

REQUEST A NO-OBLIGATION ASSESSMENT

We will meet with you and your family and jointly determine the scope of care by conducting an in-depth assessment of your (or your loved one's) lifestyle and medical conditions, then evaluate the kind of assistance that is needed to help you or your loved one remain independent at home.

During the meeting, we fully explain the services available and answer any questions you have. We listen carefully to your needs and help you choose the right solution.

CALL TODAY FOR A FREE ASSESSMENT

Serving the central Minnesota area.

Toll Free: 866-352-3350

Alexandria: 320-763-7627

Sauk Centre: 320-352-3350



www.alternativeseniorcare.net

418 10th Street So.
Sauk Centre, MN 56378

Guided by faith, we are called to provide compassionate care and peace of mind to all who desire to live at home.



Locally Owned and Operated Since 2005

Our founder, Cindy Karasch, began Alternative Senior Care as a way to help Seniors stay in place in their homes safely and we have done just that for hundreds of clients over the years and grown to reaching clients in over 5 counties in Central Minnesota. We both have served seniors in the capacity of caregiving and have helped our own aging family members and know there are several challenges that can threaten their independence. We are dedicated to bringing dignity and respect in helping Seniors and Veterans in our own community do their best wherever they call home.

Paula Bromenshenkel- Owner/ CEO

Lainie Berg-Owner/ Chairman of Operations



Life is Sweet at Home



Skilled Nursing Services
Homemaking
Personal Care Services

IS HOME CARE FOR YOU?

Have you or a loved one...

- Found it difficult to keep a clean and orderly house?
- Struggled to eat healthy meals?
- Stopped regular bathing because of a fear of falling?
- Given up driving and need help getting to appointments?
- Required help setting up or organizing your medications?
- Struggled to manage your diabetes?

If you answered "yes" to any of these, please call 866-352-3350 today for a free in-home assessment.



OUR SERVICES

- Skilled nurse visits
- Laundry
- Caring companionship
- Bathing
- Care Management
- Dressing
- Meal planning and preparation
- Respite care
- Incidental transportation
- Hospice care
- Running errands
- Medication management and reminders
- Light housekeeping
- Information and referral services

Our personalized services are available seven days a week and can range from a few hours to 24 hours.



Scan the code to access our website

Our personal assistants are well trained, highly qualified and carefully selected individuals who are thoroughly screened, bonded and insured. Most importantly, our priority is to have personal assistants who are completely trustworthy and extraordinarily caring of others. In order to ensure this, we look for warm, honest, caring people and then we help them boost their skills to become the best the industry has to offer.

They study nineteen essential subjects including:

- Professionalism
- Environments
- Understanding Aging
- Nutritional Needs
- Safe and Comfortable Transfers
- Communication
- Chronic Medical Conditions
- Meal Planning and Preparation
- Infection Control
- And much more!
- Maintaining Safe and Healthy Home

" MY CAREGIVER ALWAYS MAKES ME FEEL IMPORTANT, SHE KNOWS JUST WHAT I NEED HER TO DO. I REALLY FEEL THAT SHE GENUINELY CARES ABOUT ME. "

- C.M. SAUK CENTRE.