

# Independent Living

## For over 60's

### What does this include?

- Light domestic support around the house; vacuuming, mopping, hard to reach areas (under sofas, on top of cupboards subject to risk assessment) dusting and surface cleaning
- Shopping for groceries, clothes, personal items and gifts
- Accompanying you to hospital, doctors, dental and hairdressing appointments
- Preparing/cooking of light meals.
- Assistance with utility bills or reading mail
- Safety calls, medication prompts
- Dog walking
- Light gardening, mowing and weeding
- Social visits/outings; visiting at home or residential care home or taking out socially

All tasks will be carried out by one of our support workers or volunteers, who are subjected to a DBS check plus references.

Please note there is a £11 charge per hour (plus 25p per mile for shopping, transport, etc.).

Products, tools and equipment are not provided.

For more information,  
please contact Dawn or Toni on

# 01472 694055

Or email:

[dawng@friendshipathome.org.uk](mailto:dawng@friendshipathome.org.uk) or

[toni@friendshipathome.org.uk](mailto:toni@friendshipathome.org.uk)

