



Whether it's a house, apartment, retirement living center, long-term care facility or even a hospital, we specialize in working with our clients and their families to provide the services they require. Our caregivers are available to provide services 24 hours a day, 7 days a week, including statutory holidays.

The following is a list of services we are able to provide.

### Light Housekeeping

- Dusting, vacuuming & washing floors
- Cleaning the kitchen & bathroom
- Organizing cupboards & closets
- Changing linens
- Laundry

### Personal Care Services

- Transfer assistance
- Bathing & showering assistance
- Personal hygiene assistance
- Help with washroom use
- Assistance with dressing
- Personal appearance care
- Mealtime feeding assistance

### Errands & Incidental Transportation

- To and from medical appointments & procedures
- Grocery & clothes shopping
- Picking up prescriptions
- Making bank deposits
- Attending theater & movie events
- Dining out
- Driving to family gatherings & social outings
- Handling dry-cleaning
- Buying stamps, mail packages
- Attending church services

### Meal Planning & Preparation

- Plan & prepare fresh cooked meals
- Freeze meals in single servings

### Companionship

- Friendly & supportive conversation
- Medication reminders & safety
- Morning & evening routine assistance
- Plan & encourage social activities
- Schedule planning & assistance
- Pet care
- Encourage light exercise & active thinking
- Assistance with light gardening
- Alzheimer's & dementia care (Active minds program)

### Overnight Services

- Awake & alert
- Overnight flat rate shift

### Post-surgery

- Temporary assistance when returning home after surgery

### Respite

- Help for those coming home from the hospital
- Relief for the caregiver (family) to be able to go out or have time to themselves

### Palliative Care

- Compassionate, end-of-life care

### Special Needs

- Care for people of all ages with special needs