

JUST 4 U FAMILY SERVICES



SENIOR CARE

Services provided Light Housekeeping

- Help with laundry and ironing
- Take out garbage
- Make beds
- Change linens
- Dust furniture
- Sweep and wash floors
- Vacuum rug
- Help with dishes
- Clean bathroom
- Clean kitchen

Homemaking

- Help to plan, prepare and clean up meals
- Cook meals for freezer
- Grocery shop
- Help with errands

Companionship

- Go on planned outings
- Accompany to movies, concerts, events, shopping
- Accompany to doctor's appointments
- Play cards, games
- Accompany to a exercise class
- Go for walks

Pet care

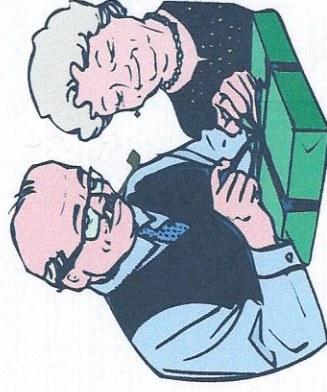
- taking pet for walks, feeding

Respite Services

We believe respite is an important service for the family careprovider. It is important to take time for your self. You can use this time to go out with friends, family, shopping whatever you need to do. This time is for you to be able to relax and recharge your well being. Our staff will treat your family member with respect and care for them as if they were their own.

Our respite services are provided in the comfort of your home but may also be provided in staff's home. We provide hourly, daily, weekly and overnight.

If your loved one is in the hospital we can provide companion care for your family member and respite for you



Contact

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