Self-Help for the Elderly
安老自助處

CAREGIVING SERVICES

Are you looking for caregiver services?

Our registered nurses and caregivers provide affordable, safe, non-medical in-home care services that help seniors maintain independence and enjoy the comfort of their own homes.



OUR SERVICES

- Professionally trained caregivers providing companionship and a safe environment.
- Assistance with personal care, including bathing, dressing, & feeding.
- Medication reminders and escort to medical appointments.
- Meal preparation, grocery shopping, and light housekeeping.
- Transportation, errands, and assistance with daily activities.
- Multilingual caregivers fluent in English, Spanish, and Chinese dialects.

RATES

Regular Caregiver
$50 - $55 per hour

Licensed Home Health Aide
$55 - $60 per hour

(A minimum charge of 4 hours per visit is required)

CONTACT US

Get an instant, affordable quote and schedule an appointment today!

(415) 677-7618

HOMEHELP@SELFHELPELDERLY.ORG

825 Kearny Street
San Francisco, CA 94108



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家居照護服務

我們的註冊護士及照護員提供價格合理、安全的非醫療家居照護服務，協助長者保持生活自主，安享居家生活。

您是否正在尋找家居照護服務?



我們的服務

- 照護員均接受專業培訓，提供陪伴及安全的照護環境
- 協助個人護理，包括沐浴、更衣及餵食
- 提醒服藥及陪同就醫
- 準備膳食、採購食材及簡單家居清潔
- 提供交通接送、代辦事務及日常生活協助
- 照護員精通多種語言，包括英語、西班牙語及中文各方言

服務收費

- **家居照護員**
  每小時 $50–$55
- **家居醫護助理**
  每小時 $55–$60

（每次服務最少收費為四小時）

聯絡我們

立即獲取實惠報價，今天就預約服務!

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