

LONGEVITY AND CREDIBILITY

Life Steps Foundation incorporated in 1983 has been dedicated to serving unmet needs in the community and maximizing human potential within a safe, supportive environment for the past 32 years. Our track record has been proven to be consistent and reliable. Throughout the history of our programs we have maintained excellent service standards. Life Steps is respected throughout the state for its commitment to quality services, empowerment and focus on prevention.

Life Steps Foundation

Northern California

828C Mahler Road
Burlingame, CA 94010
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Southern California (Headquarters)

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(310) 410 - 8190
(310) 410 - 8196 fax



Northern California Adult Services

Insight Companion Care

828C Mahler Road
Burlingame, CA 94010

(650) 259-1808

Visit us online!



Insight Companion Care Goal:

The program goal is to deliver quality services to make the lives of the individuals we serve and the lives of their families easier and more manageable.



www.lifesteps.org



Insight Companion Care

Insight Companion Care provides emotional support and companionship for individuals who are generally healthy and who want to remain independent at home. It can also include a range of non-medical services that help make an individual's life more manageable.

Individuals who need assistance with ADL tasks such as ambulation, incontinence, meal planning & preparation, personal hygiene, dressing assistance, medication reminders, grocery shopping, errands & household duties, transportation, supervised walking and fall prevention, light housekeeping, laundry/ironing & changing bed linens, socialization and companionship.



What We Do

- Medication reminders
- Assistance with daily routines such as getting out of bed and getting in and out of the car.
- performing light housekeeping duties such as changing linens, making beds, dusting, vacuuming, handling laundry/ironing, watering plants and disposal of garbage.
- Transportation assistance to the grocery store, doctor's appointments and errands.
- Help with planning, scheduling and keeping appointments.
- Socialization activities-indoors and outdoors.
- Encouraging and planning social activities. This can include sightseeing trips, movies, shopping, visits to family and friends and anything that keeps the client busy and enjoying life.
- Exercising to keep a healthy body, mind and spirit. This can include walks in the neighborhood, swimming at the local pool and anything that keeps them active.
- Entertaining with hobbies, game, etc.
- Interacting with family members to keep them abreast of their loved one's condition.

Eligibility

Individuals with permanent or temporary disability, seniors and dementia patients who enjoy their independence but are struggling with everyday activities. Families who are faced with being the primary care givers for these individuals and need support in order to work and care for their children.

