



Choosing to Enrich the Third Third

## Discover New Freedom Through Extended Family Services (EFS)!

**Extended Family Services (EFS)** offers a full range of in-home services, tailored to provide you, and other adult clients the appropriate support needed to provide independent living at home. **EFS** staff will provide long-distance support to your loved ones using their 100+ years of extensive one-on-one care to individuals.

Care giving can be rewarding and often strengthens bonds within a family. At the same time, care giving can be demanding amidst life's other responsibilities. Relying on EFS to provide support and care, relieves stress and provides a more relaxing and healthy environment.

Service can be scheduled, as needed, to provide family caregivers time to run errands, go shopping, get some much-needed rest, spend quality time with friends, or just play in the sun. Each **Extended Family Service's** client has unique care needs and our goal is to help families meet those needs.

### Our services include:

#### Home Management Services

Our light housekeeping services include general cleaning (vacuuming, dusting, sweeping, mopping floors, cleaning bathrooms and kitchens, windows (when a ladder is not required), laundry (including ironing), and organizing closets and drawers). Our staff will also help with seasonal and holiday decorating in your home.



#### Personal Assistance

Through **EFS**, we will run errands on behalf of the client, such as picking up prescriptions, grocery shopping, dropping off items at the cleaners, and pick up supplies. When running errands for clients, and the client is not in attendance, we will drive our

authorized vehicles. Personal assistance might include helping to pay bills, taking a pet to the vet, walking your pet or taking your pet to a grooming facility; playing cards, games, or writing correspondence.

#### Mobility Assistance

Our C.N.A. mobility assistance is a way to help seniors maintain as active a lifestyle as possible. Maintaining mobility offers both a sense of physical and mental independence and improves mood, relieves stress, increases stamina and energy, strengthens the heart, lowers blood pressure, and improves digestion and sleep. When transporting a client, we will use their vehicle. This could involve taking the client to a doctor, visiting, the bank, or on errands.

#### Meal Preparation

We prepare hot, delicious, and nutritious meals, in the home, allowing clients to help with the preparation to the extent of their ability. This service helps seniors get the nutrition they need to enjoy healthier living. We will also provide requested nutritional consultation.



#### Personal Care Services

Our Certified Nursing Assistants (C.N.A.) help with personal hygiene. These services enhance clients' mental as well as physical well-being, helping them to feel positive about themselves.



#### Hospital Discharge Assistance

We can make the transition from a medical facility to home, less stressful by coordinating your in-home needs. We will assure a clean bed and a home cooked meal!



Our services are available at \$20 per hour, Monday thru Friday, from 6:00 AM until 6:00 PM. Our fee of \$25 per hour applies week days after 6:00 PM, weekends and holidays. Our goal is to remain flexible in meeting your support needs.

You can improve your life and that of your loved ones by working with people you can **trust!** Our staff never stop looking out for the best interest of their clients. All C.N.A. employees are drug tested, background screened, licensed, and **bonded.**



Extended Family Services

*All you have to do, is ask!  
Make today a better day  
Don't Delay, Call TODAY!*

**Extended Family Services  
Columbia County Senior Services  
Lifestyle Enrichment Center  
PO Box 1772  
628 SE Allison Court  
Lake City, FL 32056**

*We will make the Third-Third of your life at home  
more comfortable!  
JUST CALL US!*

**386-755-0235**

**Website: [ccseniors.com](http://ccseniors.com)**

**Facebook: Columbia County Senior Services**

**Email: [inhome@ccseniors.com](mailto:inhome@ccseniors.com)**