

# If you need help at home...

***You can choose who cares for you!***



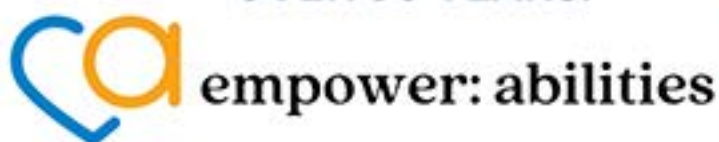
- ☒ FAMILY MEMBER    ☒ FRIEND
- ☒ OR CHOOSE FROM OUR CAREGIVER LIST

With Consumer Directed Care, you're in charge! You can hire the person you want to care for you or your loved one (including family members).

Receive a home assessment for safety, access to no-cost durable medical equipment, and attention to detail from our expert staff.



PROVIDING CDS FOR  
OVER 30 YEARS.



**empower: abilities**

417-886-1188

[care@empowerabilities.org](mailto:care@empowerabilities.org)

## Get help with:

- Housekeeping
- Bathing / mobility / transfers
- Dressing / grooming
- Meal prep / shopping / errands

Christian, Dallas, Greene, Lawrence, Polk, Stone, Taney and Webster