

## *For you the Alaskan family caregiver*

Freedom is a valuable luxury Alaskans treasure. Freedom to live the way we want, where we want, how we want. We know that caring for an elderly parent, disabled spouse or young family member can be a 24-hour job. COMPASS brings help home to the primary caregiver. We offer services designed with each family's special circumstances in mind. Our job is to take care of you as you take care of others. COMPASS provides in-home companionship and other support services for your loved one, so you can "take a break" and renew your own energy.

COMPASS is 100% Alaskan serving family caregivers since 1980. We understand Alaskans.



*Anchorage*  
(907)276-6960  
TOLL FREE 1-866-276-6960

*Juneau*  
(907)790-3650  
TOLL FREE 1-800-790-3650

*Sitka*  
(907)747-6960  
TOLL FREE 1-800-478-6970

[www.compasshomecare.org](http://www.compasshomecare.org)



*Call us.*  
We provide services to enhance  
your quality of life.



*Provides services to enhance  
your quality of life.*

COMPASS is a division of Center for Community, a non-profit corporation founded in Sitka, Alaska which has served Alaskans for over 26 years.

COMPASS helps people to continue living at home with reliable and compassionate in-home care assistance. We serve all of Southeast Alaska and Anchorage/Mat-su Valley.



## For you, the independent Alaskan

Freedom is a valuable luxury Alaskans treasure. Freedom to live where and how we choose. Alaskans take pride in the independence that comes with living on the final frontier. As we age and change we stay free and independent, but we sometimes need help to maintain our independence at home. COMPASS is 100% Alaskan. We understand what choosing to live in Alaska means to you. COMPASS brings help home to you with personal care assistance, care coordination and chore services tailored to suit your own personal needs so you can live independently-the Alaskan way.

## Our Care Solutions

Compass provides the highest quality of care – with ethical and experienced caregivers as foundation. We take pride in giving the support necessary for individuals to thrive in the home environment. We offer a range of services to help you or your family member. Contact us to find out how we can best help you.

### PEACE OF MIND PACKAGE also known as “RESPIRE CARE”

COMPASS brings help home to primary caregivers. We provide staff to help with daily or weekly in-home care activities such as companionship, meal planning and running errands while the primary caregiver enjoys some personal time for themselves to renew their own energy.

### CHORES & ERRANDS

COMPASS brings help home to you with our daily or weekly chore service.

*We provide assistance with:*

- Cleaning
- Organizing the household
- Cooking
- Pet care
- Shopping
- Laundry
- Picking up prescriptions
- Other Errands

### PERSONAL CARE ASSISTANCE

COMPASS brings help home to consumers with consumer directed or agency based personal care in-home care assistance choices. Personal care is more “hands-on” to assist with personal needs like bathing, grooming, eating, locomotion, as well as laundry, shopping and meal preparation.

Agency based personal care is in-home care designed for individuals who have complex medical needs or physical limitations or who choose COMPASS to manage all aspects of their care.

## Consumer Directed vs. Agency Based Assistance

### CONSUMER DIRECTED

- Consumer determines need
- Consumer develops service plan
- Consumer selects provider

### AGENCY BASED

- Agency determines need
- Agency develops service plan
- Agency directs care and selects staff
- RN oversight

Consumer directed in-home service personal care is perfect for individuals who have complex medical needs or physical limitations, but are capable of independently being their own “boss” and directing their own care.