



Your In-Home Care Specialists Serving All of Alaska

Anchorage

615 East 82nd Avenue, Suite 101
Anchorage, AK 99518
907.222.2652

Ketchikan

344 Front Street, Suite A
Ketchikan, AK 99901
907.220.9461

Homer

126 Pioneer Avenue, Suite 5
Homer, AK 99603
907.226.1157

Kodiak

1941B Mill Bay Road
Kodiak, AK 99615
907.481.3070

Kenai

412 Frontage Road, Suite 40
Kenai, AK 99611
877.532.8540

Wasilla

131 E. Swanson Avenue, Suite 1
Wasilla, AK 99654
907.357.7962



Toll Free

888.966.8777

Consumer Direct Care Network Alaska

www.ConsumerDirectAK.com

Your In-Home Care Specialists

EVERY LIFE. EVERY MOMENT. EVERY DAY.



C O N S U M E R D I R E C T C A R E N E T W O R K A L A S K A

A Culture of Caring for You

Self-Determined Care

As we walk the path of life, our needs change. Some tasks become more difficult and extra help is needed. Consumer Direct Care Network Alaska provides assistance to Alaskans who experience disabilities and functional challenges through our care program.

Personal care services assist with Activities of Daily Living, including:

- Hygiene care (bathing, grooming, shaving, and caring for teeth or dentures)
- Maintaining mobility (transferring, walking and using mechanical aids)
- Toileting and continence care
- Medication administration
- Dressing
- Eating

Personal care services also assist with Instrumental Activities of Daily Living, including:

- Meal preparation
- Light housework
- Shopping
- Laundry

This extra bit of help can make all the difference in you staying healthy and maintaining your quality of life.

Chore and Respite

When you need help because of age or disability, maintaining your home and finding relief for your caregiver often becomes a difficult task. The Care Network provides assistance with these challenges through our chore and respite care programs.

Chore services helps you stay safe in your home by assisting with the following tasks:

- Cleaning living spaces (dusting, sweeping and vacuuming floors, taking out garbage)
- Preparing, serving, and cleaning up after meals
- Washing, folding, and ironing clothes
- Shopping for groceries and supplies
- Changing linens and making beds

Respite care services provide relief for primary caregivers by assisting with the following tasks:

- Socialization and companionship
- Support and supervision
- Personal care

This help can go a long way toward keeping your home safe and clean and your caregivers happy.



E V E R Y L I F E . E V E R Y M O M E N T . E V E R Y D A Y .