

# Personal Care and Support



Location

**South East, East Sussex**

<https://www.freeadsz.co.uk/x-546584-z>

All personal care and support to help you remain at home. This will include help with personal washing and dressing; assisted medication; food bought and prepared. General housework also undertaken. I will visit and discuss all your requirements (friends and family most welcome) and once agreed, a contract will be signed showing clearly the routine and what is required.

There is absolutely no obligation to continue with my help, please don't be afraid to change your mind.

A record book will be kept in your home for you and your family to see.

One hour visit - £12.00

5-8 MILE RADIUS

Money to be paid in cash or cheque at start of work.

Please email click to contact and leave a message. I will reply as soon as I can.

Thank you



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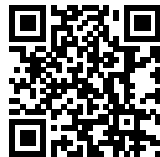
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