

Are you looking for help for yourself or a loved one?

We can help with:

- Companionship
- Meal times
- Shopping
- Transportation
- Medical appointments
- Hospital discharge
- Welcome home and convalescence
- Dementia care
- Respite care
- Holidays and overnights
- Housekeeping and laundry
- Maintenance and repairs
- Gardening
- Pet care
- ...and much more



A very personal commitment



"It is only through the action of caring that we find our true purpose in the world."

KIRAN YOCOM
CO-FOUNDER, SENIORS HELPING SENIORS

Seniors Helping Seniors was founded in 1998, to offer older people the chance to stay in their own homes for longer, by providing them with help and care.

We are fully committed to the highest standards and to help all seniors in our community to lead dignified and independent lives.

As award winning social entrepreneurs we are proud to use profit with purpose to make an important social change.

The Seniors Helping Seniors in-home service is the place to call when help or future care planning is needed



SENIORS Helping SENIORS®
...like getting a little help from your friends®

**Tonbridge & Malling and
Sevenoaks Area Office.**

Plus call us for any other town or village around these major towns.

01732 495665

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www.seniorshelpingseniors.co.uk

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SHS KENT
REVIEW SCORE
9.9
homecare.co.uk

A helping hand at home: for seniors, by seniors



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Seniors Helping Seniors

Seniors Helping Seniors is a unique elderly care service that matches people who need assistance and care, with seniors who want to help.

Our award winning service matches specially vetted seniors to help older people who need an extra pair of hands.

The same-person care agreement is easy going and flexible.



"The staff member chosen to visit my mother-in-law is motivated, always cheerful and brings out the best in her. We feel it has been very successful and are very pleased with this service."

BARBARA, CANTERBURY



"I cannot fault SHS with its sense of reliable and friendly caring attention, providing a feeling of security in one's later life. I give thanks for the day I was introduced to this organisation."

J.R, CANTERBURY



Are you looking for help for yourself?

As people get older they often find that they don't have the time or the energy for the things they once took for granted, such as mowing the lawn, preparing good meals or being sociable.

Now there is help available for just what you need:

- Mature 'helpers' lend assistance at home or out and about
- We carefully match your requirements with a carer to give you the chance to be supported by the same person
- We arrange for you to meet your helper before any work is carried out so that you know you'll get along
- We put every helper through a rigorous '6 step' programme to ensure reliability and suitability. Every helper is a loving, giving, caring and compassionate person with local experience
- We offer free consultations and charge at an hourly rate, helping to keep you on budget
- Seniors Helping Seniors will help you stay independent

Are you looking for help for a loved one?

If you have a friend or family member who wishes to remain in their own home but who sometimes struggles with day to day tasks or needs more help to get out and about, research says there will be an extra strain on you. We are here to help you.

With Seniors Helping Seniors, you get the peace of mind that comes with knowing that your loved one is safe and supported locally:

- Care is flexible and fits around you
- Exclusively senior helpers are carefully selected for their skills, life experience, commitment and personality
- We run enhanced background checks for a fully trusted service
- Local help, local knowledge
- We offer local advice and partnership agreements
- 24/7 accessibility & emergency help



Would you like to help?

Our helpers have a strong commitment to those with whom they work, and since we place seniors with seniors, we're matching people who have similar life experiences. Because of the way we work, we have been able to introduce people who go on to form lasting friendships.

When you join Seniors Helping Seniors as a helper, you are working to make someone's life easier and better. Once you've settled in, you'll realise that not only do we help those who need it, we are also making a big difference to society. It is rewarding, flexible and a lot of fun.

Get in touch

If you think that you have the commitment and dedication to become a Seniors Helping Seniors helper then we'd love to hear from you.

Call us on:

01732 495665

Sevenoaks, Tonbridge & West Malling,

plus any town or village in the West of Kent

enquiries@seniorshelpingseniors.co.uk

www.seniorshelpingseniors.co.uk