

A Culture of Caring for You

Consumer Direct Care Network Alaska (CDAK) provides quality care and support to individuals who choose self-direction for their non-medical in-home care.

Self-directed care puts you in control, allowing you to select and manage your caregivers and determine the care best suited for your needs. CDAK supports your independence by managing employment-related tasks.

Our programs provide a variety of in-home care options to fit your needs.

Personal Care Services give you control over your care and support for *activities of daily living*, such as:

- Hygiene support (bathing, grooming, and teeth/denture care)
- Maintaining mobility (transferring, walking, or using aids)
- Toileting and continence support
- Assistance with medication administration
- Dressing
- Eating

Personal Care Services also assist with everyday tasks, known as *instrumental activities of daily living*, making remaining at home easier.

- Meal preparation
- Shopping
- Light housework
- Laundry

Respite Services provide relief to your primary Caregiver while ensuring your needs are met by assisting with:

- Personal care
- Socialization and companionship
- Support and supervision

Chore Services are there when you need assistance, because of age or disability.

- General housekeeping
 - ♦ Dusting/sweeping/vacuuming
 - ♦ Changing linens and making beds
 - ♦ Laundry, including folding and putting away
- Meal preparation, including serving and clean-up
- Shopping for groceries and supplies

Habilitative Services help people with developmental and related disabilities achieve maximum independence. Customized services assist individuals receive the support they need to retain, learn, or improve functional skills for everyday living.

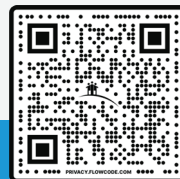
- In-home supports
- Supported living
- Day habilitation

**We are here to help you
live the life you choose.**

 **888.900.7962**

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