



Minimize stress
and worry.

Maximize autonomy
and *quality of life.*





YOUR NEEDS. YOUR PRIORITIES.

At Q4, we listen between the lines to learn what's important to you and your family, and to understand the issues and challenges you're facing.

Managing the Critical Details of Medical Care

Our health becomes more important—and more precarious—as we age. At Q4 we focus on preventing problems and proactively managing any existing conditions. If a crisis arises, we ensure that our clients are receiving the right care at the right time. We also focus on transitioning from the hospital back to home, making sure that all the details are cared for. And we'll monitor and report so you're assured that everything is on track.

Improving Quality of Life

From organizing in-home services to keep an elder independent or arranging transportation to the store, we'll help you find the right local resources. Whether your priorities are traveling, socializing or caring for a beloved pet, Q4 can help. Our services help you maximize your quality of life and put the joy back into living.



When it comes to helping seniors live independently, most families today are doing it alone—taking on as much as they can, and piecing together the rest.

Q4 is a welcome alternative—a trusted guide to help families assess what's needed and put it all into place. Our Advisors offer deep expertise and sensitive attention—and bring an unprecedented level of professionalism, accountability and support to the challenge at hand.





OUR SERVICES

Our Q4 Advisors work with you one-on-one to evaluate your situation, understand your challenges, find solutions, and implement a plan. We take the chaos out of medicine—partnering with you to help your doctor understand the symptoms, limitations, and emotions you experience, while helping you understand the choices that will improve your health. We're medical professionals who focus on providing solutions to maximize your quality of life.

We can help with

- Symptom Control
- Medication Monitoring
- Disease Management
- Crisis Intervention
- Improving Functional Limitations
- Assistive Devices
- Home Safety
- Home Modification
- Home Placement
- Moving Management
- Socialization Opportunities
- Transportation Arrangement
- Communication
- Travel Needs & Desires
- Pet Planning
- Disaster Planning

Services are individualized and are typically provided on an hourly basis, though we can provide estimates for specific assignments or ongoing support.

TRUST IT TO US

Q4 is a group of passionate health professionals trained in the special needs of seniors. We are your one-stop source for information, answers and assistance.

Your expert

We are experts in coordinating, monitoring, and early intervening in care. We are ethical professionals who are passionate about serving you. We also have access to specialists in every arena, and leverage all our knowledge and resources on your behalf—to ensure you're getting the most advanced and appropriate care.

Your advocate

You'll develop a trusting and enduring relationship with your own Q4 Advisor, who gets to know you and your family personally. And whenever you require the services of another professional or specialist, we'll coordinate the referral and files to make the whole process easy and seamless.

Your guide

Healthcare is like a giant spider web. Individuals and their families know they have a disease or condition and yet they have no idea what help is available, where to get it, and how the system works. **We do.**

Your liaison

Getting access to physicians can be a challenge. And most medical information and advice can be confusing and overwhelming. Your Q4 Advisor will help you formulate your questions, get answers, clarify the information and ensure that everyone understands what's going on—and what needs to be done.



Q4 is committed to anticipating our client's needs, detecting subtle changes in their health status, and providing the best choices to manage their situation.



Quality Advisors | Quality Focused | Quality Results | **Quality of Life**

Q4 is an innovative offering from **The ALARIS Group, Inc.**[®] (alarisgroup.com), one of the country's leading rehabilitation consultants and case management firms. Founded in January 2000, ALARIS[®] offers proven medical management and a suite of specialized services to maximize the recovery of injured employees and enhance their quality of life.

Q4 draws upon the expertise and strengths of this seasoned team and leverages it on behalf of the most treasured—and vulnerable—members of our society.

To learn more about our services and how we can help you, please get in touch!

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