

Why not get in touch today to arrange a free, no obligation home visit?



Able to help is there to enhance a sense of purpose and self-worth all from the comfort of your own home.

Support can take whatever form you require—whether that’s help with cleaning and cooking or accompanying you to hospital appointments and dealing with mail and telephone calls.

Testimonials

“Fiona has made a big difference to my father’s life... she has cooked, cleaned and done his laundry as well as being a friend. His quality of life was better for having her in his life.”

Mrs Troughton, Lancaster

“I now have rails fitted to help me get around my home which I never knew I could have, it was all organised for me... Also I don’t need to worry now about dealing with mail and getting to appointments as this is dealt with. If ever I need anything I know I only need to ask or call, which is very reassuring.”

Mr A Hanson, Garstang

Contact:

Landline: 01995 604290

Mobile: 07553 426800

E-mail: info@abletohelpgarstang.co.uk

Website: www.abletohelpgarstang.co.uk

Able to help!



Supporting an Independent Lifestyle in the comfort of your own home



Welcome to 'Able to help', an independent local business which provides a range of 'help at home' services to self-funding seniors.

We all deserve dignity, choice and independence, for every day to be an enjoyable experience. People have their own likes and dislikes but gradually daily tasks or outings may become less enjoyable if a little help isn't at hand. Sometimes, the support offered by family and friends is no longer enough - though their visits continue to remain important.

Why 'Able to help'?

'Able to help' aims to provide a solution, giving peace of mind to both you and your family - offering a service that helps people to keep their independence. 'Able to help' recognises individuality, listening to what you say and adapting to meet your needs. Encouraging you to keep up with your interests and community links and making your day as pleasant as possible. The help we offer can be used in conjunction with any personal care provided by the local authority.

How can 'Able to help' support you?

Appreciating the diversity of individual's needs, 'Able to help' can devise a plan to accommodate your requirements. Support can take whatever form you require – whether that's help with cleaning and cooking or accompanying you to hospital appointments and dealing with mail and telephone calls.

How are others benefitting from 'Able to help'?

- People enjoy participating, helping with the cooking or resuming an interest such as baking or gardening.
- Links with the community are improving, individuals are enjoying a visit to local places again which had become difficult to access.
- Some feel more at ease being accompanied to hospital appointments and having the benefit of a 'second pair of ears' - all followed by a cup of tea and a friendly chat when we get home!
- Help has also been given arranging the provision of mobility aids. Contacting the appropriate source to help get equipment installed at home to improve confidence when moving around.

The types of help offered

After discussing and choosing the type of support you feel is required, an individually tailored plan can be written to suit your needs including:

- Larder checks and grocery shopping.
- Cooking meals together.
- Vacuuming and dusting around your home.
- Changing bed linen.
- Helping with laundry and ironing.
- Accompanying you to hospital or other appointments.
- Attending social events or clubs or going on walks and outings together.
- Helping you complete forms, read letters or sort bills.
- Making or taking telephone calls.
- Assisting with the garden.
- Dog walking.

These are just some of the selection.

The Next Step

Get in touch! If you'd like to arrange a friendly chat to discuss how the service works, please call Fiona:

Telephone: 01995 604290

Mobile: 07553 426800

Able to help!

'Able to help' is here to make your life as easy as possible. We provide the reassurance of knowing that assistance is available when you need it.