

### • Physical Therapists

If you or a loved one has a broken bone, has had a knee or hip replaced, or you have a neurological or other chronic illness that makes it hard to move from one place to another, you may need physical therapy. Our goal is to help you improve your strength, flexibility, balance, and coordination so you can:



- Move in and out of bed or a chair
- Walk on level ground and navigate stairs or curbs
- Use a cane or walker safely and effectively
- Improve your posture and balance
- Limit strain on joints and muscles
- Learn about fall prevention and exercise programs

### • Occupational Therapy

Global Care Agency's occupational therapists can help you or a loved one regain fine motor skills and the ability to perform everyday activities, such as eating, dressing, and bathing, as well as preparing a meal or enjoying a favorite hobby.

### • Speech Therapy

Global Care Agency's speech therapists will develop a program that can help you or a loved one strengthen the muscles of the mouth, neck, and face to alleviate problems such as choking and coughing, while improving the ability to speak clearly, chew, and swallow. They will also help you to:

- Understand and process what is being said
- Find other ways to communicate after a stroke, including making gestures or facial expressions
- Read, write, perform calculations, and remember things
- Use strategies to cope when communication is difficult or problematic.

### • Other Specialty Services (live in or daily)

- Maternity Nurse/Mother's help
- Child Care
- Diabetic Management
- Elderly Care
- Behavioral Health Care
- Alzheimer's Disease.

### CONTACT US

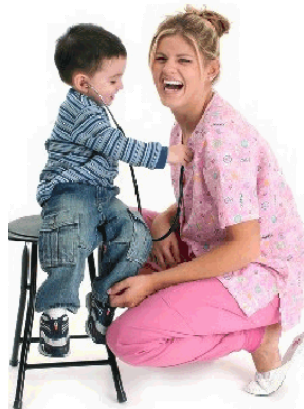
If you have questions or would like to learn more about our services, please contact Global Care Agency at: (703) 535-3143 or email us at [contactus@globalcareagency.com](mailto:contactus@globalcareagency.com).



### EMPLOYMENT OPPORTUNITIES

We are always looking for compassionate people who seek flexible and satisfying employment and want to help make a big difference to other people's lives. We seek people from all walks of life and backgrounds.

If you want to help change someone's life for the better, contact us today. For consideration for a professional position, fax or email your resume to 1 (866) 563-4961 or [contactus@globalcareagency.com](mailto:contactus@globalcareagency.com).



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*"Dedicated to Health Care Excellence"*



*Licensed, Insured, Bonded, and  
Medicaid Certified.*

## INTRODUCTION

Global Care Agency offers professional and comprehensive companionship and personal care services in Northern Virginia. We provide home care services for a variety of needs, from round-the-clock, long-term skilled nursing care, to help getting to and from an appointment. Our clients are provided with the choice and opportunity to live fulfilled, dignified and independent lives within the comfort and security of their own homes, or in the environment in which they find themselves.

Whether you are looking for help today, either for yourself or for a loved one, or simply preparing for the future, why not speak to us and find out how we can help you or those dear to you. We work around your schedule to meet your needs – to receive care for a few days or for several months.

## OUR SERVICES

Finding a caregiver isn't something most of us plan for. Then something happens and you realize you need help **NOW**. Global Care Agency can provide you with home care professionals who are knowledgeable, dedicated and compassionate, often within 24 hours from your first call. We are licensed, insured, bonded, and Medicaid certified, and have the training, supervision, and screening you or your loved one needs to be safe and well taken care of. All our employees have undergone criminal background checks and are referenced.

Global Care Agency can provide professional consultation and management services to assess the care needs of its clients, recommend a comprehensive plan of care, and coordinate multiple services.

## TRAINING

Every Global Care Agency caregiver undergoes an intensive training program. The initial training covers an extensive range of subjects, from nutrition and vital signs to personal care, sensitivity to other cultures, and professional boundaries. To complete the training process, our caregivers must work under the supervision of a licensed registered nurse (RN) who makes home visits periodically. Our caregivers

receive a minimum of 15 hours of in-service training every year to maintain certification.

## OUR PERSONAL CARE TEAM

Global Care Agency's personal care team includes:

- Skilled Nursing Services
- Social Workers
- Certified Home Health Aides/Nursing Assistants
- Companionship/Home Helper
- Rehabilitation Specialists
  - physical therapist
  - occupational therapist
  - speech pathologist
- Other Specialty Services



### • Skilled Nursing Services

No matter which service(s) you choose, a Global Care Agency RN/nurse supervisor will oversee your plan of care, including supervising all staff and scheduling all services. The nurse supervisor will also work with your doctors, community support organizations, and other family members.

Our highly skilled nurses deliver a wide range of services, including:

- Supervising the aides, as well as monitoring/modifying the plan of care to suit our clients needs
- Administering injections, medications and other treatments
- Immunization services
- Round-the-clock nursing care at home, following an operation
- Monitoring vital signs
- IV and hydration therapy
- Skilled assessments, such as home safety and nursing home eligibility.

### • Social Workers

Global Care Agency Social Workers assist its patients and their families with health-related problems and concerns. Our Social Worker performs a comprehensive assessment of a patient's social, emotional, environmental, financial, and support needs and informs other members of the health care team about these factors, which may affect the patient's health and well-being. They also work with the patient's family or support systems as well as

other service provider agencies to develop a plan for the care of the patient in his or her home or other living arrangement.

Our Social Workers are also experienced to lead support group discussions, provide individual counseling, help patients determine appropriate health care and other health services, and provide support to patients with serious or chronic illnesses.

### • Certified Home Health Aides/Nursing Assistants

Our aides/nursing assistants are assigned for at least four hours a day, with no minimum of days, and are available to fit into your schedule. Their service can be short- or long-term, periodic or continuous (round-the-clock). They assist with activities of daily living, such as:

- Personal hygiene, bathing, grooming & dressing
- Reminders to take medications
- Recording of vital signs, including pulse and blood pressure
- Transfers and ambulation
- Meal preparation and feeding.

### • Companionship/Home Helper

- Companionship
- Transportation to help get to and from doctor's/dentist's appointments, and outings
- Preparing grocery list, grocery shopping, meal preparation, and feeding
- Errands such as mailing bills/letters, buying newspapers, renting DVDs/movies
- Walks in the park, afternoon tea, reading books/newspaper, or discussing current events
- Housekeeping, which include laundry and ironing clothes, washing dishes, changing linens, vacuuming, dusting & polishing.



### • Rehabilitation Specialists

Global Care Agency rehabilitation therapists can provide in-home care, whether you're recovering from an injury or surgery, or you have a chronic illness that makes it difficult for you to move around. We combine the latest technology and research to deliver the treatment you need.