

## Our Services

Do you need someone to talk to about your questions and concerns, who can help put all the information into perspective and determine what it all means for you and your situation?

- We help to demystify medical language that can be hard to understand.
  
- We'll talk to your family members and let them know what's going on with you. We can help give peace of mind when loved ones are far away by being their eyes and ears during visits to your health care provider or when you are going for tests.
  
- We can tell you what to expect after you've had a procedure or surgery; how you'll feel and your path to recovery.
  
- We can research information about your new diagnosis and explore all of the treatment options that may be available to you.
  
- We can go over your medications and what their effects can be on your body, what side effects or allergic reactions to look for and when to call your provider about them.
  
- We can help you make a list of questions to ask your health care provider.
  
- We can explore the types of Alternative Medicine treatment options that might help to promote wellness and healing.
  
- We can look at what community resources are available to promote independence and support.