

Home Help Services

- ✓ Cooking and advance meal preparation
- ✓ Grocery Shopping (in person or assistance with ordering and delivery)
- ✓ Laundry and ironing
- ✓ Bed making and bed linen changing
- ✓ Dry cleaning drop off and pick up
- ✓ General housekeeping and domestic assistance
- ✓ General home organisation including clean out and tidying of pantry, cupboards and fridge/freezer
- ✓ Assistance with paying house hold bills, correspondence and diary management
- ✓ Putting out the rubbish bins and collecting newspaper and mail
- ✓ Daily telephone check up and verbal monitoring
- ✓ Window cleaning and emptying of gutters
- ✓ General home maintenance and disposal of waste
- ✓ Arranging tradesmen for home repairs and supervision of repair work
- ✓ Picking up medications and prescriptions from Chemist
- ✓ Hairdressing (home or driving to Salon)
- ✓ Gardening and lawn mowing
- ✓ Assistance with indoor plants
- ✓ Car Washing
- ✓ Pet Care and Pet sitting (walking, grooming and feeding)
- ✓ Babysitting and child minding
- ✓ Transport to and from day care centre or school
- ✓ Transport to after school activities
- ✓ Companionship and social interaction including outings and family gatherings, theatre, movies and sporting venues
- ✓ Travel arrangements and travel companion
- ✓ Walking and assisted exercise programs or fitness classes
- ✓ Escort to hospital and regular visiting during hospitalization
- ✓ Reading, home movies and board games
- ✓ Assistance with arts/crafts and hobbies
- ✓ Security visits to house