

# Home Support Service



Helping you  
be happier  
at home

## Home Support

### Friendly support in your own home

We provide a regular weekly Home Support service and one-to-one companionship support.



The same carer visits every week, so you can build up a trusted and friendly relationship with them.

We can also sit / stay with housebound clients for up to 4 hours at a time.



Our service provides regular visits every week and is available from Monday to Friday, with a weekly minimum commitment of 1½ hours per week.

We tailor our Pick 'N' Mix home support service to meet your individual requirements and our carers can support you with a variety of tasks. We've listed a selection of popular tasks opposite, but please contact us with your full requirements.

The service is fantastic. It has enabled me to stay in my own home.

## Pick 'N' Mix Service

- Sitting and respite
- Preparing meals / refreshments
- Trips out if suitable / shopping / companionship
- General cleaning
- Hoovering, dusting and polishing
- Help with laundry and ironing
- Washing dishes
- Cleaning bathrooms and kitchens
- Cleaning floors (with mop and bucket)
- Making and changing beds
- Washing of clothes, bed linen, net curtains
- Meal preparation and light cooking duties
- Checking food expiry dates
- Defrosting freezers, lightly cleaning hobs of cookers
- Take the rubbish out
- Water indoor plants
- Help prepare shopping lists
- Shopping or support client on their shopping trip
- Social shopping / coffee
- Taking client to a group or club each week
- Reading letters and paperwork
- Support for internet shopping



01803 555 181  
angie@ageuktorbay.org.uk

Our staff are carefully selected and trained in a variety of skills to carry out this role. Many staff are trained in the safe use of wheelchairs, enabling us to assist less mobile clients.



All staff are covered by Age UK Torbay Liability Insurance and fully DBS checked.

The service is charged at very competitive rates.

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# Call 01803 555 181

[angie@ageuktorbay.org.uk](mailto:angie@ageuktorbay.org.uk)

[www.ageuktorbay.org.uk](http://www.ageuktorbay.org.uk)

**12 Dendy Road  
Paignton  
TQ4 5DB**

It makes me feel happier, gives me a chance to meet people and gives me something to look forward to.

**Helping people love later life in Torbay**

Registered charity no: 1084684