



# Could Your Loved One Benefit From A Little Extra Support?

It's natural for everyone to need a little extra help sometimes. If you've noticed changes recently, tick any signs that sound familiar.

**We're here to help.**

**You're not alone.**  
*We can help.*

If you've ticked several boxes, **Gentle Hands Home Support** can provide the right kind of help – so your loved one can continue to live well and safely at home.

- Signs to look out for** ✓
- Missing appointments or forgetting dates
  - Forgetting medication or needing reminders
  - Eating less than usual or skipping meals
  - Struggling with shopping or running errands
  - Housework and home maintenance becoming difficult
  - Feeling lonely, isolated or a bit down
  - Less confident getting out and about or mobility becoming harder
  - Changes in personal hygiene or appearance
  - Finding it difficult to manage bills or paperwork
  - Family or friends worried about safety or wellbeing

- Support that makes a difference**
- Companionship & conversation
  - Shopping & errands
  - Cleaning & light gardening
  - Meal preparation & hydration
  - Light housekeeping & laundry
  - Transport to appointments
  - Medication reminders
  - Mobility & routine support
  - Emotional wellbeing
  - Family updates & reassurance
  - Tailored support that's just right

**Let's talk** | Get in touch for a friendly chat about how we can help.

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Care you can trust, support that feels right.

