

Services Offered:

Instant Care of Arizona offers a comprehensive range of in-home care services tailored to support seniors, individuals with disabilities, and those recovering from illness or surgery in the Phoenix area. Their offerings encompass both non-medical and medical services, ensuring clients receive personalized care within the comfort of their homes.

Non-Medical In-Home Care Services

These services focus on assisting with daily living activities to promote independence and enhance quality of life:

- **Personal Care Assistance:** Help with bathing, dressing, grooming, and toileting.
- **Meal Preparation:** Planning and preparing nutritious meals tailored to dietary needs.
- **Light Housekeeping:** Tasks like laundry, cleaning, and organizing to maintain a safe environment.
- **Companionship:** Engaging in conversation, reading, or recreational activities to alleviate loneliness.
- **Mobility Support:** Assistance with walking, transfers, and positioning to prevent falls.
- **Medication Reminders:** Ensuring timely intake of prescribed medications.
- **Transportation:** Accompanying clients to appointments, errands, or social events.[Senior Care FinderABC15 Arizona in Phoenix \(KNXV\)](#)

These services are designed to be flexible, ranging from a few hours a day to 24/7 live-in care, based on individual needs .

Medical and Specialized Care Services

Under the umbrella of Choice Health at Home, Instant Care of Arizona also provides medical services administered by licensed professionals:[Choice Health at Home+1ABC15 Arizona in Phoenix \(KNXV\)+1](#)

- **Skilled Nursing Care:** Medical monitoring, wound care, and chronic disease management.
- **Therapy Services:**

- *Physical Therapy*: Rehabilitation to restore mobility and strength.
- *Occupational Therapy*: Assistance with regaining daily living skills.
- *Speech Therapy*: Support for communication and swallowing disorders.
- **Specialty Programs:**
 - *Chronic Disease Programs*: Management for conditions like COPD, diabetes, and heart failure.
 - *Post-Surgical Recovery*: Care plans to facilitate healing and prevent complications.
 - *Fall Prevention*: Strategies and exercises to reduce fall risk.
 - *Pain Management*: Techniques to alleviate chronic pain.[ABC15 Arizona in Phoenix \(KNXV\)+1Choice Health at Home+1](#)

These services are aimed at providing comprehensive care that addresses both immediate health concerns and long-term wellness goals .

Why Choose Instant Care of Arizona?

- **Personalized Care Plans**: Each client receives a tailored care plan that aligns with their specific needs and preferences.
- **Experienced Caregivers**: Staff undergo thorough background checks, training, and certifications to ensure high-quality care .
- **Flexible Scheduling**: Services are available 24/7, accommodating various schedules and levels of care required.
- **Comprehensive Support**: From non-medical assistance to skilled nursing, clients have access to a full spectrum of services.

Service Areas

Instant Care of Arizona serves clients throughout Maricopa, Pinal, and Pima Counties, including the Phoenix and Tucson metropolitan areas .