



INDEPENDENT LIVING SUPPORT (ILS)

Tier Services for Residents of Independent Living Facilities

The ILS may be scheduled 9 AM - 5 PM or 8 AM - 8 PM. Time varies depending on residents acuity level Monday to Sunday. The ILS will be attending to multiple residents who will sign up during the shift to perform the available services.

AVAILABLE SERVICES

*(Time-sensitive based on tier selection. "Basic" Tier is limited to "Medication Reminder" and "Safety Check" only. Bathing is **only** available for Essential Plus and Elite Tiers.)*

- > Assistance with personal care. Dressing, grooming, bathing, toileting, diaper change.
- > Medication Reminder with Client *(Does not include organizing the weekly medication pill box or taking blood pressure)*
- > Uber / Lyft transportation - Help navigate
- > Cell Phone / Gadget assistance
- > Assistance with scheduling doctor appointment/ personal appointments over the phone.
- > Ambulation and mobility assistance which includes assistance with transferring and walking.
- > Assistance unloading (pick-up food) groceries / food assistance.
- > Companionship, encourage and escort to facility activities.
- > Exercise Assistance / Collaboration with Physical therapy treatments.
- > Light Housekeeping includes laundry, vacuum, dusting furniture, wiping counters, wash dishes, clean bathroom. *(Light housekeeping Does NOT include ironing clothes, pet grooming)*
- > Collect and dispose trash. Pickup Mail. Make bed.

COGIR

of SOUTH BAY
Senior Living

LIVE THE LIFE YOU WANT!

Independent Living at our community offers the perfect blend of freedom and connection. Live life your way every day, with all our daily chores and responsibilities managed by our dedicated staff. Immerse yourself fully in the activities you love, surrounded by a supportive and vibrant community.

AMENITIES DESIGNED FOR YOUR WELL BEING.

- > Full kitchen
- > Private bathrooms with walk-in
- > In-unit washer and dryer
- > 24/7 concierge services
- > On site security system
- > Emergency call system
- > Covered parking

Contact Cogir of South Bay
For Inquiries:
(213) 808-4531
Jill Allen - (714) 944-7914

Cogir of South Bay
21507 Hawthorne Blvd.
Torrance, CA 90503

BASIC **\$580/Month**
Limited to Medication Reminder and Safety Check

ESSENTIAL **\$795/Month**
Limited to 30 Minutes Per Day (Includes all services available within a 30 minutes timeframe; excluding bathing)

ESSENTIAL PLUS **\$1,295/Month**
Limited to 1 Hour Per Day (Comprehensive of all services available)

ELITE **\$2,595/Month**
Limited to 2 Hours Per Day (Comprehensive of all services available)

This can be done in increments of 30 minutes per visit
(Unless Resident chooses Assistance with personal care and Bathing which would be set for 1 hour)

A La Carte

- \$60- Shower, dressing and Grooming assistance *(Limited to 3 times a week, 1hr max Visit)*
- \$350- 12/hr 8AM - 8PM access to Safety Check.

Our Caregivers are:

- Home Care Aid are registered with California Home Care Services Bureau.
- Thoroughly screened with criminal background check. (FBI & Dept. of Justice)
- TB Tested • CPR and First Aid Certified • Insured and Bonded • HCO# 194701143

Need more personalized help?

- » Hourly Rates available upon request
- » One on One Care- Rates may vary upon **FREE** client evaluation. (4 up to 24 hours)
- Visit us on 3rd Floor - #348

For Inquiries Call:
Bea Sta. Maria - (818) 940-8605 / Dennis Castro (818) 383-4511