

PERSONAL ASSISTANCE

Do you or a relative need extra help in your home or for going out?

We have a friendly, professional, PA who can assist you to remain independent, but help with those tasks you might be finding more challenging.

Some of the services we can help with are:

- Tidying, cleaning, laundry and ironing
- Provide sitting cover to allow a break for carers
- Some basic IT & Social Media set up / access
- Support to attend & take notes at appointments
- Meal planning & basic food preparation
- Caring for pets e.g. walking dogs and changing cat litter trays
- Light gardening – e.g. weeding, planting pots, sweeping pathways, taking bins out
- Help with making phone calls, mail, organising diaries and household paperwork



Home assessment fee and hourly rate charges apply.

We are not able to provide personal care.

Contact us for more information

Volunteering in Health, Coastal Information Centre
Teignmouth Hospital, Mill Lane, Teignmouth TQ14 9BQ

01626 771695

Email: info@volunteeringinhealth.co.uk