



Seniors Who Need a Hand

Companionship Services

Offer elderly companionship and conversation
Provide respite care
Monitor diet and eating
Check food expirations
Assist with evening tuck-in
Assist with morning wake-up
Arrange appointments
Provide medication reminders
Aid with reading
Assist with walking
Write letters and correspondence
Organize mail
Stimulate mental awareness
Assist with entertaining
Answer the door
Reminisce about the past

Assist with clothing selection
Care for houseplants
Provide reminders for appointments
Discuss current and historical events
Participate in crafts
Play games and cards
Supervise home maintenance
Record and arrange recipes

Home Helper Services

Laundry and ironing
Take out garbage
Change linens
Plan, prepare, and clean up meals
Make beds
Dust furniture
Drop off and pick up dry cleaning
Pick up prescriptions
Organize and clean closets
Assist with pet care
Shop for groceries and supplies
Prepare future meals
Escort to appointments
Accompany to lunch or dinner
Escort for shopping and errands
Attend plays and concerts
Escort to religious services
Prepare grocery lists
Clip coupons for shopping
Monitor TV usage

Mail Bills and Letters
Buy magazines, papers and books
Rent and play movies
Plan visits, outings, and trips
Visit neighbors and friends
Read religious materials
Maintain calendar
Maintain family scrapbook
Record family history
Interior painting
Assist with using computer
Assist with holiday shopping
Technological Assistance
Attend club meeting and sporting events
Aid with airport tasks
Vacuum and sweep
Oversee home deliveries