are supported for as long as possible.
- Purpose-driven activities rather than entertainment for entertainment's sake, which means Mom still has opportunities to contribute, choose, create, and succeed.
- Engagement built around abilities and interests, so that she is known as a person rather than placed into a one-size-fits-all activity calendar.

SCHEDULING & TRANSPORTATION PARTNERSHIP

- Coordination of medical appointments, so that fewer details fall back onto the daughter who is already managing everything else.
- Therapy scheduling, which means important services are less likely to be delayed because no one had time to make another phone call.
- Transportation support as needed, so that getting to care does not automatically require you to rearrange your entire day.

What this means for you: Mom keeps doing the things she is still capable of doing while receiving just enough support to stay safe, successful, and confident. You gain the reassurance that someone is paying attention every day, without paying for a level of assistance she doesn't yet need.



EVERLASTING RETREAT

Best for someone who remains largely independent but benefits from light support to stay safe, comfortable, and confident.

Monthly Rate: \$8,495

Includes up to 25% physical or cognitive partnership

For residents who still do much for themselves but no longer need to manage every part of daily life alone.

SAFETY FIRST - Where Assisted Living Truly Begins

- 24-hour awake team members are physically present, so that help is already in the home if Mom needs someone in the middle of the night.
- Immediate in-person response to calls or concerns, which means your loved one is not left waiting alone when something does not feel right.
- Ongoing fall-risk monitoring, so that changes in balance, strength, or judgment can be addressed before they become another emergency-room visit.
- Hands-on assistance with daily tasks when safety requires it, which means Mom keeps as much independence as possible without taking unnecessary risks.
- Real-time attention to fatigue, balance, confusion, and appetite, so that small changes are noticed before a crisis forces the family into reaction mode.

ALL MEALS, HYDRATION & DINING SUPPORT

- Three fully prepared daily meals, so that you no longer have to wonder whether Mom is eating more than toast, snacks, or whatever is easiest.
- Snacks and hydration are encouraged and monitored, which means someone is paying attention even when your loved one forgets to ask for a drink.
- Team-member oversight for nutritional consistency, so that changes in appetite or eating habits do not go unnoticed.

HOUSEKEEPING & LAUNDRY - ALWAYS INCLUDED

- Weekly room cleaning, including dusting, sweeping, and mopping, so that your visits can be spent with Mom instead of catching up on chores.
- All personal laundry is included, which means one less basket, one less errand, and one less responsibility waiting for you each week.
- Weekly bed-linen changes, or more often when needed, so that Mom remains comfortable and her room continues to feel cared for. Unlike many communities, we do not add a separate monthly laundry fee.

MEDICATION PARTNERSHIP & SAFETY MONITORING



- Medications may be filled and delivered by Seifert Drug, hospice, or family, so that the medication plan can remain coordinated with the people already involved in Mom's care.
- Hands-on medication assistance is provided as needed, which means you are not carrying the daily worry of whether a dose was missed or taken incorrectly.
- We watch for side effects, missed doses, and changes in tolerance, so that concerns can be reported before they grow into larger problems.
- Physician and family communication when concerns arise, which means you are not left trying to connect the dots among providers, pharmacy, and the home.

BASIC SELF-CARE PARTNERSHIP - UP TO 25%

- Light physical or cognitive assistance with grooming and hygiene, so that Mom can continue doing what she is able to do while still looking and feeling like herself.
- Bathing assistance when needed, which means personal care remains safe, private, and respectful without turning into a weekly struggle at home.
- Help with dressing, so that clothing choices and daily routines continue to support dignity and personal identity.
- Toileting support when safety requires it, which means your loved one receives discreet help without having to manage a risky situation alone.
- Assistance getting to meals and common areas, so that reduced mobility does not quietly turn into isolation.

DAILY ENGAGEMENT & MEANINGFUL LIVING

- Gentle daily movement matched to current abilities, so that strength, confidence, and mobility are supported for as long as possible.
- Purpose-driven activities rather than entertainment for entertainment's sake, which means Mom still has opportunities to contribute, choose, create, and succeed.
- Engagement built around abilities and interests, so that she is known as a person rather than placed into a one-size-fits-all activity calendar.

SCHEDULING & TRANSPORTATION PARTNERSHIP

- Coordination of medical appointments, so that fewer details fall back onto the daughter who is already managing everything else.
- Therapy scheduling, which means important services are less likely to be delayed because no one had time to make another phone call.
- Transportation support as needed, so that getting to care does not automatically require you to rearrange your entire day.

What this means for you: Mom keeps the independence she still has, while you gain confidence that someone is close enough to notice when she needs more.



SOPHISTICATED SUPPORT

Best for someone who needs consistent hands-on help while still participating in many parts of daily life.

Base \$8,495 + \$1,250 = \$9,745 per month

Requires more than 25% partnership with personal care

For residents who need regular assistance throughout the day but continue to benefit from choice, participation, and familiar routines.

ENHANCED SAFETY & HANDS-ON MONITORING

- 24-hour awake Care Partners, so that support is available throughout the night rather than depending on an alarm, camera, or delayed response.
- Consistent hands-on assistance with activities of daily living, which means Mom does not have to struggle through tasks that have become unsafe or exhausting.
- Closer observation of fall risk, cognitive fluctuations, fatigue, and endurance, so that today's care can change when today's abilities change.
- Immediate escalation when decline is detected, which means families and providers hear about concerns while there is still time to respond thoughtfully.

PERSONAL CARE PARTNERSHIP - MORE THAN 25%

- Hands-on help with grooming and hygiene, so that Mom continues to feel clean, comfortable, and recognizable to herself.
- Bathing and shower-transfer assistance, which means a vulnerable part of the day is handled with safety, privacy, and respect.
- Upper- and lower-body dressing assistance, so that reduced strength or cognition does not take away the dignity of being appropriately dressed.
- Toileting and peri-care support, which means personal needs are handled promptly and discreetly without leaving Mom embarrassed or unsafe.
- Mobility support to meals and common areas, so that needing more help does not mean spending the day alone in her room.

FULL MEDICATION ASSISTANCE & MONITORING

- Team-member assistance with medications, so that the daily responsibility no longer rests entirely on family.
- Monitoring for effectiveness, adverse reactions, and missed doses, which means changes are more likely to be recognized before they become a crisis.
- Coordination with physicians, hospice, pharmacy, and family, so that you are not serving as the only communication bridge among everyone involved.

DINING, EATING CUEING & HYDRATION MONITORING



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- Physical help with tray setup and pace as needed, so that a meal remains manageable instead of overwhelming.
- Cueing during meals, which means cognitive changes do not automatically lead to a plate of untouched food.
- Ongoing hydration reminders and monitoring, so that Mom receives more than a cup placed nearby and a hope that she remembers to drink it.

FULL HOUSEKEEPING & LAUNDRY

- All cleaning and laundry are included, so that your visits do not become another work shift.
- Increased linen and clothing changes when care needs require them, which means comfort and cleanliness are maintained without waiting for family to notice.

EMOTIONAL SUPPORT & COGNITIVE ENGAGEMENT

- Tailored daily engagement, so that Mom has opportunities that fit her interests, attention span, and abilities today.
- Emotional reassurance during anxiety, confusion, or adjustment, which means difficult moments are met with patience rather than pressure.
- PAC-informed approaches that adapt when words or logic no longer work, so that your loved one experiences more success and fewer unnecessary battles.

What this means for you: You no longer have to choose between protecting Mom's dignity and keeping her safe. She receives both, with communication that keeps you connected without making you the full-time care coordinator.



REFINED CARE

Best for someone who needs substantial daily assistance, close observation, and reliable support throughout most routines.

Base \$8,495 + \$2,500 = \$10,995 per month

Requires more than 50% physical or cognitive partnership

For residents whose needs have grown beyond occasional help and now require significant physical support and careful daily observation.

ADVANCED SAFETY & CONTINUOUS HANDS-ON CARE

- Near-continuous team-member presence and support, so that Mom is not left trying to complete unsafe tasks simply because no one was nearby.
- High fall-risk protocols, which means transfers, walking, and daily routines are approached with her current abilities in mind.
- Ongoing reassessment of mobility, cognition, and endurance, so that the care plan does not remain frozen while Mom's needs continue to change.

EXTENSIVE PERSONAL CARE ASSISTANCE - MORE THAN 50%

- Extensive help with grooming, hygiene, dressing, bathing, and toileting, so that Mom remains comfortable and dignified even when she can no longer complete most of these tasks alone.
- Hands-on transfers and mobility assistance, which means physical decline does not automatically lead to avoidable falls or being left in one place all day.
- Escort to meals and activities, so that needing more support does not quietly remove her from the life of the home.

ADVANCED MEDICATION & HEALTH MONITORING

- Full assistance with medications, so that complex routines are not dependent on memory, dexterity, or family availability.
- Monitoring for side effects, behavioral changes, and neurological changes, which means subtle warning signs have someone watching for them every day.
- Active coordination with medical providers, so that you are informed and involved without having to manage every call yourself.

DINING & NUTRITION SUPPORT

- Physical eating assistance when needed, so that reduced strength or coordination does not automatically result in missed nutrition.
- Modified textures and diet monitoring, which means meals can be adapted for safety without stripping away all enjoyment.
- Close hydration tracking, so that someone is noticing patterns rather than waiting for dehydration to announce itself through a medical problem.



COGNITIVE & EMOTIONAL SUPPORT

- Consistent reassurance and redirection, so that confusion is met with calm support instead of correction or confrontation.
- A structured daily routine, which means Mom has more predictability and fewer moments of unnecessary anxiety.
- Family communication regarding changes in condition, so that you are not surprised by a major decline that had been building quietly for weeks.

What this means for you: Mom receives the substantial support she needs without losing her personhood, and you can step out of the role of full-time hands-on caregiver without stepping out of her life.



ULTIMATE GUIDANCE

Best for someone who is fully dependent for most personal care and needs intensive, compassionate support throughout the day.

Base \$8,495 + \$4,000 = \$12,495 per month

Requires greater than 75% physical or cognitive partnership

For residents who need total assistance with most daily tasks, advanced disease support, or comfort-focused care in partnership with hospice or palliative providers.

MAXIMUM SAFETY & TOTAL CARE ENVIRONMENT

- Continuous Care Partner presence, so that Mom is not expected to recognize or manage risks she can no longer safely understand.
- Full fall-prevention protocols, which means every transfer and mobility decision is based on safety rather than convenience.
- Mechanical-lift use when required, so that transfers protect both your loved one and the team members assisting her.
- Total hands-on assistance for daily care needs, which means comfort and dignity do not depend on abilities Mom no longer has.

TOTAL PERSONAL CARE ASSISTANCE - GREATER THAN 75%

- Complete assistance with grooming, hygiene, dressing, bathing, toileting, and peri-care, so that every personal need is met respectfully and without rushing.
- Full assistance with transfers and mobility, which means Mom can continue moving through her day as safely and comfortably as possible.
- Repositioning for comfort and skin integrity, so that someone is actively protecting her comfort even when she cannot ask or shift herself.

COMPLEX MEDICATION & CLINICAL PARTNERSHIP

- Full medication assistance, so that advanced care needs do not become another technical responsibility placed on the family.
- Monitoring for disease progression and changing symptoms, which means concerns can be shared promptly with hospice, palliative care, providers, and family.
- End-of-life comfort collaboration when appropriate, so that Mom's care can remain centered on comfort, dignity, and the wishes of the family.

FULL FEEDING ASSISTANCE & NUTRITION SUPPORT

- Hand Under Hand® eating assistance when needed, so that meals remain supportive and participatory rather than something simply done to Mom.
- Texture modification and fluid-consistency monitoring, which means eating and drinking are adapted as safely as possible when swallowing changes.



- A comfort-focused nutrition approach, so that advanced illness is met with compassion rather than turning every meal into a battle.

COMFORT-CENTERED LIVING & FAMILY SUPPORT

- Emotional presence and reassurance, so that Mom is not alone in the moments when words are no longer enough.
- Comfort-focused routines, which means the day is shaped around what helps her feel safe and settled rather than around a rigid institutional schedule.
- Family guidance and honest communication during advanced illness, so that you do not have to navigate every difficult decision without support.
- Support through end-of-life transitions when appropriate, which means your family can focus on being present while we help carry the practical weight of care.

What this means for you: Mom is surrounded by familiar people who understand her, protect her dignity, and remain present through the hardest season. You can be her daughter again, not the person trying to do the work of an entire care team alone.



Included at Every Partnership Level

These are not higher-priced add-ons. They are part of the HolistiCare experience from the day your loved one moves in.

BONUS 1: HOLISTICARE PEACE OF MIND ESSENTIALS™

Personal-care supplies may look like a small detail until you are the person checking closets, comparing prices, placing late-night orders, and driving across town because Mom is almost out of something she needs.

HolistiCare Homes manages the ordering, inventory, and replacement of essential disposable personal-care supplies. Items are purchased at our actual cost and billed as a separate line item, so that you receive the convenience of full supply management without an inflated package price.

- PureWick™ catheters and collection canisters
- Personal hygiene and bathing wipes
- Disposable underpads (Chux)
- Bladder-control pads and liners
- Incontinence briefs and protective underwear

What this means for you: We monitor supplies and reorder before they run out, which means no more inventory checks, emergency store runs, or late-night Amazon orders. It is one less invisible job living in your head.

BONUS 2: INTENTIONAL ONE-ON-ONE ENGAGEMENT

A room full of people does not automatically create connection. Someone can sit in a crowded activity room and still feel invisible.

Our home includes intentional one-on-one engagement because being personally known, heard, and included is necessary for self-worth. A Care Partner may sit with Mom over coffee, look through photographs, fold towels beside her, take a short walk, help with a familiar task, or simply share quiet company when that is what she needs.

- Engagement is based on personal history, interests, abilities, and the kind of interaction Mom enjoys, so that she is not expected to fit into someone else's idea of fun.
- One-on-one time is built into care rather than left to chance, which means someone notices whether she is withdrawing, lonely, restless, or simply needing a familiar face.
- PAC-trained team members adapt the approach when dementia changes communication, so that Mom can still experience success, belonging, and genuine human connection.

What this means for you: Mom is not merely surrounded by people. She is known by people, which is what protects the sense that she still matters.

BONUS 3: COMMUNITY CONNECTION, EVENTS & OUTINGS



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A smaller home should never mean a smaller life. We bring people and experiences into the home, take residents into the community, and look for opportunities that match their interests and abilities.

This gives residents the comfort and familiarity of a close-knit home without losing access to the energy, variety, and stimulation of the larger community.

- Community events and outings, so that Mom continues participating in life beyond the walls of the home.
- Visitors, volunteers, performers, family gatherings, and seasonal celebrations brought into the home, which means connection does not depend on Mom having the stamina to go out.
- Individualized decisions about which outings and events are a good fit, so that participation feels enjoyable rather than exhausting or overwhelming.
- A balance of group experiences and personal engagement, which means socialization is measured by belonging and enjoyment, not by the number of people in the room.

What this means for you: Mom gets both: meaningful relationships inside a familiar home and continued connection to the community around her.



Our Promise to You & Your Family

We cannot promise there will never be difficult days. Aging, illness, and dementia do not work that way.

We can promise that your loved one will not become a room number. We will learn her routines, preferences, abilities, favorite stories, sources of comfort, and the small things that help her feel like herself.

We will notice changes, communicate honestly, preserve independence where it remains safe, and step in with compassion when more help is needed. Our team will use its training, judgment, and curiosity to meet the person in front of us today.

That is the partnership you are investing in: a home where Mom is known, a team that shares the responsibility with you, and the freedom to spend more of your time being family.



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