

# In-home service for SENIORS by Seniors



**SENIORS Helping SENIORS®**

...a way to give and to receive®

**828-236-0662 in Asheville**  
**704-756-2229 in Charlotte**

## If you need some support

Our innovative program creates the support you need from people who will understand you the most. Everyone who works with us has a strong interest in helping others. Since our helpers are also seniors, they understand just a little more about the unexpected twists and turns of life. And out of that understanding our people, who have come to help, become friends of yours.

For the people who help in the **Seniors Helping Seniors®** community, this is not just a job and you're not just a client. We're interested in who you are, what you need, and what you, in turn, can share with us.

As an innovative, intra-generational companion and home help service exclusively for seniors, we provide:

An experienced and credible resource of help for older adults who want to stay in their own homes

Full-range of home care, companion and home maintenance support services from seniors who enjoy helping

Reasonable hourly rates for seniors who want services and reasonable hourly wages to seniors who provide them

You may be looking for help for yourself or for someone you love. We can provide as much or as little support as you need. **Seniors Helping Seniors®** in-home services is the place to call **for your senior's care, when you can't be there.**



## If you want to help

We are always looking for more loving, giving, caring, compassionate people. You may be one of these people. You may be someone who understands that the true reality of life, the true joy, lies in helping others. And, while we are not motivated to do for others because of how much we will receive, we truly find that the more our hearts are opened, the more they swell with joy.

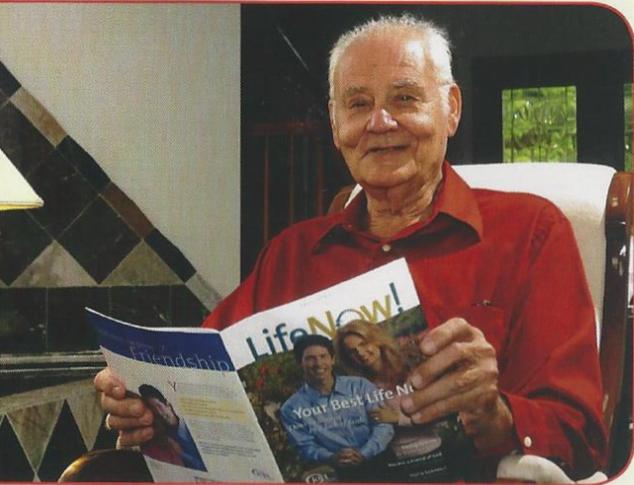
Making another person a priority in your life, even for a few hours a day, adds years to your soul. The people who have joined us in our work are very special and very special to us. They receive the benefits of adding joy, energy and purpose to the lives of others.

Many of our seniors who help are recently retired or are on a reduced work schedule. Our helpers work only as many hours a week as they want, and they get to supplement their income in a very rewarding way.

If you want to help out, we'd like to talk with you. Call us or check us out on the web and we'll help you figure out what special skills you can offer.

## How it works

Just call with your request for or your desire to help. We know that each person is special. That's why we get together with everyone who needs help or wants to help – to find exactly the right match.



## A very personal commitment

**Seniors Helping Seniors®** in-home services were founded to provide seniors with the ability to choose an independent lifestyle in their own homes, for as long as possible, with the dignity and respect they deserve. We are fully committed to helping others and that adds to our own purpose in life.

*“Our family used other agencies in the past and there is no comparison. The difference is clearly that you care very deeply about your work and the people you are caring for. I know my aunt feels very close to all of them.”*

You deserve to have someone in your life who can help you and who really wants to help. Whether it's mowing the lawn, taking you to a doctor's appointment, going shopping, helping with the mail, seeing a movie, cleaning, cooking or even just changing a light bulb, our helpers are there because they really want to be. They're more than just a provider of service, they become your friend. Our helpers are available any day, any hour of the week. If you have a situation that requires other kinds of support than those listed, just ask. We can help each person stay independent and stay at home by providing essential services including:

- Companionship
- Light Housekeeping
- Meal Preparation
- Transportation
- Doctor Appointments
- Yard Work
- Overnight Stays (24-hour care)
- Small Repairs & House Maintenance
- Mobility Assistance
- Dementia/ Alzheimer's Care
- Respite Care
- . . . and more!

**ASHEVILLE 828-236-0662**  
[www.SeniorsHelpingSeniorsAsheville.com](http://www.SeniorsHelpingSeniorsAsheville.com)

**CHARLOTTE 704-756-2229**  
[www.SeniorsHelpingSeniorsCharlotte.com](http://www.SeniorsHelpingSeniorsCharlotte.com)



**SENIORS Helping SENIORS®**  
...a way to give and to receive®  
[SeniorsHelpSeniors@bellsouth.net](mailto:SeniorsHelpSeniors@bellsouth.net)

©2012 Each office is independently owned and operated. Prices and services may vary. E.O.E. All trademarks are registered trademarks of Corporate Mutual Resources Incorporated.



*“It is only through the action of caring that we find our true purpose in the world.”*

*Kiran Yocom*

Kiran Yocom  
Co-Founder, **Seniors Helping Seniors®**

**Seniors Helping Seniors®** in-home services is an exceptional program of caring and care. It is a very unique program in the country which matches seniors who want to help with seniors who are looking for help.

The strength and compassion that is born out of these relationships shows us that it doesn't really matter who is the helper and who is being helped. The respect, understanding and assistance in these relationships are two-way. Because, quite simply, those who give and those who receive learn from each other. And each grows just a little bit more every day.