



FAMILY
FIRST
HOME COMPANIONS

CAREGIVING DURING THE CORONAVIRUS PANDEMIC

Helpful Resources to Get You Through



1

VISITING PHYSICIANS

A visiting physician will provide the same medical services as a traditional in-office physician making it much easier to access healthcare while staying safe at home. A LI resource for a visiting doctor is **United Medical House Calls (telehealth also available) Contact:**

info@medicalhousecalls.com

Suffolk: 631-626-1006

Nassau: 516-736-1510

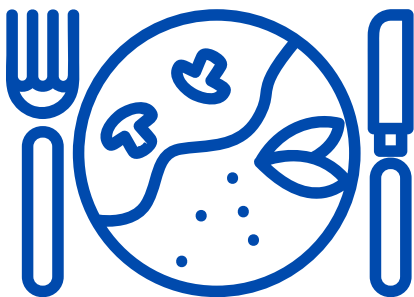


2

GROCERY SHOPPING AND PRESCRIPTION PICK-UP

One of our professional caregivers will assist with grocery shopping and other errands while wearing masks and gloves. **Call to schedule a visit today at 631-319-3961 or email**

info@familyfirsthomecompanions.com.



3

MEAL DELIVERY SERVICES

Mom's Meals provides fully-prepared, refrigerated meals and snacks to your doorstep. Just heat up and enjoy. **Contact Mom's Meals by visiting momsmeals.com or call 877-347-3438. If you are a client of Family First, call us at 631-319-3961 to learn about your discount to Mom's Meals.**



4

REMOTE MONITORING

Remote monitoring can come in the form of a medical alert system, security alarm and camera system, or a fall monitoring system. Below are a few examples:

ADT's Medical Alert Systems:

Call Jay Chin at 516-225-1619

Security Alarm & Cameras:

Link Interactive

Call 877-401-0926

Fall Monitoring System:

Silent Beacon Wearable Panic Button

Available on Amazon

Family First Home Companions

Serving all of LI & The Boroughs

631-319-3961

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