



Caring Consults are free. (204) 800-0251 www.nursenextdoor.com

What makes us different? For one - Our Philosophy of Happier Aging

What did you used to love doing that you no longer do? At NND, we've always thought aging was something to be celebrated. Happier Aging means reconnecting seniors with interests, hobbies and passions that might have gotten lost amid busy schedules, health concerns and other distractions. With a positive outlook and support to age comfortably, you're empowered to keep living life to its fullest.

Our History

Nurse Next Door was started in 2001 in Vancouver, BC by two men who did not have a positive experience with the Home Care services available to them. After trying different companies they both believed they could do better – and they succeeded. NND is now in every major city across Canada and also has locations throughout the US and Australia.

In 30 seconds or less, what is NND and what makes it special?

Nurse Next Door is a premium, private home care company. We provide the supports that are needed to keep a loved one living in their own home in the community. We do everything from companionship to personal care to nursing; housekeeping to transportation and attending events in the community and everything in between.

Our philosophy of Happier Aging is central to our beliefs. We help seniors reconnect with their interests, hobbies and passions that might have gotten lost. Our first question is always, "What did you used to love doing that you no longer do?" We help our clients live their life to its fullest. We are not task based. Our Perfect Match guarantee is also critical. We work to match the interests of the client with the interests and skill sets of our Caregivers and strive to have consistency in the Caregivers who support our clients.

Nurse Next Door Services (provided in home or in facility)



Companionship: Loneliness and isolation are among the leading causes of depression in seniors. Nurse Next Door understands you may need help with certain activities and a friend along the way. Our trusted Caregivers are specifically chosen to provide and support social interaction for maintaining health and mental well-being. It's all about happiness! Our companionship services include activities such as:

- Doing crafts and hobbies
- Social activities at home or in the community
- Going for leisurely walks (dogs are welcome!)
- Light gardening
- Attending family events, concerts or festivals
- And more



24/7 Care: If around-the-clock care is needed, Nurse Next Door offers 24/7 services. This is a great option for clients who require ongoing services throughout the day and night. Depending on your needs, a range of services can be scheduled daily, weekly, or monthly. A person is available to take your call 24/7 as well. There is also 24/7 scheduling support in case your plans change.



Housekeeping: We offer light housekeeping services to help our clients with daily activities. This way, seniors can stay at home in a safe and clean environment.



Meals: Good nutrition and healthy eating become more and more important as we age. Our caregivers love to prepare delicious meals, including specific ethnic dishes if requested. Our Meal Preparation services include:

- Menu planning and food choice education
- Shopping for groceries, cooking and more



Personal Care: Some days, handling day-to-day tasks on one's own can feel like quite a challenge. Whether it's bathing or shaving, Nurse Next Door can assist with your ADL's (Activities of Daily Living). Our goal is to assist clients to maintain an independent lifestyle wherever they live: at home, in assisted living or in a long-term care facility. Personal Care services may include:

- Bathing and personal hygiene
- Personal grooming and getting dressed
- Hair and skin care
- Oral hygiene (brushing, flossing, denture care)
- Toileting assistance
- Ambulation assistance and transfers



Alzheimer and Dementia Support: Nurse Next Door understands that when a loved one has been diagnosed with dementia it can be a very challenging time. Our Caregivers are trained to deal with Alzheimer's and other dementias. We provide support and guidance to clients and their families in dealing with ongoing challenges and responsibilities of providing care.



End of Life Care: At Nurse Next Door, our end-of-life care is supportive and compassionate. It focuses on comfort, quality of life, and support for families. We will respect your personal health care treatment decisions. Care can be provided where the client is living whether at home, in hospice, an assisted living residence or a residential care facility.



In-Home Nursing Care: Nursing Care is an integral part of Nurse Next Door's services. We define nursing as a "dynamic, caring, helping relationship in which the nurse assists the client to achieve and maintain optimal health." Our Care Team will select a Licensed Practical Nurse (LPN) or Registered Nurse (RN) that suits your

medical and personal care needs best. Our nursing staff can assist clients in the acute, rehabilitative or chronic stages of their illness:



Caregiver Relief/Respite: It takes time and energy to care for a loved one. Nurse Next Door provides respite care for families who need temporary relief: you may need to attend to other responsibilities or a chance to simply recharge. Being rested and present allows you to be able to enjoy more fulfilling and meaningful time with your loved ones.



Transportation/Accompaniment: Being able to go to and from daily activities is a large part of maintaining one's sense of independence and lifestyle. Let us arrange for transportation and accompaniment with a friendly and attentive caregiver. Our Caregivers may provide this professional service for:

- Appointments
- Shopping
- Groceries, errands
- Physical activities
- Religious services
- Family events

Supplementary/Overnight Care: Want overnight care or even extra baths? Our caregivers are there for you?

Community Activities: Our caregivers will escort you to community events and encourage positive social engagement.

Licensed and Insured Caregivers and The Perfect Match: All our caregivers are kind, trained and insured. We work to find a caregiver who is highly qualified and just for you. Finding the perfect match between client and caregiver is important to us as is consistency in caregivers.

Ongoing Case Management: We manage every step, including planning and monitoring physical and emotional health.

Regular Care Updates: Caregivers record cognitive and physical observations during every visit to keep you well informed.

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