

Frequently Asked Questions

Compassionate Answers for You and Your Family

Choosing support for an elderly loved one is an important decision. We want you to feel informed, comfortable, and confident throughout the process. Below are answers to common questions about A Breath of Life Elderly Companion Company Inc. and our personalized companion-care services.

What services does A Breath of Life provide?

We provide personalized, non-medical companion care designed to help elderly adults remain socially connected, engaged, comfortable, and supported.

Depending on the client's needs, services may include:

- Meaningful companionship and conversation
- Mental stimulation and memory-support activities
- Support with hobbies and recreational activities
- Light housekeeping and meal preparation
- Medication reminders
- Transportation and accompaniment to appointments, errands, and social outings
- Physical Fit Care and encouragement with approved activities
- Respite support for family caregivers
- Family communication and visit updates

Every care plan is personalized around the client's preferences, abilities, routines, and goals.

Is A Breath of Life a medical home-health agency?

A Breath of Life provides non-medical companion and personal-assistance services. We do not replace skilled nursing, home-health, rehabilitation, or emergency medical care.

Our company is led by an experienced Registered Nurse, bringing a knowledgeable and safety-conscious perspective to how services are planned, coordinated, and monitored. When needs fall outside our scope, we communicate with the family and recommend contacting the appropriate healthcare professional.

What does RN-led companion care mean?

RN-led care means that our company's services and quality standards are overseen by a Registered Nurse with more than a decade of healthcare experience.

This background helps us recognize changes that may require family attention, develop thoughtful care plans, communicate clearly, and maintain a high standard of compassionate support. It does not mean that skilled nursing services are provided during a companion visit.

Who can benefit from companion care?

Our services may be helpful for an elderly adult who:

- Lives alone or spends extended periods alone
- Is experiencing loneliness, isolation, or decreased social engagement
- Needs support maintaining a meaningful daily routine
- Has memory changes or a diagnosis involving cognitive decline
- Benefits from reminders, encouragement, and mental stimulation
- Needs accompaniment to appointments, errands, or activities
- Has a family caregiver who needs dependable respite
- Would benefit from regular companionship and family updates

Companion care can also provide peace of mind for adult children who live at a distance or cannot be present as often as they would like.

Do you provide memory and dementia support?

Yes. Our Memory Care program offers non-medical support for clients experiencing memory changes or living with dementia.

Services may include familiar routines, conversation, memory-focused activities, mental stimulation, redirection, meaningful engagement, and companionship. Care is adapted to the client's abilities, preferences, personal history, and current stage of need.

Our services do not replace medical evaluation, skilled nursing, or treatment provided by a physician or other licensed healthcare professional.

How do you support elderly adults experiencing depression or isolation?

Our Depression Care program focuses on companionship, purposeful routines, meaningful activities, creative engagement, and increased social connection.

We may also use appropriate screening and observation tools to help identify concerns that should be shared with the client, family, or healthcare provider. We do not diagnose or treat depression, but we can provide consistent support and encourage families to seek professional care when needed.

If a client appears to be in immediate danger or is experiencing a mental-health emergency, emergency services should be contacted immediately.

What is Physical Fit Care?

Physical Fit Care provides encouragement and companionship during safe, approved movement and wellness activities.

Activities are personalized to the client and may include walking, stretching, chair-based movement, or following an exercise plan established by a physician or therapist. Companions do not provide physical therapy or prescribe exercise.

What is respite care?

Respite care gives family caregivers time to rest, work, attend appointments, manage personal responsibilities, or simply recharge while their loved one receives attentive companionship.

Respite services may be scheduled regularly or occasionally, depending on availability and the family's needs.

Can you accompany clients to appointments and social activities?

Yes. Depending on the client's care plan and scheduling availability, we can provide transportation or accompaniment to medical appointments, errands, religious services, family gatherings, community events, and social activities.

Transportation arrangements, approved destinations, and any related charges are reviewed before services begin.

How do you create a personalized care plan?

We begin with a complimentary in-home or virtual consultation. During this conversation, we learn about the client's daily routine, personality, interests, abilities, preferences, safety considerations, and desired support.

We then develop a personalized care plan that outlines the services to be provided. The care plan can be updated as the client's circumstances or preferences change.

How are companions matched with clients?

We thoughtfully match clients and companions based on care needs, personality, interests, preferences, scheduling, and compatibility.

Our goal is to create a dependable and meaningful relationship—not simply fill a schedule. If a match does not feel right, we encourage the client or family to contact us so we can discuss an appropriate solution.

Are your companions screened?

We carefully screen companions according to company policy and applicable Texas requirements. The screening and onboarding process may include identity verification, employment eligibility, background checks, registry checks, reference checks, orientation, and competency review.

We are committed to providing families with dependable, respectful, and compassionate support.

How will my family know what happens during visits?

We use AxisCare, a secure care-management system that helps us manage schedules, document visits, maintain care information, and support communication.

Depending on the service arrangement, families may receive visit notes or updates about activities, observations, and the client's general experience. Families are also encouraged to contact us whenever they have a question or concern.

Can services be changed after care begins?

Yes. We understand that needs can change. Service schedules and care plans may be reviewed and adjusted based on the client's condition, preferences, family circumstances, and companion availability.

Please notify us as soon as possible when a change is needed.

Do you offer full-time, part-time, or occasional support?

We offer flexible scheduling based on the client's needs and current availability. Support may be arranged on a recurring, part-time, respite, or occasional basis.

During your consultation, we will discuss the requested schedule and determine the best available service arrangement.

How much do services cost?

Rates depend on the type of support requested, visit length, schedule, transportation needs, and level of personalization.

After learning more about your family's needs, we will clearly explain the recommended services and applicable rates before you sign a service agreement. There are no services started without your approval.

Do you accept Medicare, Medicaid, or health insurance?

Traditional Medicare and standard health insurance generally do not pay for non-medical companion care. Coverage may be available through certain long-term care insurance policies, Medicaid programs, veterans' benefits, or other funding sources depending on eligibility and plan requirements.

Families should confirm benefits directly with their insurance company or program administrator. We can provide appropriate service documentation when available, but coverage and reimbursement are not guaranteed.

What areas do you serve?

A Breath of Life serves clients in Houston and surrounding communities. Service availability depends on the client's location, requested schedule, and companion availability.

Please contact us to confirm whether we currently serve your area.

How quickly can services begin?

The start date depends on the client's needs, completion of the consultation and required documents, scheduling, and finding an appropriate companion match.

We make every effort to begin services promptly while ensuring that the care plan and companion match are appropriate for the client.

What happens if there is an emergency?

A Breath of Life is not an emergency-response or skilled medical service. For a medical, safety, or mental-health emergency, call 911 immediately.

Companions follow company procedures for reporting urgent concerns and contacting the client's designated representative. Families should provide current emergency contacts, healthcare information, and relevant safety instructions before care begins.

How do we get started?

Getting started is simple:

1. Contact us by phone, email, or through our website.
2. Schedule a complimentary in-home or virtual consultation.
3. Discuss your loved one's needs, preferences, and desired schedule.
4. Review the personalized care plan and service agreement.
5. Complete the AxisCare setup and select a start date.
6. Meet your thoughtfully matched companion.

Still Have Questions?

We would be honored to learn more about your loved one and discuss how personalized companion care may help.

Schedule a Complimentary Consultation

Phone: 713-487-5202

Email: info@abreathoflife.org

Website: www.abreathoflife.org

A Breath of Life Elderly Companion Company Inc.—Restoring Joy, Purpose, and Peace through compassionate companionship.