

HOW WE CAN HELP YOU

It's about giving the best options in family care giving. We understand the challenges you're faced with and when working with us you will find support and guidance through the entire family care planning process.

"Remember that you don't have to be alone."

THE SERVICES WE OFFER

MEDICAID WAIVER SERVICES

This program assists individuals who require long-term care services to remain in their home or community setting regardless of advanced age or disability, which would usually warrant long-term care in a facility. Services may include: Delivered Meals, Assisting Devices, Environmental Modification Assessment, Assisted Living & Care Mgt., and Respite Care, Supported Living, Supported Employment, Day Habilitation, Family Habilitation, Group Home, Shared Care, Transportation Services and Nursing Oversight.

CHORE

Our Chore services are here to provide Consumers with laundry, menu planning, grocery shopping and light housekeeping.

RESPITE

We offer Respite services to ensure the safety and well-being of Consumers. Providing care and supervision that the parent or guardian would normally provide.

CARE COORDINATOR

Responsible for the Consumer and acts as primary advocate on their behalf. They support individuals in meeting their goals as directed by the Consumer.



THE MISSION OF HEARTS & HANDS OF CARE

To develop and deliver services of the highest quality to meet the diverse needs of individuals and their families. We are dedicated to the creation of a nurturing environment that fosters independence, community and quality of life. Our staff is dedicated to empowering individuals and encouraging them to take control of their own health care needs.

BUSINESS HOURS

Monday - Friday
9:00am - 5:00pm

Saturday & Sunday
Closed

ANCHORAGE
8130 Old Seward Hwy.
Unit 103
Anchorage, Alaska
99518

WASILLA
1401 S. Seward Meridian Pkwy.
Suites A & B
Wasilla, Alaska
99654



*Hearts & Hands
Of Care, Inc.*

IT'S ABOUT FAMILY SUPPORT

ANCHORAGE

907-929-5826
8130 Old Seward Hwy. Unit 103
Anchorage, Alaska 99518

WASILLA

907-631-3520
1401 S. Seward Meridian Pkwy. Suites A & B
Wasilla, Alaska 99654

www.HeartsAndHandsOfCare.com

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A LIFE STORY OF HOPE



THE KADIJAH MINI GRANT

ABOUT THE PROGRAM

The Kadajah Mini Grant assists children, seniors and adults with complex medical conditions and developmental disabilities.

This grant provides short term support for families in crisis, listens, supports and assists them in advocating for their family.

CONSUMER DIRECTED PCA PROGRAM REQUIREMENTS

Consumer directed personal care is a program which allows individuals with disabilities to recruit, hire, train and manage a personal care assistant (PCA) of their choice.

Each Consumer is encouraged to train their PCA to meet their specific personal care needs. Some of these may include:

| | | |
|-----------|-----------|-----------------|
| Bathing | Walking | Transfers |
| Grooming | Eating | Incontinence |
| Dressing | Hygiene | Medication Mgt. |
| Toileting | Nail Care | Meal Prep. |

We require individuals to be eligible for Alaska Medicaid and have the ability to direct their own care or appoint a caregiver to assist them.

As the owner of Hearts & Hands of Care, I would like to share my inspiration for wanting to help others. To those who don't know me, this is my story. At a young age, I became pregnant with my daughter Kadajah, who was born with the umbilical cord around her neck twice, causing severe brain damage and causing her to have cerebral palsy.

Kadajah is now 19 years old and has had various difficulties with her cerebral palsy. One of our recent obstacles to date was on April 13th, 2005, when Kadajah received spinal surgery for her severe case of scoliosis. She has recovered well, but still has obstacles to overcome.

I have learned many important lessons in my 19 years with Kadajah—the most important one being patience. For a young mother whose motivation was to accomplish any task the first time and not waiting a minute over, this was my greatest challenge. My second obstacle was acceptance for things we are truly powerless to change. Until Kadajah came along, I did not believe I would ever know the true meaning of “powerless.”

To watch her, unable to talk or walk, is what it feels like to be ultimately powerless.

I am eternally grateful for the gift of life and the many lessons, joys, and trials she has brought to my life. To all of you, this is simply a little piece of me.

Kisha Smaw, CEO
Hearts & Hands of Care, Inc.

