

Personal Assistants at Home Network Members are independent PAs who are background-checked, insured and trained to assist with daily living activities in the comfort of your home.

## **HOW CAN WE HELP?**



- General Housework
- Companionship
- Medication reminders
- Non-regulated personal care



- Errands such as picking up pension
- Shopping
- Writing letters
- · Help to pay bills



- Attending appointments with you
- Making social visit to clubs or friends
- Accompanying you to an event such as a family wedding



