

Home Services

VNSTT is the answer to independence for seniors. Whether the services are for you or a loved one, **VNSTT** can offer respite to family caregivers and help extend and enhance living at home as a safe and comfortable alternative to institutional living without the stress of interrupted routines and changes in daily habits.

While **VNSTT** cannot replace the love and support of an elderly person's family, our caregivers provide helpful and necessary services needed to brighten the day, lighten the workload and ensure peace of mind. Examples of our home services include:

- Companionship & Conversation
- Medication & Appointment Reminders
- Meal Planning, Preparation & Clean-Up
- Light Housekeeping, Laundry & Ironing
- Escort to Appointments, Lunch or Dinner
- Provide a Stable Bathing Environment
- Oversee Home Deliveries & Maintenance
- Clothing Selection & Dressing Assistance
- Assist with some Pet Care
- Reading Magazines, Papers & Books
- Assist with Walking
- Letter Writing & Correspondence
- Monitor Diet, Eating & Food Expirations
- Play Mind Stimulating Games
- Care of House Plants
- Discuss Current & Historical Events
- Participate in Crafts & Games
- Record & Arrange Recipes
- Prepare Grocery List
- Rent, Play & Discuss Movies
- Maintain Client Scrapbook
- Drop Off / Pick Up Dry Cleaning
- Airport Assistance
- Organize Mail, Bills & Letters
- Assist with Gardening
- Plan Visits, Outings, & Trips
- Visit Neighbours & Friends
- Maintain Client Calendar
- Morning / Bedtime Care
- Attend Religious Services
- Record Family History
- Take Out Garbage
- Arrange Appointments
- Change Linens & Make Beds
- Pick Up Prescriptions
- Organize & Clean Closets
- Grocery & General Shopping
- Answer the Door & Telephone
- Reminisce About the Past
- Prepare Future Meals
- Attend Plays & Club Meetings
- And Much More...