



Give the Gift of Time



Give a Caregiver
Some Free Time with a
Gift Certificate for a
Companion or Home Health Aide

Being a caregiver can be very rewarding, but can be also overwhelming and exhausting – especially during the busy holiday season. If your friend or relative is a caregiver, consider giving them a break with a gift certificate for 3 hours or more of a temporary caregiver or home health aide.

Companion Duties

- Companionship • Light Housecleaning
- Meal Preparation • Medication Reminders
- Shopping • Transportation • Laundry

Home Health Aide Duties

- Ambulating • Bathing • Dressing • Feeding
- Toileting • Transferring • Companion Duties



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Packages Start around \$50
for a 3-hour visit and are valid in
Lynchburg, Roanoke & surrounding areas.