

REQUEST A NO-OBLIGATION ASSESSMENT

We will meet with you and your family and jointly determine the scope of care by conducting an in-depth assessment of your (or your loved one's) lifestyle and medical conditions, then evaluate the kind of assistance that is needed to help you or your loved one remain independent at home.

During the meeting, we fully explain the services available and answer any questions you have. We listen carefully to your needs and help you choose the right solution.

CALL TODAY FOR A FREE ASSESSMENT

Serving the central Minnesota area.

Toll Free: 866-352-3350

Alexandria: 320-763-7627

Sauk Centre: 320-352-3350



www.alternativeseniorcare.net

418 10th Street So.
Sauk Centre, MN 56378

Guided by faith, we are called to provide compassionate care and peace of mind to all who desire to live at home.



WE LIVE WHAT WE DO

We understand and identify with the personal struggles that family members face when caring for their loved ones.

Between the two of us, we have three parents in their 80's who live independently in their own homes. Our parents face a number of challenges that threaten their independence. When we can't be there, we rely on our personal assistants to step in and lend a helping hand.

*Cindy and Mike Karasch,
Owners of Alternative Senior Care*



Life is Sweet at Home



Skilled Nursing Services
Homemaking
Personal Care Services

IS HOME CARE FOR YOU?

Have you or a loved one...

- Found it difficult to keep a clean and orderly house?
- Struggled to eat healthy meals?
- Stopped regular bathing because of a fear of falling?
- Given up driving and need help getting to appointments?
- Required help setting up or organizing your medications?
- Struggled to manage your diabetes?

If you answered "yes" to any of these, please call 866-352-3350 today for a free in-home assessment.



OUR SERVICES

- Skilled nurse visits
- Bathing
- Caring companionship
- Dressing
- Meal planning and preparation
- Respite care
- Incidental transportation
- Hospice care
- Running errands
- Medication management and reminders
- Light housekeeping
- Information and referral services
- Laundry

Our personalized services are available seven days a week and can range from a few hours to 24 hours and live-in care.



WHY OUR PERSONAL ASSISTANTS ARE THE "CREAM OF THE CROP"

Our personal assistants are well trained, highly qualified and carefully selected individuals who are thoroughly screened, bonded and insured. Most importantly, our priority is to have personal assistants who are completely trustworthy and extraordinarily caring of others. In order to ensure this, we look for warm, honest, caring people and then we help them boost their skills to become the best the industry has to offer.

They study nineteen essential subjects including:

- Professionalism
- Understanding Aging
- Safe and Comfortable Transfers
- Chronic Medical Conditions
- Infection Control
- Maintaining Safe and Healthy Home Environments
- Nutritional Needs
- Communication
- Meal Planning and Preparation
- And much more!

"YOU HAVE ACHIEVED WHAT WAS DESIRED. ALTERNATIVE SENIOR CARE DOES A WONDERFUL SERVICE. I AM HAPPY THAT IT INCLUDES ME. CINDY KARASCH, YOU HAVE A GREAT THING GOING."

- L.G. from Alexandria, MN