This book is designed to foster quality care to home care recipients. The book is written for companions, home health aides, and other care givers who deliver non-medical home care. Prieto provides information, tips, and techniques on personal care routines as well as additional responsibilities that are often necessary in this work, including home safety and maintenance, meal planning, errand running, caring for couples, and making use of recreational time.

Going beyond standard nurses' aide training manuals, the book focuses on the psycho-social needs of home care recipients, stressing the need to maintain the house as a home and sustaining the recipient’s way of life throughout caregiving situations. Prieto stresses interpersonal skills that benefit recipient and caregiver, creating a systematic, easy-to-follow plan for delivering quality service and maintaining, or improving, quality of life.