

◆ In-Home Services

The Senior Homemaker/Personal Care Attendant (PCA) and Respite Services are designed to provide in-home support to seniors.

- Homemaker staff may assist with vacuuming, dusting, laundry, kitchen and bathroom cleaning, other light housekeeping tasks, and essential errands.
- PCS services include housekeeping plus personal care needs such as meal preparation, bathing, dressing, etc.
- Respite care is also available to caregivers providing 24 hour care. Our staff will care for your loved one while you are running errands or getting a much needed break.

The Homemaker/PCA/Respite caregiver is a paraprofessional worker who is trained to assist seniors and/or adults by performing essential tasks they cannot perform for themselves, thus preventing or prolonging the need of alternative living arrangements. The goal of the Homemaker/PCA is to create a healthful, safe home environment.

Fees, if any, are based on income and determined by the Area Agency on Aging or Medicaid for qualified applicants. Services are also available at \$20 per hour for those who chose to pay privately.

Please call **208-459-0064** for additional information.



◆ Metro Meals on Wheels Treasure Valley

“Serving Independence”

Metro Meals in Wheels, Ada County's Meals on Wheels program, transitioned from the Elks Rehab System to Metro Community Services in February, 2014.

Metro Meals on Wheels tagline, “Serving Independence,” truly captures the essence of the program. Yes, the program serves food, but 93 percent of the seniors served say Meals on Wheels means they can remain independent by continuing to live in their own homes.

Please call **208-321-0030** for information and/or assistance.



◆ Representative Payee

Rep Payee assists Social Security recipients with bill paying and budgeting.

◆ ECHO

(Elderly Contact & Help Organization)

ECHO provides daily telephone reassurance to seniors, disabled persons, or isolated citizens to check on their well being and provide emergency follow-up when necessary.

◆ Metro Contractor Services

Do you live in an all electric home? Eligible homes may receive energy-saving improvements through Idaho Power's Weatherization Solutions at no cost to the homeowner or renter.

Energy-saving improvements may include insulation, energy efficient doors and/or windows and air sealing.

Those living in counties of Adams, Boise, Canyon, Gem, Idaho, Payette, Valley and Washington need to call Metro Contractor Services **208-459-0066** to inquire about the Idaho Power Weatherization Solutions Program.

Metro Contractor Services is an independent contractor and for-profit component of Metro's Weatherization Program.

Metro Contractor Services also provides chore service (minor home repairs and maintenance) for a nominal fee.

