

## CONTACT

(519) 495.0869  
deborah@runabouts.ca



## MEET DEB

*When I was eighteen years old, my grandfather was diagnosed with Alzheimer's disease. My family moved into his home to care for him.*

*We learned first-hand how hard times like this can be for families. Sometimes we needed a break – but we didn't feel as though the available support was a good fit for him or us.*

*We wanted the care he received to be reflective of how we cared for and loved him.*

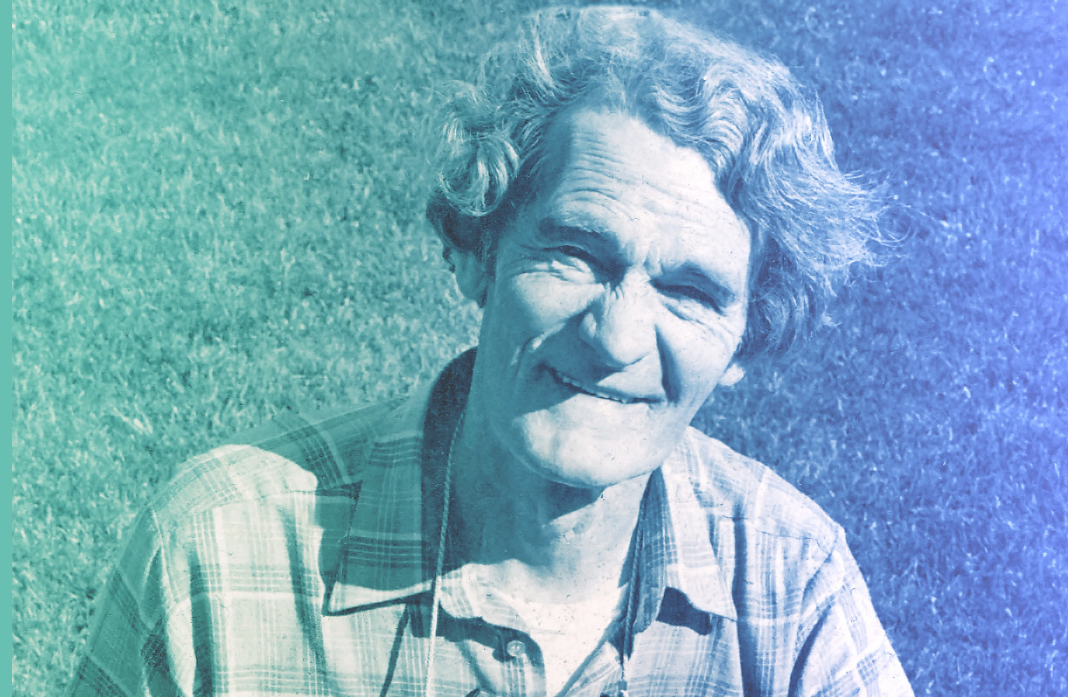
*My Bopa's diagnosis of Alzheimer's disease inspired me to pursue my degree in Sociology, as well as the study of Thanatology. My specialties are in the areas of Alzheimers & Palliative Care.*

*In 2013, I started Runabouts.*

CARING WITH JOY AND LOVE FOR SENIORS  
IS MY LIFE'S WORK.

## QUALIFICATIONS

Bachelor of Arts in Sociology, Thanatology,  
Food Safety Certification, Police Check, First Aid,  
CPR, Personal Experience, Liability Insured,  
Vehicle Insurance



*Runabouts*

JOYFUL SENIOR CARE BY DEB



[www.runabouts.ca](http://www.runabouts.ca)

THIS IS MY BOPA! World famous carver – he placed first in the world  
for his life-size Arctic Loon, which he carved in his seventies.

“EVERYDAY IS A GIFT!”



## VALUES

- Respectful care
- Joyful care
- Compassionate care
- Loving care
- Empowering care

**Deb assists Seniors to maintain their independent lifestyles for as long as possible.**

*I TREAT OUR SENIORS LIKE FAMILY: WITH THE UTMOST RESPECT, COMPASSION, AND LOVE THEY DESERVE.*

## INSPIRATION

*My inspiration for the business comes from my grandfather (Bopa), and Mom (Wendy), who both instilled a great love for the elderly!*

*I absolutely loved spending time with my Bopa. He was an amazing, smart, patient man, that I loved very much, and feel blessed that he was my grandfather.*

## SERVICES

**Deb specializes in Alzheimers & Palliative Care.** Managing major life transitions, her services include:

- Respite care
- Companionship
- Friendship
- Reminiscing
- Playing games
- Getting prescriptions
- Organizing daily activities
- Shopping
- Groceries
- Pet care
- Medical, hair & pet appointments
- Leisure activities (walks, sight-seeing)
- Visiting family and friends
- Laundry & Ironing
- Meal planning
- Assisting families with caring for loved ones in the hospital
- Eating
- Grooming
- Hygiene



JOYFUL SENIOR CARE BY DEB

## TESTIMONIALS

“ Deb has been a constant light in our life. The beautiful loving personal care she provides daily for my Mom, as well as the end-of-life care she provided for my very private father has been such a gift. She brings joy and laughter with her no nonsense care for her patients who become nothing less than family and friends.” – ANNE MARIE D.

“ Deborah (or Deb #2 as our family affectionately calls her) came into our lives when my in-laws needed a little extra help about 6 years ago. Now she is considered part of the family! Deb#2 is full of life, has a heart of gold and the patience of a saint. Being so far away from Mom is hard on the family but we know she is well taken care of and in great hands with Deb#2! We couldn't imagine Mom living in London without her!” – DEB #1

## CONTACT DEB ♥

**Please contact Deb for a free, no strings attached consultation:**

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DEB & BOPA

Leisure activities (walks, sight-seeing) · Visiting family & friends  
Laundry & Ironing · Meal planning · Playing games · Getting prescriptions  
Assisting families with caring for loved ones in the hospital

Managing major life transitions · Alzheimers · Palliative care  
Respite Care · Friendship · Reminiscing · Organizing daily activities  
Pet care · Appointments · Eating · Grooming · Hygiene · Groceries