

Community Support Services

Help At Home Can Be Arranged*

*For seniors 55+ and adults with physical disabilities who live north of the Queensway between Preston Street and Blair Road.

613-236-0428

*** We may be able to connect you to reliable help in your home with:**



A Daily Call for Safety and Reassurance (V)

Receive a call on a daily or occasional basis.



Friendly Visiting/Client Connections (V)

Friends and connections are important to maintain health. We have volunteers who could visit or call you on a regular or occasional basis. Ask about our home support exercise program. GLBT seniors ask about our monthly Rainbow Coffee Drop-in.



Grocery Buses (V) (\$)

Grocery shop with us. Call to see if you are on one of our routes.



****Home Help and Home Maintenance, Inside and Out (\$)**

We have links to screened workers and independent contractors to help you at home.



Handy Helpers (V)

Volunteers help with small jobs around your home. Material costs only. Donations to The Good Companions are welcome.



****Snow Go (\$)**

Seasonal help with clearing snow from your driveway or walkway.



****Transportation and Accompaniment (V) (\$)**

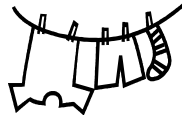
Drives to medical and other essential appointments for registered clients who are unable to use public transportation.

**** Eligible clients employ/pay the worker/independent contractor or driver directly.**

(\$) A fee for service applies (V) Volunteer opportunities available

**Regular Cleaning - \$15/hour
(minimum 2 hours)**

- Vacuum
- Clean bathroom: toilet/tub/sink/floor/mirrors/tiles
- Laundry/ironing
- Mop floors
- Dust
- Wash dishes
- Spot wipe walls/doors handles/cupboards/light switches
- Wipe counters, tables, appliances, stove top
- Clean small mirrors
- Change/make beds



**Seasonal Cleaning - \$18/hour
(minimum 2 hours)**

- Baseboards (dust/mop/broom)
- Clean cupboards inside/outside
- Clean oven/defrost fridge/freezer
- Clean windows (accessible from inside or 1st floor only)
- Clean mirror walls/full closet doors
- Move heavy furniture/appliances to clean
- Wash walls
- Wash and wax floors



Home Maintenance Registry



We can refer you to a choice of skilled independent contractors regarding your home maintenance and snow removal needs.



Cost depends on individual service arrangement.

Our Handy Helpers



Caring volunteers perform small helpful tasks in your home such as: replacing smoke detector batteries, setting up TV/DVD's, hanging pictures, and other odd small jobs.



Donations are welcome and help support all that we do!

NOTE: We have the responsibility to protect our workers and volunteers as well as our clients. We reserve the right to refuse service.



Our office hours are 9 a.m. – 4 p.m., Monday to Friday
Visit The Good Companions Centre at 670 Albert Street, Ottawa ON K1R 6L2
to see all that we do, or visit website at: www.thegoodcompanions.ca