



*Trusted Care. Local Roots.*

HELPING YOU STAY INDEPENDENT AT HOME



Veteran-Owned & Operated | Eastern Shore, Nova Scotia



# Meet the Founder

## **Built on service. Carried forward at home.**

My name is Allison.

Before this, I served in the military.

That experience shaped how I see work, responsibility, and people.

You show up.

You do things properly.

You take care of what's in front of you.

And you don't cut corners when it matters.

That mindset never left.

## **Why This Work Matters**

After my time in service, I moved into business and trades.

But over time, something became clear.

A lot of people — especially seniors, veterans, and families — are trying to manage more than they should on their own.

Not because they want to.

Because they don't always have the right kind of help.

And when help does show up, it's often:

- Rushed
- Impersonal
- Inconsistent
- Or just not done properly

That never sat right with me.

## **What We're Building Here**

Raya Home Support was built to be different.

Not bigger. Not louder. Just better in the ways that actually matter.

We focus on:

- Showing up consistently
- Taking the time to do things right
- Treating people with respect
- Keeping homes safe, clean, and manageable
- Supporting independence — not taking it away

This isn't about running through a checklist.

It's about helping people stay grounded in their own home.

## **A Personal Standard**

When we walk into someone's home, we carry a responsibility.

You're trusting us with:

- Your space
- Your routine
- Your privacy
- And in many cases, your family

That's not something we take lightly.

Everything we do is built around that understanding.

## **Who This Is For**

This work is especially important to me when it comes to:

- Seniors who want to remain independent
- Veterans who deserve reliable support
- Families carrying the weight of caregiving
- Individuals navigating recovery or change

If someone needs help — they should be able to get it without feeling like a number.

## **How We Show Up**

We keep things simple.

- We communicate clearly
- We show up when we say we will
- We take pride in doing things properly
- We build real relationships with the people we serve

No pressure. No confusion.

Just steady, dependable support.

## **From My Family to Yours**

This isn't just a service.

It's something we stand behind personally.

And if we're invited into your home, you can expect to be treated with respect, patience, and care — every time.

## **If You're Considering Support**

You don't need to have everything figured out.

If you're exploring options or just trying to understand what kind of help makes sense...

We'll take the time to walk through it with you.

# Home Support, Done the Right Way

**Real help. Real people. Right here at home.**

Around here, people take care of their own.

But sometimes... you need a hand.

Not a system. Not a stranger rushing through your house.

Just someone steady, respectful, and capable — who shows up and does things properly.

That's what we do.

At Raya Home Support, we provide trusted, in-home help for seniors, veterans, families, and individuals who want to stay independent — without letting the home or daily life fall behind.

No pressure. No confusion. Just clear, reliable support.

# Three Levels of Support

**So you get exactly what you need — nothing more, nothing less**

## **Tier 1 — Home Help & Housekeeping**

**A clean, organized home without the stress of keeping up**

This is not your average “quick clean.”

This is thoughtful, detailed, home support that actually makes life easier.

We help bring your home back to a place that feels calm, manageable, and taken care of.

### **Includes:**

- Full housekeeping (kitchen, bathroom, floors, dusting)
- Laundry and linens
- Deep tidying and reset support
- Closet, cupboard, and pantry organization
- Decluttering and home refresh
- Seasonal resets and maintenance cleaning
- General upkeep that keeps your home feeling right

### **This is for:**

- Seniors who want to stay independent
- Busy or overwhelmed households
- Clients recovering from illness or low energy
- Anyone who wants their home handled properly

## **Tier 2 — Compassionate Home Support**

### **Day-to-day help so life stays steady, safe, and supported**

Sometimes it's not just about the house.

It's about having someone there — to help keep things on track.

This level is built for people who need consistent, reliable support at home, without clinical care.

#### **Includes:**

- Companionship and regular check-ins
- Meal preparation and support
- Grocery runs and errands
- Medication reminders
- Light housekeeping tied to daily living
- Laundry and home upkeep
- Routine support and structure
- Appointment accompaniment
- Respite support for family caregivers

#### **This is for:**

- Seniors living alone
- Families supporting aging parents
- Individuals with mobility or energy limitations
- Clients transitioning home from hospital
- Caregivers who need reliable backup

## **Tier 3 — Personal & Advanced Home Support**

### **Hands-on support for daily living, dignity, and safety**

This is for clients who need a higher level of care at home — but still want to remain in their own space.

It's about respect, privacy, and doing things the right way.

#### **Includes:**

- Personal care assistance
- Bathing and hygiene support
- Dressing and daily routines
- Mobility and transfer assistance
- Toileting support
- Meal and hydration support
- Structured daily living assistance
- Ongoing caregiver relief (respite)
- Family coordination and support

#### **This is for:**

- Seniors with increasing needs
- Individuals living with disability
- Families managing complex care at home
- Clients wanting to avoid or delay facility care when possible

# Grants & Financial Support Options

Depending on your situation, some services may align with available provincial or federal programs. You can learn more through the official sources below:

## Nova Scotia Programs

- Seniors Care Grant  
<https://beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant>
- Home Support Direct Funding Program  
<https://novascotia.ca/dhw/ccs/direct-funding.asp>
- Continuing Care / Home Care Services  
<https://www.nshealth.ca/continuing-care>
- Accessible Housing Program  
<https://beta.novascotia.ca/programs-and-services/accessible-housing-program>

## Federal Programs

- Veterans Independence Program (VIP)  
<https://www.veterans.gc.ca/en/housing-and-home-life/help-home/veterans-independence-program>
- Disability Tax Credit (DTC)  
<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>
- Canada Caregiver Credit  
<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html>
- Medical Expenses (Attendant Care)  
<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/line-33099-33199-eligible-medical-expenses-you-claim-on-your-tax-return.html>
- Home Accessibility Tax Credit (HATC)  
<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/home-accessibility-tax-credit.html>

## **Please Note**

Every situation is different. While some clients may qualify for government programs or tax credits, coverage is not guaranteed. We're happy to help you understand what questions to ask and what records to keep, but final eligibility and approvals are handled by the programs themselves.

## **Who We Work With**

We proudly support:

- Seniors
- Veterans
- Individuals living with disability
- Family caregivers
- People going through recovery or transition
- Households that just need dependable help

## **The Raya Difference**

We're not a big-box service.

We're local. We're consistent. And we care about doing things right.

- Veteran-rooted values
- Respect-first approach
- No rushed jobs
- No cutting corners
- Real relationships with our clients

You're not on a schedule.

You're part of the community.

# Not Sure What You Need?

That's normal.

Most people aren't sure where they fit — and that's exactly why we built this system.

We'll help you figure out whether you need:

- Home Help & Housekeeping
- Compassionate Daily Support
- Personal / Advanced Support

...and what that actually looks like in your home.

**With respect,**

Allison Chapman  
Founder, Raya Home Support

Veteran-Owned & Operated  
Eastern Shore, Nova Scotia

“Thank you for taking the time to learn about what we do. If you or someone you care about needs support, we're here when you're ready.”