

Introducing

Skills₂Care™



WHAT IS SKILLS₂CARE?

A proven in-home program, developed at Thomas Jefferson University, that provides family caregivers hands-on education to enhance their abilities to manage the day-to-day challenges of persons with dementia.

WHAT DOES SKILLS₂CARE OFFER?

Caring for a family member with dementia can be difficult. Skills₂Care can help. A trained and certified occupational therapist will visit you at home and teach you how to:

- Manage challenging behaviors, such as wandering or refusing help
- Make your home safer
- Reduce caregiver stress
- Engage your family member in meaningful activities

HOW DOES SKILLS₂CARE WORK?

Skills₂Care is integrated into Fox Rehabilitation's occupational therapy plan of care, and may be reimbursed by the patients insurance benefits, if the patient with dementia has a skilled occupational therapy need.

COULD SKILLS₂CARE HELP YOU?

If you are wondering if Skills₂Care can help you, please take a moment to answer the questions below.

- Feeling overwhelmed or stressed?
- Having difficulty communicating with your family member?
- Not sure how to handle challenging behaviors like wandering?
- Concerned about home safety?
- Not sure where to safely store medications?

If you answered "yes" to any of the statements above, then you could benefit from Skills₂Care.

SKILLS₂CARE RECOGNIZED FOR EXCELLENCE

- Rosalynn Carter Institute for Caregiving Special Merit Award
- National Family Caregiving Award from the National Alliance for Caregiving with support from the MetLife Foundation
- SAMHSA Science and Service Award from the Substance Abuse and Mental Health Services Administration of the U.S. Department of Health and Human Services

HOW DO YOU START SKILLS₂CARE?

- Fax prescription for occupational therapy / caregiver training and patient demographics to **1 877 407 4329**.
- Call our Customer Care Division at **1 877 407 3422** and speak with one of our coordinators. They will be able to give you immediate assistance.



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