

About Independent Lifestyles.

Independent Lifestyles is an insured local home healthcare provider, founded by Vanessa Knox. Vanessa has over 10 years of nursing experience locally and internationally. I stand behind offering a unique combination of distinguished home health-care and specialty services.

It is in my value system to provide care for your loved ones as if they are my loved one's so that together we can support active aging, dignity and quality of life.

Independent Lifestyles addresses the significant need for distinguished home healthcare services by providing superior customer service and by hand picking professional, sensitive and caring personnel who are supported by organized and actively engaged management.

Families will have **peace of mind** in knowing that loved one's; especially seniors, have on site access to a home health care team including:

Registered Nurses

Licensed Practical Nurses

Personal Care Services

Housekeeping

Companions and Home Makers

Property Maintenance

Specialty Services

*Sechelt and District Chamber of
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Professional Nursing Services

- Registered Nurses (RN)
- Licensed Practical Nurses (LPN)

Providing acute, chronic or palliative medical attention at home.

Personal Care Services

- Health Care Workers (formerly Home Support Worker/Resident Care Attendants)

Assisting people in their homes with daily living activities such as personal assistance in bathing, grooming and medications.

Companions and Home Makers

- Home Makers
- Companions

Providing meals, company, errands, shopping, travel assistance or housekeeping support.

Independent Lifestyles offers wide variety of scheduling choices including: short term or long term live in, overnight, weekly, daily and hourly options. Not sure when or how much care is needed? Request our on-call service.

Independent Lifestyles

Sunshine Coast

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home healthcare home support specialty services



Harmony is in Your Hands.

Professional, worry free

home healthcare services.

www.independentlifestyles.ca

Why Choose Independent Lifestyles?



We believe that seniors would prefer to stay in their own home; a place of comfort and familiarity, rather than move to a facility as they age. We support staying in one's own home by providing a full range of services such as cooking, cleaning, bathing, shopping, and driving, as well as making every effort to

improve safety in the home.

Independent Lifestyles will work with your budget, routine and life stage to determine the best possible care at home, at a facility or in the hospital.

Choose **Independent Lifestyles** and you can rely on professional, worry free home healthcare and specialty services from the most stable, caring and sensitive employees to create a family team environment. We strive to ensure your loved one's quality of life and dignity is supported by the most skilled and competent personnel.

Other Benefits:

We believe in core values such as stability and service by responding to your needs **24 hours a day 7 days a week** to accommodate unique client care stages and routines.

Service 24 hrs a day 7 days a week for:

- Individuals having difficulties with daily living activities due to active aging
- Families needing support or relief from caring for a loved one
- Clients and families from all backgrounds and ages, with any health care need or medical condition
- With palliative care
- People who have had a stroke or acquired brain injury
- Those with Alzheimer's Disease or related disorder
- People with Parkinson's Disease
- People with affected mobility.

No Cost Consultation

Independent Lifestyles will respond to your request for services within 24 hours. We begin with a no cost consultation. A thorough evaluation of the needs of the client will result in an Individualised Care Plan that is important to the family, loved one's and health care team.



What are Specialty Services?

We know that you want the best care even though there are numerous costs and barriers associated with attending to your loved one's needs. Committed to customer service, **Independent Lifestyles** provides all clients information about community services, resources and government programs for which you may be eligible.

Harmony is in Your Hands.

There are many benefits to choosing **Independent Lifestyles**. Not only do we hand pick professional, sensitive and caring employees who share the same interests and language; we are a local business with an investment in the community. The Sunshine Coast offers many unique health and wellness services that can be arranged as an added commitment to customer service.

Home support begins when owning a home becomes too much work.

An independent lifestyle is defined by one's home life early on and in the long term. Our team of qualified personnel will help you look after your biggest asset and take away the worry of house-keeping, gardening and property maintenance.

Leave the paper work to us.

Life is full of paperwork and it can be time consuming and complicated, but that doesn't mean you have to give up. Vanessa Knox has the experience to help you navigate life's obstacles such as completing forms, accessing government programs and staying organised.