

## Program Benefits

- Social contact that helps alleviate isolation and loneliness
- A view into your loved one's daily events, feelings, and thoughts.
- A pulse on health and wellbeing, including daily routines.
- Quick escalation if a significant issue is identified.

Loneliness is a known risk factor for many clinical conditions, but there are few effective interventions deployable at scale. Our call program has been designed based on findings from the 2021 JAMA Psychiatry study to attempt to reduce the negative health impacts of loneliness, making a positive difference in the lives of older adults.

In a randomized clinical trial of 240 adults, layperson-delivered, empathy-oriented telephone calls were found to reduce loneliness, depression, and anxiety. This call program also improved the general mental health of participants within four weeks. These impacts, along with opportunities to monitor health routines and safety in the home, are the foundation of Care Call 4 You.



# CARE CALL 4 YOU

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# CARE CALL 4 YOU

## Enhance and Maintain Their Independence



**A Safe Place  
to Connect**



## Safety & Wellness for Them Peace of Mind for You

- Safety and wellness calls
- Engage, connect and share a summary of the call with your caregiver network

## What is Care Call 4 You?

### 1. Regularly scheduled phone calls that enhance care.

Calls are made by our compassionate, trained team of healthcare professionals from our headquarters in St. Louis, Missouri.

### 2. Consistent point of contact to build a trusting relationship.

Care Call 4 You participants have a friendly, reliable contact checking in on a regular basis. These calls give them a trusted outlet to express overall feelings, health needs, and any non-health concerns, as well as chat and share news.

### 3. Connection and Engagement.

Our program helps ensure your loved one's safety and holistic wellbeing by offering continuous care support and a reassuring presence.

### 4. Call summaries delivered to designated contacts.

After every call, a summary is delivered to those on the participant's designated list. This provides loved ones with ongoing updates and alerts them early regarding any emerging issues.



**CARE CALL  
4 YOU**



**CARE CALL  
4 YOU**

## How does Care Call 4 You Work?

Our care team nurtures an ongoing connection with each individual. Through getting to know them and their habits, preferences, life events, and care plan, we conduct regular personalized and appropriate check-ins. It is our mission to enhance everyone's quality of life and safety in their home.

Simply provide your loved one's contact number along with the preferred days and times for calls. We will coordinate the designated list of contacts to receive call summaries, as well as notification methods (email, call, or text).

*Note that we will also reach out to designated contacts to let them know if their loved one did not answer a call.*

## Who Will Benefit From Care Call 4 You?

- Individuals who would benefit from regular check-ins and monitoring of their physical and mental health.
- Individuals who are often alone and have feelings of loneliness.
- Individuals with family who work during the day or do not live close by.
- Individuals who are unable to leave their home.

## Call Frequency

Weekly call frequency can be customized according to your specific requirements and preferences.

Upon the initial orientation meeting, we will establish the ideal call frequency, day(s) of the week, and time(s) that best accommodates your needs.

## Testimonials

“Client said she was hot – it was during the heat wave in July. Upon further inquiry – client had turned off the central air conditioner due to perceived high electric bills. When family heard – they immediately got involved.”

“My mother is not as mobile or social as she used to be, it is good to know that there is someone else reaching out to her. I like the fact that the same person is talking to her so my mother becomes comfortable discussing possible issues. I enjoy getting the call summaries during my busy workday as it is hard for me to call her during this time.”

## Safety & Wellness for Them

Peace of Mind for You

