



LifeTime Solutions: Services Directory

LifeTime Solutions, the private duty home care affiliate of VNA Community Healthcare, provides many unique services for older adults living in the CT Shoreline and greater New Haven area. Our goal is to help our neighbors stay safe and independent in the comfort of their own home. Keep this list handy and call us for *worry free home care*.

Service	To help with	Phone numbers & locations
Homemakers/ Companions	Laundry, cooking, companionship, shopping, light house cleaning	<p><u>Main office:</u> 753 Boston Post Road Guilford, CT 06437 203.458.5990</p> <p><u>Satellite offices:</u> 220 Old Boston Post Road Old Saybrook, CT 06475 860.388.4455</p> <p>2 Broadway North Haven, CT 06473 203.985.1549</p> <p><u>Toll free:</u> 1.866.968.7587</p>
Personal care assistants	Help with bathing, dressing, getting around, eating, medication reminders, and some homemaking	
24 hour live-in aide	Live-in personal care, interaction and homemaking	
Escorted transportation	Door-to-door escorted transportation and limited assistance. Stays and waits with client.	
Geriatric care management	Assessment of older adults needs, advocacy, and daily help with decisions, finding and managing services	
Medication management	Nurse prepares medications for 2 weeks, manages refills, patient teaching and checks for interactions	
Integrative therapies	In-home Massage, Reiki, Reflexology and Therapeutic Touch	
LifeTime Helping Hands	Network of vetted businesses including: cleaning, handyman, money management, medical equipment and more services to help older adults maintain their home	
Recreation therapy	Program designed to stimulate older adults, prepared by recreation therapists	
Home safety assessment	Full home and senior assessment by occupational therapist with detailed home modification recommendations	
<i>Link to Life</i> Medical Alert	Emergency help at the touch of a button and a follow-up call after a button is pushed	
<i>Link to Life</i> Medication Dispenser	Monitored automatic medication dispenser with reminder alarms	
Hairdressing	Cuts, color, wash and set, manicure and shaves	