

Whole Care for the Whole Person

Based on Science. Built for You.

Our proprietary, research-backed Balanced Care Method® transforms home care by actively enhancing cognitive, physical, social, and emotional well-being and provides the foundation for personalized care plans that support more meaningful, independent, and fulfilling lives at home.



Every client can benefit from
our approach—at any level of
care.

TheKey.com



Move More
Stay active in ways that feel
good and match your abilities



Nourish and Hydrate
Eat nutritious foods and stay
properly hydrated



Flex Your Mind
Keep learning, thinking, and
engaging in mental activities



Connect with Others
Build and maintain meaningful
relationships that bring joy



Find Joy and Purpose
Do activities that matter to you
and bring meaning



Sleep Well
Get quality, restorative rest
every night



People, Not Patients

We meet clients where they are, getting to know them as people, not patients. In every interaction, we're guided by our whole person perspective.

We choose the best activities for each client's capabilities, interests, and passions. Our mission is to create joy and purpose for our clients every day while supporting their independence.

The Balanced Care Method® in Action

Every Care Plan is unique, customized for the client's abilities and interests in ways that nurture wellness and feelings of joy.

Whether it's working on an art project, helping to prepare a healthy meal, practicing Tai Chi, or chatting with neighbors, each activity is designed to engage and inspire happiness and a purpose.

Research shows that addressing these six areas can:

- Reduce the risk of cognitive decline
- Improve physical strength and balance
- Enhance mood and emotional well-being
- Increase overall life satisfaction



Every care plan is unique, customized for the client's abilities and interests in ways that nurture well-being.