











# COMPANION AND CARE FOR THE ELDERLY



Location **Scotland, West Lothian**  
<https://www.freeadsz.co.uk/x-450052-z>

COMPANION AND CARE FOR THE ELDERLY Talking with, encouraging and motivating  
 Teaching / helping with computers and the internet  
 Teaching / helping send emails, photos etc to family / friends  
 Assisting with any admin / paperwork / paying of bills  
 Take shopping, going on walks, playing board-games  
 Take on outings, drives, teas / lunches, visiting friends  
 Listening to music / watching movies / reading  
 Tidying and cleaning out the attic / garage  
 Assisting with light gardening and plant-care  
 Assisting with light cleaning / washing-up  
 Light handy-man / painting / odd-jobs  
 Walking the dogs / bathing the cat!  
 Any other support and care of a non-medical nature  
 Having elderly parents myself who require care and assistance, I understand fully the need to have a caring and trustworthy person available for general assistance. I am a family man and a qualified Learning and Development Consultant living in Morningside, Edinburgh. I love people, but in particular I love to help and assist those that are so dear to us - our elderly loved ones. Please contact me to discuss what support and assistance I can offer you or your older family members. A complimentary 30 minute 'get to know each other' session can be arranged to ensure you and / or your family member is comfortable with me and my service offering. I ask an affordable rate of £20p/h. Terry Coxen

Mobile: 07525 488

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