

Use Your Life Skills and Find New Meaning in **Caring for Others**

What Does a Caregiver Do?

A professional caregiver is part of a team of people who visit an elderly client's home and help with daily life tasks such as cooking, cleaning, errands and dressing. Sometimes caregiving is as simple as just providing companionship or reading a book with the client. How will you share your time and talents as a caregiver? You may:

- provide compassionate care through friendly visits to the elderly who are frail and lonely
- offer transportation, enabling homebound clients to meet their medical appointments
- help with errands such as grocery shopping or picking up prescriptions
- bring joy and help to family members caring for their frail loved ones
- give friendship and nourishment to those in need with light meal preparation



As a caregiver, you will:

- enrich your life with rewarding moments of service
- create special relationships with people in need
- enhance your own health by staying active and involved with your community
- receive satisfaction knowing that you are helping others



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Call **408.371.1006** or visit
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today to inquire about a caregiving position

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