



ALLEVA

— HOME CARE —



Serving The Greater Seattle Area Since 2005

About Us

Alleva is committed to offering home care services that are as affordable as possible to encourage aging-at-home as a healthy alternative to institutional living. Nison and the staff at Alleva Home Care know that most seniors prefer to keep living in their own home. Doing so is beneficial for a senior's physical and mental health, as well as their quality of life.

Alleva Home Care has had steady growth while staying true to its mission of offering quality, compassionate care at reasonable rates. This is due to practices and features that set Alleva Home Care apart from other senior care options, along with the company's unique approaches to fulfilling its commitment to families like yours.

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- ✓ Personalized care management and plans: **Alleva** performs an in-depth assessment to determine the appropriate level of care. Together with you, we create a customized care plan based on your loved one's health, domestic, and emotional needs.
 - ✓ Our approach to caring for someone is to be clear about their needs, personality, and interests. This helps to ensure that each **Alleva** caregiver is a good match for each client.
 - ✓ Our personalized approach begins with a free phone consultation during which we get to know each other by focusing on your concerns and questions.
 - ✓ We continually devote resources to assuring that our clients' and caregivers' health, well-being, and safety are foremost. We do so through continued learning activities and making material investments as needed.
 - ✓ Our caregivers take part in specialized training that builds on the knowledge and experience they have when hired. We continually identify and add training options based on client and community needs.
 - ✓ The Covid-19 pandemic required an immediate response to ensure safety for clients and their families, as well as for our employees and theirs. Please refer to our Covid-19 Response Summary for more information.

Alleva Home Care routinely surveys clients and families for their confidential input about our services.

Meet Our Founder



Nison Simontov founded Alleva Home Care in 2005, although its story actually began years earlier during boyhood circumstances that shaped the inspiration and vision for Alleva Home Care.

After the unfortunate diagnosis of his Grandfather's cancer and the hiring of an agency to send caregivers to his home, Nison and his family were disappointed in the level of care and interest the caretakers took with helping his Grandfather with his needs. After seeing his mother take over the role of caregiver and realizing what families have to endure during family times like these, Nison decided to make it his goal to bring Alleva to life. In 2005 Nison succeeded in his dreams and Alleva was founded with a commitment to maintaining a high standard of care, compassion, and excellence.



How It Works

1



Call Us

Please call us to explain your specific needs. We will ask some preliminary questions to better understand your situation.

2

Schedule an Assessment

Once you are ready to move forward with the process, we will conduct an in-depth care assessment. Afterwards, recommendations and pricing options will be provided to help you plan and budget for services.



3



Care Plan

Once pricing is agreed upon, the care team will develop a comprehensive care plan to ensure that you are receiving the proper care that will allow you to safely remain at home.

4

Meet Your Caregiver

Our care team will work tirelessly to select the most suitable caregiver and facilitate an introduction to ensure a positive human connection between caregiver, client, and family.



5



Care Management

We will continue to manage your care needs on an on-going basis to give you peace of mind knowing that a capable team is available to help at any time, day or night.

Services

Long-Term In-Home Care

If you are wondering about your ability to remain in your home for the long term, Alleva is available to assist you as you make decisions. Our caregivers serve people like you in their homes. They are dedicated to promoting your safety and independence. This helps to avoid the higher costs of an assisted living facility. Plus, you get to remain in the comfort of your own home with the care and support of our skilled caregiving staff.



The benefits of staying home are:

- Financial, as you and your family save on care expenses.
- Improved mental and emotional well-being.
- The safety of being at home where there's reduced exposure to communicable illness.

Respite Care

Respite care services are for people who have wisely decided to set aside time for themselves. After all, becoming overly stressed and then burned out is emotionally draining and can take a toll on your health. Sadly, these factors can lead to a decline in the quality of care you are providing for your loved one.

This is why taking a break with respite care is a selfless act! Doing so helps you revitalize for the sake of your well-being and that of your loved one. Let us know when you've ready for some well deserved time off and we'll take care of the rest.



Care Management

Care management services are a comprehensive way of ensuring that crucial aspects of your loved one's care are in place. This includes coordination of care, such as making sure that medical, therapy, and dental appointments are in place, including followup. The goal is to support you with the tasks involved in caring for seniors, people with chronic illness, or people who are seriously ill.



A sample of typical services includes:

- Individualized care planning and coordination of services, including therapy and pharmaceutical needs.
- Establishing care goals, including a schedule for periodic review and update.
- Care plan management that assures daily and/or weekly routine care services are in place and being completed according to your contract with Alleva.
- Establishing and following through with communication between Alleva and the primary family caregiver.
- Managing mail and household communication as guided by the primary family caregiver.

Services

Post-Operative Care

If you are wondering about your ability to remain in your home for the long term, Alleva is available to assist you as you make decisions. Our caregivers serve people like you in their homes. They are dedicated to promoting your safety and independence. This helps to avoid the higher costs of an assisted living facility. Plus, you get to remain in the comfort of your own home with the care and support of our skilled caregiving staff.



We Provide:

- Discharge transportation to home.
- Caregiving at home that's planned to promote your health, safety, and comfort.

End-Of-Life Care

Our compassionate caregivers work side-by-side with hospice staff to ensure your loved one is cared for and comfortable. This includes some forms of medication management, hygiene, and incontinence care. Of equal importance, our caregivers ensure that your loved one knows they have company by holding a hand, adjusting bedding, and reading.



Dementia & Alzheimer's Care

It is both sad and worrisome if your family member is showing signs of confusion or has been diagnosed with memory or cognitive-related health problems. This decline can be hard to process, especially as you start to feel a sense of loss. Alleva Home Care provides sensitive care and in-home services, offering you the assurances that our caregivers:



We are here to help when you need us:

- Provide the support necessary to minimize lifestyle disruption.
- Are trained and skilled in the best ways to care for people with memory-related difficulties.
- Will support your loved one's health and safety by supporting them to make the right choices through reminders and prompts. They guide activities to keep your loved one safe and healthy, while maintaining a sense of well-being.

Services

Nurse-Delegated Care

We want to assure that your or your loved ones' care needs are safely provided with nurse delegation. This option is ideal for those who require some additional help that falls outside the scope of responsibilities of a non-medical agency. These services may include medication management or administration. A registered nurse delegator (RND) oversees these health care tasks to ensure that they are done properly and safely by your caregiver.

Nurse Delegators completed training and are licensed by the Washington State Department of Health, and follow all laws established by the Nursing Commission.



The Nurse Delegator's role is to:

- Ensure that the laws relating to delegation are properly followed
- Conduct an in-person assessment of caregivers' abilities to safely and effectively provide various delegated services
- Offer training to ensure continued quality control of services

What a Caregiver Can Do For You



Bathing

Bathing is vital to an individual's sense of well-being. It refreshes the soul, provides relaxation while cleansing the skin and stimulating circulation.



Grooming

We can help with dressing assistance, help wash and comb hair, trim nails, shave the face and apply creams - all the daily things that help our clients feel good about themselves, and their appearance.



Toileting

The inability to control urination or defecation may be embarrassing to individuals and can become unsanitary if not managed correctly. Our caregivers understand the sensitivity of this situation and approach it in an effective and dignified manner.



Managing Medication

Alleva Home Care provides only non-medical care. For that reason, our caregivers are not allowed to administer medications but can assist our clients by opening the medication containers, reading labels to ensure the correct medication and dosage are taken, overseeing the refill of daily containers, or simply reminding clients that it's time to take medication.



Meal Preparation

Many seniors do not have the opportunity to eat a well-balanced meal. Our professional caregivers are trained to prepare hot meals that are both nutritious and delicious. Healthy eating promotes healthy living, and that is what we strive to achieve.



Exercising

Regular physical activity and exercise are vital to a healthy lifestyle. The benefits of movement to both physical and mental health are seen in everyday life. Those who keep a physically active lifestyle tend to benefit by increasing stamina, strengthening the heart, lowering blood pressure, and improving digestion and sleep.



Transferring & Mobility

Moving or placing a person into a correct posture position encourages the functional activity of the body's many systems. It assists in eliminating pressure areas on the skin, reducing atrophy and stiffening of muscles, encourages proper breathing, digestion, and elimination.



Groceries & Shopping

Caregivers will shop with or without the client accompanying them. They can shop at any store the client prefers, and can use any coupons provided.



Transportation

Our caregivers will accompany clients on trips to doctor appointments, beauty salons/barbershops, shopping, religious services, club meetings, and outings - anywhere they wish to go. Part of healthy living is being able to explore the world, and continuous exposure to the outdoors is good for the mind, body, and soul.



Light Housekeeping

A clean home is a happy home. Our caregivers understand the importance of sanitary living and are committed to doing everything possible to keep you in a clean living environment. Light housekeeping includes vacuuming, dusting, sweeping and mopping floors, cleaning bathrooms, kitchens, and appliances, taking out the trash, straightening all rooms, organizing closets and drawers, cleaning any interior windows that can be reached without a ladder, as well as care of house plants, changing linens and making beds.

Facility Staffing

At Alleva Home Care, we understand the unique needs of retirement communities and the importance of providing personalized care to their residents. Our comprehensive staffing solutions offer a seamless way to enhance the quality of life for residents who require personal care services. With our experienced and compassionate staff, we aim to create a nurturing environment that promotes independence, dignity, and well-being.

Tailored Personal Care

Our team of dedicated professionals specializes in providing personalized care services to retirement community residents. We work closely with facility administrators and care teams to develop individualized care plans that address the specific needs and preferences of each resident. From assistance with activities of daily living (ADLs) to medication management, our staff is trained to deliver compassionate and respectful care, ensuring the highest level of comfort and safety for residents.

Qualified and Reliable Staff

At Alleva Home Care, we place a strong emphasis on recruiting highly qualified and reliable caregivers. All our caregivers undergo a rigorous screening process, including background checks, reference verification, and comprehensive training. We ensure that our staff possesses the necessary certifications, experience, and skills to deliver exceptional care. Rest assured, our team is committed to upholding the highest standards of professionalism and empathy while serving the retirement community residents.

Flexibility and Continuity of Care

We understand that the needs of retirement community residents may change over time, requiring flexibility in staffing arrangements. Our agency offers flexible staffing solutions tailored to meet the evolving needs of community residents. Whether it's temporary coverage, part-time assistance, or full-time staffing, we work closely with retirement community administrators to ensure a seamless transition of care. Our commitment to continuity of care ensures that residents receive consistent and reliable support from familiar faces they can trust.

Collaborative Partnership

We value the importance of building strong and collaborative partnerships with retirement communities. We believe in open communication and actively involve retirement community administrators and care teams in the care planning process. By working together, we aim to create a holistic care approach that aligns with the facility's vision and values, ultimately enhancing the overall resident experience.

Discover the difference our personal care staffing services can make in your retirement community. Let us assist you in providing exceptional care to your residents, ensuring their comfort, well-being, and peace of mind. Contact Alleva Home Care today to learn more about our services and schedule a consultation. Together, we can create a supportive environment where retirement community residents thrive.

(206) 456-CARE



What Sets Us Apart

Alleva hires **less than 10%** of caregiver applicants, ensuring that our caregivers are among the best.

We conduct **extensive background screening**, credential and driving record verification.

Alleva Home Care plans include **flexible shift options** for your convenience.

We provide nurse-delegated care as an **affordable alternative** to nursing care.

Our business process includes continuously working to **minimize overhead costs**.

We do not require long-term contracts.

Areas Served / Whom We Serve

Alleva Home Care Services Areas

Are you looking for high quality home care services located near you? Alleva Home Care has skilled caregivers throughout Washington state. Please rest assured that we endeavor to provide families like you with the care you want for your loved one.

We serve the following areas, among others:

- Seattle
- Magnolia
- Bellevue
- Mercer Island
- Medina
- Shoreline
- Redmond
- Edmonds
- Everett
- Lynnwood
- Kirkland
- Renton
- Tacoma
- Puyallup
- Lakewood
- Issaquah



Whom We Serve

Alleva Home Care is proud to have a valued team of caregivers who are dedicated and skilled in caring for people of all ages.

We offer respectful, dignified care for people:

- Who have a health condition that limits their self-care abilities
- Living with a physical, cognitive, or developmental disability that requires caregiver assistance to promote health and safety
- Whose family wishes to have the added support of a caregiver



Testimonials

What Some of Our Past Clients Had to Say

"I thank God for you taking care of my mother during her illness. The love the girls gave her was touching, and I appreciate everything you've done from the bottom of my heart. Please stay in touch."

Karl L.

"I was very happy to know that I could save money by hiring a private caregiver, but with the assurance that Alleva would always be there to help me if I needed help with staffing or handling any changes to my Dad's condition. Their staff has been terrific!"

Stephen E.

"We were really happy to work with your company! We still recommend you to all of our friends who need help. My family and I thank you for all of your great help! God bless you always."

Farideh K.

"I was very impressed with the professionalism, cheerfulness and hard work I received from my caregiver following my operation. She advocated for me when an infection developed so that I could get right in to see a doctor. From multiple doctor appointments, housework, daily shopping, she helped with everything, even an outing on a sunny day to raise my spirits!"

Frank B.

"The care I received was excellent! Being stubborn, I thought I could care for myself after my surgery – was I wrong! You and your caregiver were so helpful, compassionate and professional. My caregiver, Annie, kept me safe, monitored my medications, and worked to keep me comfortable. She helped me wrap my dressings when I could not do it myself. Annie was like a good friend. I don't know what I would have done without your help."

Clara P.

"Our family thanks you for the wonderful care given our mother. The special attention to detail was superb."

Robert C.

"It took my family a long time to select the right agency. We had our reservations at first because Alleva wasn't a part of a well-known franchise, but those reservations immediately dissipated as soon as we saw the professional and compassionate care that was provided to my Dad. The folks at Alleva can be reached during all hours of the day and night, and work closely to ensure ongoing quality of care."

Sylvia B.

"Alleva Home Care brought great comfort to my father during his last days. It was very difficult for us to be with him 24 hours a day, so that's when we decided to call Alleva Home Care. After meeting Carol, we immediately knew that Dad would be in capable hands – and we were right. The care, supervision, and coordination of services were excellent."

Thomas R.

"On a day when I was feeling especially lonely for Mike, a beautiful and fragrant bouquet of flowers came to my door. I was reminded how very special it is to have wonderful friends and I thank you for being in my life as you were for Mike."

Daisy I.



Rates and Referrals

Rates

4 - 6 Hours	\$45 - \$50
7 - 9 Hours	\$43 - \$48
10 - 12 Hours	\$40 - \$45
Live-In (<i>per day</i>)	\$550 - \$750

Short-Term Care

2 Hour Flat Fee	\$180
Additional Hours (<i>per hour</i>)	\$35
Mileage (<i>per mile</i>)	\$0.54



****Rates are subject to change and will be finalized upon the completion of the care assessment****

Referral Program

We are excited to introduce our new referral program aimed at rewarding those who help us expand our reach and provide exceptional care to more people. With our referral program, it's now easier than ever for our clients, their families, and the community to recommend our services to others in need. By referring someone to our agency, not only will you be assisting them in finding reliable and compassionate care, but you'll also earn exclusive benefits for yourself. Whether it's a friend, neighbor, or colleague, each successful referral will earn you discounts on future services, gift cards, or even complimentary additional hours of care.

Call us today for more information!

(206) 456-CARE



Contact Us

Let's Start Your Care Journey!

Our caring, capable, and knowledgeable team is ready and willing to answer any questions or concerns you may have. Contact us today to arrange a **free, no-obligation care consultation** for you or your loved one. *All office visits are by appointment only.*

Call Us



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Visit Us Online



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