

What support can *look like.*

Support can be practical, flexible, and built around real life. For some people, that means help with routines, organization, meals, appointments, or getting out into the community. For others, it means support that builds confidence and makes everyday life easier.



-  Daily routines and organization
-  Meals, laundry, and household help
-  Community outings and errands
-  Help building confidence and independence

More possibilities together.

Questions families often ask.

Here are answers to some of the most common questions we hear.



Q How much support do we need to start?

A Support may begin with as little as four hours a day and can grow if needs change.

Q Is live-in care an option?

A In some situations, live-in round-the-clock care may be an option depending on needs.

Q Can you help with more than personal care?

A Yes. Support may also include homemaking, errands, companionship, routines, and community participation.

Q Do you offer advanced personal care?

A We can talk through what is currently available and what may be added as services grow.

What to expect from the *first conversation.*

A friendly, no-pressure conversation to help us understand your needs and explore what support might look like.

- 1 Tell us what is becoming difficult.
- 2 Share what would make life easier.
- 3 Talk through routines, schedule, and preferences.
- 4 Ask any questions you have.
- 5 Decide what kind of support feels right.

We're here to listen.

You do not need to have everything figured out.

Here are some helpful details to have ready:

-  Who needs support
-  Where support is needed: home, community, or facility
-  Main concerns or challenges
-  Preferred days or times
-  Current routines, mobility, or recovery needs
-  Best way to reach you

Tell us what would make life easier.

-  Call or text 314-405-0887
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-  newplancare.com

Here for what's next.

SERVING THE GREATER ST. LOUIS, ST. CHARLES,
AND SURROUNDING COMMUNITIES.

